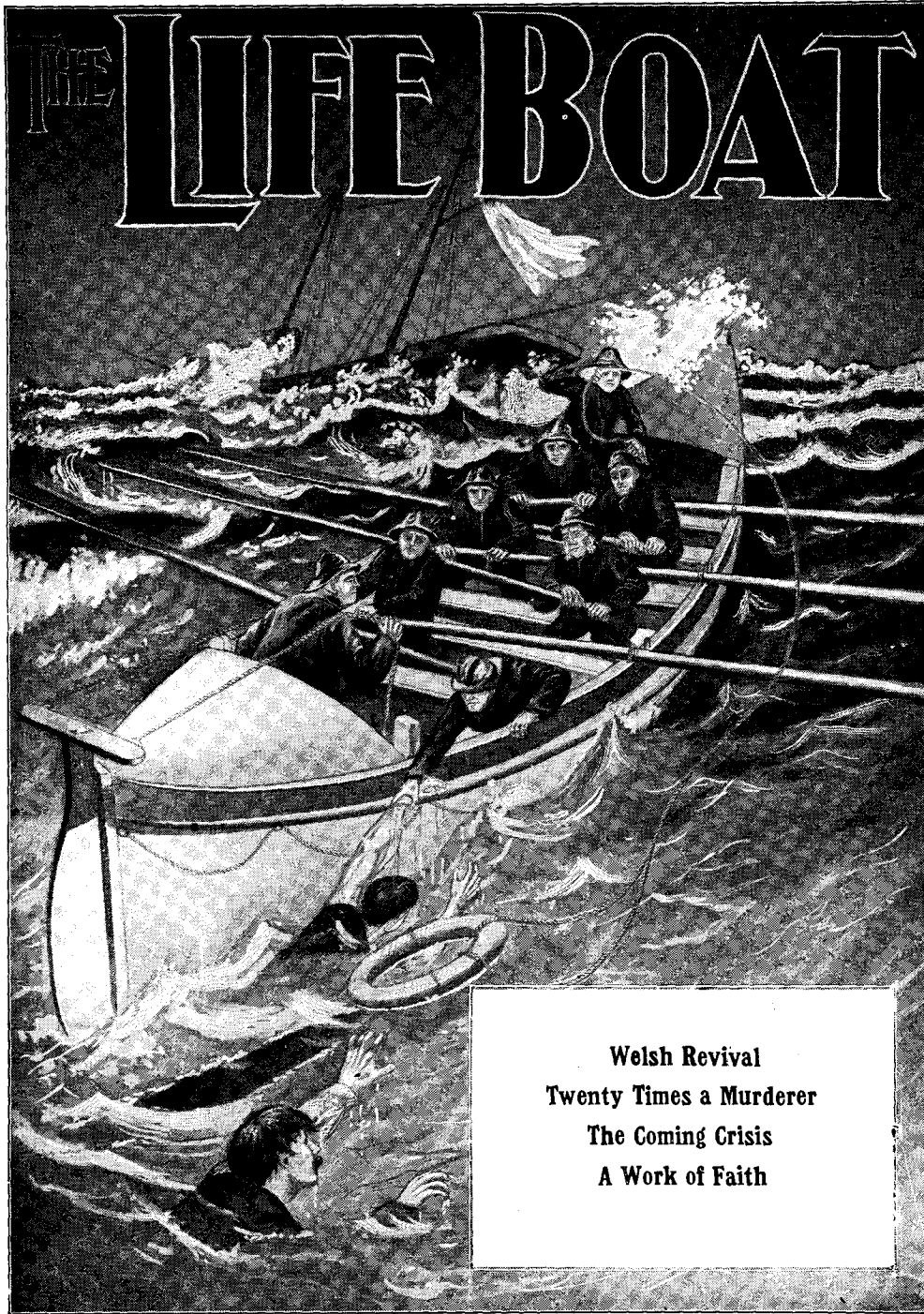


**Fifteenth Annual Special Prisoners' Number**

One Dollar a Year

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# THE LIFE BOAT

Welsh Revival  
Twenty Times a Murderer  
The Coming Crisis  
A Work of Faith

After You Have Read This Life Boat Do Not Lay It Aside, Pass It On To Others

Volume Seventeen  
Number Five

Chinsdale, Ill.

May, 1914

**Earlier and Later Light on Diet and Digestion—by the Editor**



A basket full of contentment although confined in close quarters.

# THE LIFE BOAT

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

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Ten cents a copy

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HINSDALE, ILL.

MAY, 1914

Number 5

## Early and Later Light on Diet and Digestion

David Paulson, M. D.

**M**ANY expert workmen know how to keep complicated machinery in perfect running order, yet they do not know how to keep their own bodies working at the highest efficiency. Three-fourths of the chronic disorders come from unscientific eating and the indigestion and auto-intoxication which follow as a natural consequence.

For this reason we should carefully gather up all the rays of light that God has let shine upon the subjects of dietetics and digestion.

### Accident Which Bore Fruit

Curiously enough, a frightful accident gave us the first reliable information on the subject of digestion. Nearly one hundred years ago the accidental discharge

of a gun carried off the front of Alex St. Martin's abdomen. Instead of his dying as was expected, the wound finally healed, but left an opening into his stomach.

This was the opportunity of all the ages for Dr. Beaumont, the army surgeon at Fort Mackinac, Mich., to secure first-hand information regarding digestion. Dr. Beaumont, among many other things, discovered that during an acute attack of fever there was little or no gastric juice secreted. That is why the appetite is generally lost during fever.

Several times St. Martin, who was a weak brother, smuggled some liquor into his stomach. At such times it would become red and inflamed. Dr. Beaumont also discovered that violent passions, such as anger, and great excitement markedly hindered the pouring out of the gastric juice in the stomach. He also an-

tipated Horace Fletcher by nearly one hundred years by observing that thorough mastication of food facilitated its digestion. He also noticed that condiments irritated the



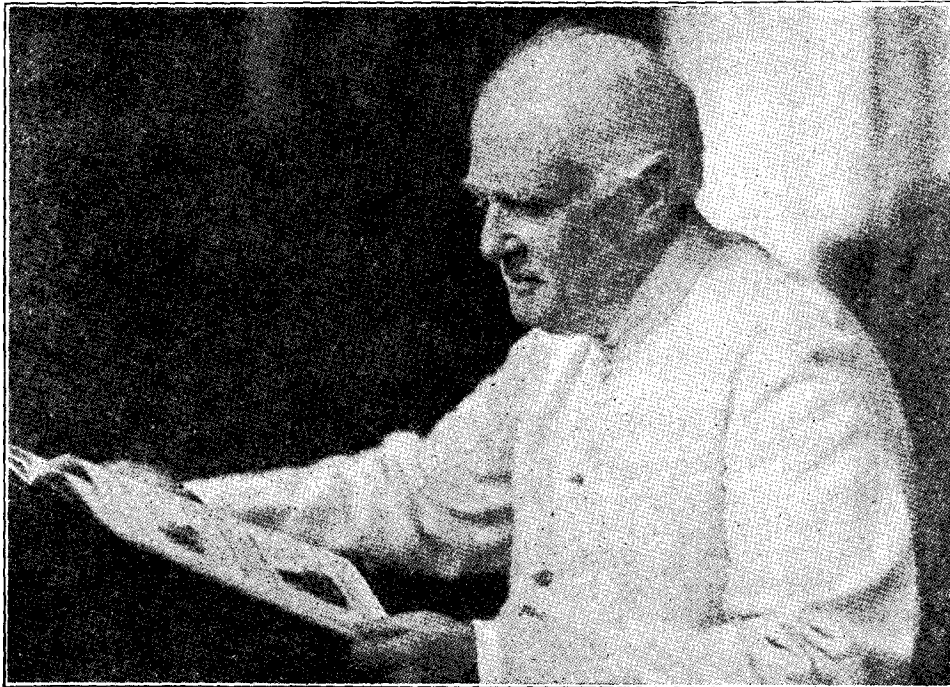
DR. BEAUMONT AND HIS FAMILY, FROM A  
PAINTING EXECUTED IN 1833.

stomach, causing it to pour out mucous, thus laying the foundation for gastric catarrh. People who in season and out of season add mustard, pepper and other fiery spices to their foods in nine cases out of ten will a little later pay a dear price for the same.

After some years Dr. Beaumont's half-Indian "patent digester" became tired of all these endless experiments and left for his old Canadian wilds. This was a great disappointment

der for it to be properly digested. That even the attractive appearance of food caused gastric juice to be secreted. That there was in a certain sense a separate gastric juice for each kind of food. This emphasizes the importance of *simplicity* in diet.

He discovered that it was necessary to be in a good state of mind in order to have normal digestion. In other words, we should not only thank the Lord for the food *before* we begin



A RECENT PHOTOGRAPH OF HORACE FLETCHER, THE WELL-KNOWN ADVOCATE OF THOROUGH MASTICATION.

to Dr. Beaumont, for he had hoped to develop a number of other important truths.

#### **Pawlow and His Dog Experiments**

Strangely enough, several generations passed by before God raised up any one to shed any additional important light on this wonderful subject of digestion.

Finally, Pawlow began his famous digestive experiments on dogs in his laboratory in St. Petersburg, Russia. All of his conclusions have since been verified in one way or the other on human beings. He observed that it was necessary for food to be *appetizing* in or-

to eat but continue to be thankful *during* the entire meal.

#### **Horace Fletcher and Fletcherism**

After Pawlow, Horace Fletcher added the next most important chapter to our knowledge of this interesting subject. Twenty years ago Mr. Fletcher was a broken-down physical wreck. In his own words, "Every six months or so I had a bad attack of 'influenza'; I was harrowed by indigestion; I was afflicted with 'that tired feeling.' I was an old man at forty, on the way to a rapid decline."

Being a man of wealth he naturally availed

himself of the best medical advice, but without any satisfactory results. It was then that he started to experiment on himself. "I chewed my food carefully until I extracted all taste from it there was in it, and until it slipped unconsciously down my throat. When the appetite ceased, and I was thereby told that I had had enough, I stopped; and I had no desire to eat any more until a real appetite commanded me again."

In five months' time he observed most noticeable improvements; clear head, springing body, walking was enjoyable, tired feeling gone and no colds. He was convinced that he had made a great discovery and he finally succeeded in arousing an interest in scientific circles to put his simple theories to a searching test.

The first experiments were made in the University of Cambridge, England, and later, on a much more extensive scale by Prof. Chittenden of Yale, and later by Prof. Irving Fisher also of Yale University. As a result of this extensive experimentation it was scientifically demonstrated that thorough mastication produced greater endurance, better health, and naturally cut down the amount of flesh food used and improved the general health.

#### Scientific Fasting

Horace Fletcher advised those who do not know what true hunger is to "skip a meal or two and give nature a chance to show you what *real* appetite (true watering of the mouth) is." The prolonged fasting that we sometimes hear about is certainly an unnecessary strain upon the system, while an occasional fast for a day or two, especially for people who have been overeating, is undoubtedly highly beneficial.

The same result can frequently be secured by living exclusively on fruit during the same length of time. This gives the liver a rest, cleanses the alimentary canal, and introduces useful salts into the blood. For those who are putting on surplus fat Fletcher has the following suggestion: "Those last two, three, or a few mouthfuls after appetite has said gently 'enough,' and before the same appetite says, loudly, 'stop' are the difference between obesity and decency of form."

Every good thing can be carried to an ex-

treme, and thorough mastication is no exception. On this point Fletcher says, "Do not overdo chewing, for then you take away much of the pleasure and smother the enjoyment of eating. Masticate all solid food until it is completely liquified, and excites in an irresistible manner the swallowing reflex or swallowing impulse."

#### Prof. Chittenden's Personal Experience

Before Prof. Chittenden undertook his remarkable dietetic experiments on a group of the United States soldiers which established the fact that the average man can advantageously cut down anywhere from one-half to two-thirds the amount of protein food that he is consuming, Prof. Chittenden first experimented upon himself. In diminishing protein or the beefsteak line of food he at first observed some discomfort, but he soon discovered that he was in an improved physical condition.

"A rheumatic trouble in the knee joint, which had persisted for a year and a half and which only partially responded to treatment, entirely disappeared (and has never recurred since). Minor troubles, such as 'sick headaches' and bilious attacks, no longer appeared periodically as before. There was greater appreciation of such food as was eaten; a keener appetite and a more acute taste seemed to be developed, with a more thorough liking for simple foods."

#### An Interesting Danish Experimentor

Some years ago Dr. Hindhede, who is now director of the Danish government laboratory for nutrition researches, began to doubt the reliability of the old dietary standards and so for one month he restricted himself to a purely vegetarian diet and especially such foods as were notably *deficient* in protein. He lived chiefly on bread, butter, potatoes, sugar and fruit. I quote his experience from his recent book, "Protein and Nutrition."

"I wanted to find out how long I could live on such a limited quantity of protein. Of course, it was not my intention to prolong the regimen until death threatened; I merely wished to keep to it until I felt myself becoming really weak. To make more certain, I applied myself, meanwhile, to vigorous physical exercise, such as gardening, cycling, etc.

But, strange to say, no infirmity evinced itself; to the contrary I experienced excellent health. I never had that feeling of tension and sluggishness which usually follows the consumption of a good beefsteak."

As a result of subsequent extensive experiments Dr. Hindhede came to this conclusion, "I have a suspicion that a vast number of ailments—disorders of the stomach, nerves, liver and kidneys, not to mention gout—are to be attributed simply to overfeeding. I believe that in this respect we physicians have done



DR. HINDHEDE'S TEN-YEAR-OLD DAUGHTER, WHO HAS ALWAYS LIVED ON A LOW-PROTEIN DIETARY.

infinite harm to our patients. When all those dyspeptic and nerve-weary people come to us complaining of drowsiness, debility, general disgust with life, how often have we not exhorted them to eat plentifully? 'Take plenty of invigorating food: meat, eggs, etc.!' We sometimes recommend 'Port wine and quinine,' 'Stout,' or 'Burgundy' to be taken with the food in order to help it down. But the more the food is thus assisted on its downward

course, the weaker do our patients become; while it is certain that with the aid of an 'apparent hunger diet' we should in many an instance have been able to restore them to strength. Rich meat has a singular power of tempting the palate, and we are thereby induced to overload our poor stomachs."

#### The High Cost of Living

Dr. Hindhede calls attention to the fact that it costs twenty times as much to live on meat as on cereals, and furthermore, "that which makes living so expensive among the well-to-do are meat, coffee, tea and spirituous liquors," and he raises the important question, "What do these people get in return for this additional cost?" And his answer is: "Diseased kidneys, liver and heart; gout, and, above all, bad temper."

#### A Remarkable Experiment

Hindhede reports the case of a young man by the name of Madsen who not only was a vegetarian, but also left out coffee, tea, liquor and tobacco. Finally he was drafted into the military service. He ate nothing of the regular menu that did not meet his approval. I quote the following from the surgeon-major's report of his case. "His diet was almost incredibly simple, consisting of bread, water, cocoa butter, potatoes and rarely a little milk. He was a particularly useful man, an arduous worker and possessed of greater powers of endurance than most people. He thrived amazingly; during the whole eighteen months he was never on the sick list and never sought medical assistance."

Later on this same man, Madsen, successfully performed the following experiment for Hindhede, namely, living eighty-six days *exclusively* on potatoes and butter and maintaining perfect nutritional balance.

As everyone knows, potatoes contain but a small amount of protein. As a result of this and a number of similar experiments, Dr. Hindhede concludes that "We need never trouble our heads about protein," that there is absolutely no danger when using any ordinary sensible diet but that we shall receive enough of this line of food.

Speaking of the meat diet, Hindhede says, "After eating beefsteak there is more inclination for sleep than for hard work. Meat is a fierce fire, but it seems to burn out the oven

itself in the long run. The truth is, that the energetic races eat but little meat; but with increasing wealth and culture, meat eating also increases, while the national energy decreases. . . . Every student of history must know that wealth, gluttony, and drunkenness are

the three great destroyers of energy."

One thing is absolutely certain, either we shall be tempted to eat and drink damnation to ourselves (1 Cor. 11:29), or else we shall be inspired to eat and drink to the glory of God. (1 Cor. 10:31.)

## Some Helpful Principles\*

Woodrow Wilson

Now President of the United States.

**I**N order to start a fire you must originate a fire. You must have a little spark in order to have a great blaze. I have often heard it said that a speaker is dry, or that a subject is dry. Well, there isn't any subject in the world that is dry. It is the person that handles it, and the person who receives it that is dry. The subject is fertile enough.

### Life Instead of Entertainment

When we say, therefore, that the way to get young people to the church is to make the church interesting, I am afraid we too often mean that the way to do is to make it entertaining. Did you ever know the theatre to be a successful means of governing conduct? Did you ever know the most excellent concert, or series of concerts, to be the means of revolutionizing a life? Did you ever know any amount of entertainment to go further than hold for the hour that it lasted?

If you mean to draw young people by entertainment, you have only one excuse for it, and that is to follow up the entertainment with something that is not entertaining, but which grips the heart like the touch of a hand. I dare say that there is some excuse for alluring persons to a place where good will be done them, but I think it would be a good deal franker not to allure them. I think it would be a great deal better simply to let them understand that that is the place where life is dispensed, and that if they want life they must come to that place.

### Who Can Detect Hypocrisy

Did you never have the uneasy experience

\*Abstract from "The Young People and the Church," Sunday School Times, Philadelphia, Pa., price, 10 cents.

of going into the presence of a child who did not care to speak to you? There are two beings who assess character instantly by looking into the eyes—dogs and children. If a dog not naturally possessed of the devil will not come to you after he has looked you in the face, you ought to go home and examine your conscience; and if a little child, from any other reason than mere timidity, looks you in the face, and then draws back and will not come to your knee, go home and look deeper yet into your conscience. There is no eye so searching as the eye of simplicity. And you might as well give up the attempt of trying to wear a mask before children, particularly the mask that you are so desirous of wearing—the mask of hypocrisy. It does not work, and it is a very fortunate thing that it does not work. If it did, we would make our children as big hypocrites as we are. You must believe the things you tell the children.

### Love vs. Fear

I don't believe any man was ever drawn into heaven for fear he would go to hell. Because, if I understand the Scriptures in the least, they speak a gospel of love. Except God draw you, you are not drawn. You are not brought in by whips, you are not drawn by a frowning face, you are not drawn by a threatening gesture. You are drawn by love, you are drawn by the knowledge that if you come you will be received as a son. Nothing but yearning draws you. Fear never drew you anywhere.

You must realize that it is all a question of personal relationship between man and his Maker, and a personal relationship founded upon love. For love is the only thing that I

know that ever led to self-abnegation. Ambition does not lead to it; no use of power for power's sake leads to anything but self-aggrandizement. Can you name me any motive in the world that ever led a man to love another life more than his own except the motive of love? And yet what we are working for in the young people, as in the old, is to show them the perfect image of a Man who will draw all the best powers of their nature to Himself, and make them love Him so that they will love Him more than they love themselves, and loving Him so, will love their fellowmen more than they love themselves. Everything heroic, everything that looks toward salvation, is due to this power of elevation. It is a noteworthy thing that we reserve the beautiful adjective "noble" for the men who think less of themselves than of some cause or of some person whom they serve. We elevate to the only nobility we have, the nobility of moral greatness, only those men who are governed by love.

#### How to Create Love in Others

You can not create love by entertainment, but you can make love by the perfect exhibition of Christ-like qualities, and, with the

assistance of the Holy Spirit, by the withdrawal of the veil which for most men hangs before the face of our Lord and Saviour. Our whole object, it seems to me, in church work is simply this: to enable all to see Him, to realize Him, and if we devote ourselves to that purpose with singleness of heart and without thought of ourselves, we shall suddenly find the seats filling, because where there is fire thither men will carry their lamps to be lighted.

Where there is power, men will go to partake of it. Every human soul instinctively feels that the only power he desires, the only power that can relieve him from the tedium of the day's work, the only thing which can put a glow upon the routine of the day's task, the only thing that can take him back to the golden age when everything had a touch of magic about it, when everything was greater than the fact, when everything had lurking behind it some mysterious power, when there was in everything a vision and a perfect image—is this thing which he sees enthroned upon the shining countenances of those who really believe in the life and saving grace of their Lord and Master.





## Twenty Times a Murderer

R. W. Munson

Java, East Indies.

[Brother Munson was for years a missionary in India and Sumatra and is now located in Java. We are quoting herewith only briefly from a talk which he gave to the Hinsdale workers on a recent furlough to this country.—Ed.]

IN British India a good many years ago one of the missionaries was preaching to a large congregation of natives and he preached the simple gospel of salvation through Christ. One of the preachers came to him afterwards and said, "Doctor, there is a man in the border of the crowd wants to speak to you."

"Call him up here," he said.

There were lights burning there—it was night—and he said, "No, he won't come up here." So the bishop went to him and at once realized the character of the case he had to deal with. As he took his hand, the man said:

"You said tonight that Jesus would save the vilest sinner; is that so?"

"Yes," the doctor replied, "that is so."

"But wait a minute; will He forgive a man who has taken the life of a fellow man?"

When he said this, the doctor knew he had hold of the hand of a professional murderer and thief. But Jesus said that all sins would be forgiven except that one of blasphemy, and he replied:

"Yes, He will forgive if he thoroughly repents."

"Wait a minute," he said, "Will He forgive a man who has taken the life of two?"

And then he asked that question again and again till he reached twenty, and said:

"Will He forgive a man who has taken the lives of twenty men?"

"Yes," he said, "if he repents He will forgive twenty as well as one."

The man broke down and said, "I have taken the lives of twenty of my fellow men, and I want the gospel I have heard tonight."

And he believed and was converted and became a consecrated Christian. These are the experiences that encourage us to keep on until we find what we want.

### Have You Victory?

There are some even in Christian America, even in our own circle, who have not the vic-

tory from sin which they long for and might have. They are in bondage to sin and want the victory. Now there is only one way to get it—that is, in the *complete* renunciation of self and in simple faith in the Lord Jesus Christ—just as this thug found it. I know that God is able to save unto the uttermost all that come unto Him by Jesus Christ.

*Desires* for guidance and right are all right as far as they go, but if we simply desire to have the victory, and go no further, we shall be lost. I am sure if we are in earnest we may each one of us have just the Christian experience that the Lord intends we shall have. I believe it is our privilege to have all the victory and all the blessing that the apostle Paul himself had. We can have the victory Christ had and do the works He did. In fact He said we should do greater works. But there must be thorough work; there can not be any compromise with self. There must be complete surrender.

This is a very high standard; some of us are discouraged when we think of it. We think it may be possible for some of the old veterans in the service, but not for us. I remember when I was seeking the Lord in my early teens. After my brother died, whose godly life had an influence upon me, I knelt by the bedside to pray. But instead of getting comfort my prayers seemed to just go up to the ceiling and come back again. And the tempter came and said, "Your mother, and So and So," mentioning others in the village, "can be Christians, but you can't be a Christian; He does not accept your prayers and you are more unhappy than you were." And I believed it, and said, "I am afraid that is true," and I went to bed.

But I had not lain there long when the thought came to me, what if I should die tonight, unreconciled to God? I began to pray with all the intensity of my soul, and fell

asleep with a prayer upon my lips. The next morning I was conscious of a heavenly peace within my soul and how thankful I was the Lord had heard me.

I was not a Christian but was on the road, and for a fortnight I attempted to be a Christian on the sly. If we have religion of the right sort, we have got to talk about it; we must confess Christ. I tried not to talk about it, but it did not work, and after a fortnight I got up in meeting, confessed the Saviour, and said, "I want you to pray for me," and I found the Saviour. And I have always found Jesus and have been pointing others to Him that wanted to know the Lord.

#### SOMEBODY'S CHILD

In the January LIFE BOAT we published the experience of a young woman prisoner in the Vermont prison, who was left an orphan early in life and who drifted from bad to worse until she had reached the lowest depths, and then in a moment of passionate jealousy she committed the deed which has deprived her of her freedom for life.

While waiting to be taken to her prison home she poured out her soul to God and sought and found her Saviour. Since that time she has been a real missionary among the women in prison, and she has written the following for the sole purpose of helping other women behind the bars.

#### Those Care-Free Days

"After seeing other dear little girls so innocent and sweet I remember now how my mother loved me. Years have passed since those happy days and she has been called to rest, but I can still in my imagination picture those care-free days before a cloud darkened my sky. Yes, I remember well when I promised her I would be a good, Christian girl, and in a few days was left an orphan, with no mother's hand to guide. I did not keep that promise until a few years ago, much to my regret.

"So many have had a similar experience, so many have been driven by despair to the lowest depths of sin, yet they are somebody's children. I want to say a word to such.

"Perhaps you have parents whose hearts are aching on account of your waywardness. Do

you still mean to go deeper? Even if you have no one in this world that you think cares for you, and it is generally the fact that our friends in sin are unfaithful in misfortune, Jesus has loved you and gave His life for you. Will you accept Him? There is no better time than now. It matters not what your life has been, He is willing to forgive you freely.

#### Still He Sought Me

"I would love to tell every wayward one how I wandered so far from the Saviour, but still He sought me. I have seen life on all sides and it breaks my heart tonight when I think of so many that are on the primrose path, the end of which is the morgue and an unnamed grave.

"Some few Sundays ago our chaplain used for his text these words, 'The wages of sin is death,' and I could not help but think of the wages sin has paid me in the past years when I served Satan. After a night's debauchery I would say I had a good time, little thinking that that 'good time' was another scar on my character, which was gradually but surely sinking into the abyss of degradation; still I continued living a life of sin.

"The thought of my mother's prayer and her pleading voice would sometimes make my heart harder, for when one lives so long in sin that precious monitor, the conscience, is almost silent. I still persisted, but thank God, tonight this promise has been fulfilled in me: 'Though your sins be as scarlet, they shall be as white as snow,' and I know He can and does make over the vessels scarred by sin and shame, and if He saved me He will save you.

#### Could Not Be Any Better

"I remember once speaking to a friend about her soul's salvation and in answer she said she was so wicked she could not be any better. My friend, that is just the work of the evil one. He is continually using that deception, and again, on the other hand, he makes us think we are good enough, for as sinful as I was I would always think I was just as good and even better than some one else.

"Jesus is waiting to save if you will only accept His invitation. He says now to you,

poor wanderer, 'Come unto me.' You will admit a life of sin does not pay, for there are pleasures in it; yes, but only for a season, and the end is eternal destruction.

"Jesus offers us peace. Adversities may come, but if we are trusting in Him He will bear our burdens, and though the tempest rages,

we know all is well. For the sake of your darling mother or whoever is near and dear to you on earth that is interested in your welfare, and, above all, for the sake of Jesus who bore your sins in His precious body, heed His call and accept Him as your Saviour and Friend."

## Echoes From the Welsh Revival

Stella Stuart Jones

[Some three years ago Miss Jones was a helpless invalid in the Hinsdale Sanitarium. After some months of treatment her health began to return and at present she is a comparatively well woman. While at Hinsdale she read and learned to love the LIFE BOAT magazine. When she returned to her home in Chicago she began securing subscriptions for it and was a faithful worker for its interests. Last November she and her father went to Wales, where she is now making her home. The following interesting account of the effects of the Welsh revival as given from her personal observation will be of extreme interest to our readers.—Ed.]

THE Welsh Revival of 1904 originated in South Wales and extended over the entire length and breadth of the country. It was not started by any person or persons, but like the day of Pentecost everyone was filled

out a hymn to be sung, all seemed moved by the same impulse and from their voices came the sweet melody of praise and thanksgiving. As the dewdrop freshens and the sun strengthens the blossom, so this great mass of praying,



MR. EVAN ROBERTS AND HIS EVANGELISTIC SINGERS.

with the Holy Ghost, "and began to speak as the Spirit gave them utterance." Acts. 2:4.

There was but little preaching done, most of the meetings being carried on by prayer and song. No one had a hymn book, no one gave

weeping, singing humanity were refreshed and strengthened.

### The Bible in a Coal Mine

The most conspicuous figures in the movement were Evan Roberts and the five singing

sisters who accompanied him. Evan Roberts, then but twenty-six years of age, was a collier in the Broadoak Colliery, Loughor, South Wales. He used to take his Bible down the mine and put it in some convenient place where he could glance over its pages when he had a moment to spare. His leisure time was thus spent in studying for the ministry.

The Lord had a greater work for this young man than that of digging for coal, so He led him out of the mine even as He had taken Elisha from the plow to revive His work. It seemed as if the prophecy of Joel 2:28, "I will pour out my Spirit upon all flesh and . . . your young men shall see visions," was being fulfilled, for the Spirit was poured upon the people and Evan Roberts and many others saw many strange things.

#### **Son and Mother Transformed**

A few Sundays ago a minister was here to tea and I asked him what the revival had done for the people. He told of several instances that had come under his own personal observation, one of which was that of a big stalwart man in his community who was much given to drink and who used the most profane language. One evening he went to one of the meetings, and, hearing the prayers of those around him, his heart was touched with anguish and remorse. This man of great stature sobbed like a little child, and dropping down on his knees he prayed—prayed for the first time in his life—"Oh Lord, forgive me, forgive me, and remember my mother."

How often we hear of a mother praying for her wayward child, but how seldom do we hear of a son or daughter praying for the conversion of mother. But so this man prayed, for she, like himself, had never been brought to the feet of her Maker.

The next night the man was again seen at the meeting and far off in the corner was heard the trembling voice of a gray-haired old woman praying for faith and forgiveness. The people around recognized the voice and knew that the man's prayer for his mother on the previous evening had been answered. That night mother and son together laid their gifts upon the altar and gave their hearts to God. Today that man is a changed man and a leader in Christian work.

#### **It Reached the Children**

The minister also told of how not only grown people were influenced by this great revival but little children as well. One morning his little boy, then six years old, kneeling down by his mother's side said, "Dear Lord Jesus, fill me with Thy Holy Spirit, keep Annie from scratching me, make Lizzie kind, but you don't need to change Maggie because she's all right, but do make Tommy Williams a good boy. He is getting worse and worse every day and takes Thy name in vain. Through Jesus Christ, Amen."

#### **Prayer Meetings Instead of Football Games**

The daily papers, at the time of this revival, told of how football teams in many places held prayer meetings instead of their former games. Distinguished men from England, Scotland and many other places came to hear religious lectures. Those of the Church of England as well as other churches extended their blessing to the movement.

#### **Revival Better Than Prisons**

Drunkenness greatly diminished everywhere and the revival was the means of checking it more than fines or imprisonment could ever do. Thousands of families were reunited, their children were fed, clothed and brought up as they never had been before. There was more harmony between employer and employee.

Many, of course, have gone back to their former ways of living; some because they buried their talents or hid the light that had been given them under a bushel; others kept for themselves, instead of sharing with their neighbor, that great gift, the gift of God's love. Many thought that when the Spirit was once poured upon them it would be everlasting, forgetting that the Lord taught them to pray for their "*daily* bread."

#### **A Drunkard's Thirst Quenched**

A short time ago I went to hear a lecture on temperance by a man who had been converted during the revival of 1904. He had been a drunkard but after he drank of the Water of Life his thirst was quenched and he is now a great worker and advocate for the cause of temperance.

A leading Baptist minister said, writing on

the subject of the revival:

"Wales has to thank her past revivals for the greater part of the energy exhibited in her national, political and social life. This gave to her men of conviction and of courage and

taught her to aspire to all that is good and noble, and whatever her achievements are religiously and socially, they are mainly due to the stimulus received during periods of outpouring of the Spirit of God."

## Some Personal Advice to Young Men\*

William Jennings Bryan

TO my father and mother jointly I am indebted for my belief in total abstinence. I do not know how young I was when I first signed the pledge. If I were compelled to guess I would say that it was the day when I first learned to write my name, although I may have signed with my mark before that. All I know on the subject is that I have never failed to sign the pledge when I could induce others to sign it, and I stand ready while I live to sign it again and again if, by doing so, I can influence anyone to give up the use of intoxicating liquor.

### The Bible a Character Builder

To the young man who is building character I present the Bible as a book that is useful always and everywhere. It guides the footsteps of the young; it throws a light upon the pathway during the mature years, and it is the only Book that one cares to have beside him when the darkness gathers and he knows that the end is near. Then he finds consolation in the promises of the Book of books and his lips repeat, even when his words are inaudible:

"Yea, though I walk through the valley of the shadow of death, I will fear no evil, for thou art with me; thy rod and thy staff they comfort me," or "I go to prepare a place for you . . . that where I am, there ye may be also."

### Modern Miracles

Are you in doubt about His power to perform miracles when He walked among men? He is performing them today. The Christ who can today open the eyes of a young man who sees nothing but the body and knows nothing but the pleasures that come through

the flesh—the Christ who can open the eyes of such a one to the larger vision of the spiritual life could have opened the eyes of the physically blind.

Do you question His power to raise the dead? Go into any rescue mission and hear the testimony of those who, after years of dissipation and of crime, have come under the influence of His grace and have been born again—behold the change—the Christ who can take a man from the gutter, one who has fallen so low that even his own flesh and blood have abandoned him, and lift him up, cleanse his heart and fill it with a passion for service—such a Christ could break the bonds of the tomb.

### "SOMEBODY MUST BE IN"

The late Archdeacon Hare was once, when tutor of Trinity College, Cambridge, giving a lecture, when a cry of "Fire!" was raised. Away rushed his pupils, and, forming themselves into a line between the building, which was close at hand, and the river, passed buckets from one to another. The tutor, quickly following, found them thus engaged. At the end of the line was a youth, delicate, frail-looking, standing up to his waist in the river.

"What!" cried Mr. Hare, "are you in the water, Sterling? You are liable to take cold."

"Somebody must be in," responded the youth; "why not I as well as another?"

The spirit of this answer is that of all great and generous beings. Cowardice and coldness, too, says, "Oh, somebody will do it!" and the speaker sits still; he is not the one to do what wants doing. But nobility of character, looking at necessary things, says: "Somebody must do it, why not I?" and the deed is done.

—Selected.

\*From lecture, "Building Moral Character."

## The Coming Crisis

Caroline Louise Clough

THERE was held, in the Moody Church, Chicago, Feb. 24-27, an International Prophetic Conference, at which more than two thousand people were gathered from early morning until late at night listening to a stirring discussion of this great theme,—that of the soon coming of Christ.

Rev. Canon F. E. Howitt, of Hamilton, Ontario, in speaking of the Lord's coming as a key to the scriptures, said: "This truth has made the Bible to be a new book to me. There is more said about the Lord's coming than about any other doctrine of the Bible. More than one-third of the whole Bible is devoted to prophecy. Almost every prophecy of the Old Testament refers to the second coming of Christ. It is no new truth. Enoch, the seventh from Adam, said, 'The Lord cometh with ten thousands of his saints.' Jude 14. David said, 'I shall be satisfied, when I awake with thy likeness.' Ps. 17:15. All the prophets are united in bearing testimony to the same fact. The second coming of Christ was the hope of all saints.

### The Key to the Bible

"In the New Testament it is strictly referred to no less than 480 times, one writer says. Every writer in the New Testament speaks of the Lord's second coming.

"Why is it so? Because the Lord's coming is the objective point to which all God's past and present operations are tending. It is only when you see that truth that you get a proper connection of what the Bible teaches. Without that truth, the Bible is a disjointed book. You will never get a vision of the whole until you realize the fact of the Lord's coming.

"An art critic was asked to go to Rome and see a beautiful piece of fresco work. He arrived on a dark day and with a small lamp he could see only a portion of the great painting at a time; he would see an arm here and a face there. The next day when the sun shone he went to see it again and this time he saw the whole painting in all its beauty. So with the word of God,

we can never appreciate the Bible as we should without the light of the second coming of Christ.

"The Messiah is Prophet, Priest and coming King. Most people do not see Him as the coming King. He can not carry His work to a successful issue unless he does become King.

"You can never fully appreciate public worship unless in the light of the Lord's coming. 'Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, *as ye see the day approaching.*' Heb. 10:25. If our public worship was only conducted with a realization of that truth how it would change us all!

"I do not think we appreciate baptism until in the light of the Lord's coming. (Col. 2:11,12.) Baptism not only looks back to the death of Christ but it also implies resurrection in Christ. (Col. 3:1-4.) That is why we are baptised,—it is the preparation for the Lord's coming.

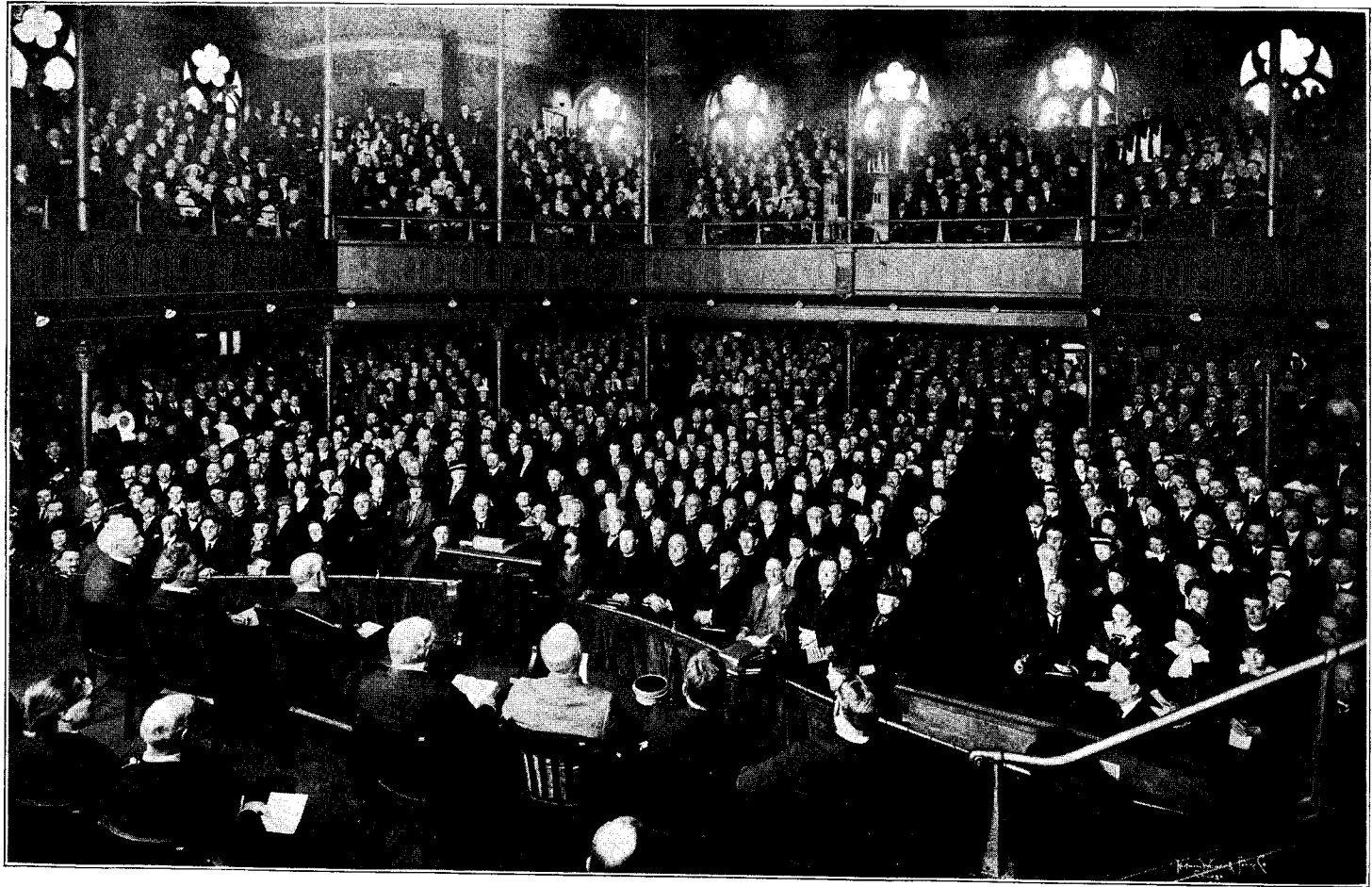
"I do not think we ever value the Lord's supper until we look upon it with reference to the Lord's coming. We are told to break the bread *until* He comes! This ordinance looks back to His broken body on the cross and looks forward to His coming in the clouds of heaven.

"The types of the Bible necessitate the coming of the Lord. The Bible is filled with beautiful types, but I do not know that any of them can be appreciated apart from the great second advent of Christ. Without this key all will be confusing.

"Gordon told the story of a gentleman who was in a great hurry to get to a certain place and he jumped into a cab and said to the driver: 'I want you to drive me as quick as you can.' After they had driven some time the gentleman called out and said: 'Where are you going, sir?'

"I do not know. You told me to drive off as quickly as I could and I have done it.'

"So it is with us, we are driving fast,



TWO THOUSAND PEOPLE ASSEMBLED AT THE MOODY CHURCH, CHICAGO, IN THE INTEREST OF THE THEME OF THEMES—THE SOON COMING OF CHRIST.

but we do not know where we are going until we get hold of this great hope of the Lord's return."

#### Should Be Preached

President R. M. Russell, D. D., of Westminster College, Pa., made the statement, that, "There is not a man preaching in this land or in any other land today who is living 'soberly, righteously, and godly,' but what has in his soul this blessed hope of Christ's second coming." He also said that "There is just as much need for men to rise up and preach this truth of the second coming of Christ today as there was need for Luther and those men at the time of the reformation to rise up and preach the gospel which they did."

Rev. E. Y. Wooley, acting pastor of the Moody Church, said: "One of the great days of my life was the day when I discovered the truth about the second coming of Christ. The only real optimist is the man who is looking for the coming of our Lord."

#### The Cry of Peace and Preparation for War

Rev. Wm. B. Riley, D. D., of Minneapolis, spoke very convincingly on the recent proclamation of peace and the preparation for war as a sign of the times. He said:

"If one should listen to what is being said and written about peace he would be compelled to conclude that we are about ready for the dissolution of the army and the navy and that in a few years there will not be war on sea or land. But all one needs to do is to lift up his eyes from the printed page long enough to study the actual facts around about him.

"Great Britain is ready for battle. France has an army of half a million. Germany has what is considered the most perfect fighting machine the world has ever known. Italy has half a million. Austria, half a million. Greece and the Balkans have their multitudes of armies. These things indicate the real conditions. There could be a terrible strife that would involve us all before twenty-four hours.

"'God shall send them strong delusion, that they should believe a lie.' 2 Thess. 2:11. There never was a time when so

many men are engaged in searching for the truth, and so many men are *accepting* delusion and believing a lie as at the present time.

"Having a profession of Godliness (2 Tim. 3:5), but the practice is *ungodliness*. This is a graphic description of what we see in the churches today. Throughout the breadth and depth of the land churches are now being built containing smoking rooms, theaters, and dance halls. Daniel saw the 'abomination of desolation,' 'stand in the holy place,' and we see it today.

"It has been said that 'sin is merely a failure to attain to the ideal. That conviction of sin is no longer the work of the Holy Ghost; it is simply the pains of sin to attain perfection.'"

#### An Apostasy of the Church

Dr. C. I. Scofield, of New York, author of the Scofield Reference Bible, was present at this conference and spoke at the ten o'clock hour each day. In speaking of the great apostasy of the church in these last days, he said: "There shall be a falling away, an apostasy. 'The love of *many* shall wax cold.' Matt. 24:12. The picture of the earthly pathway of the church is one of declension and departing from the truth. As there were false prophets among Israel, so there are false teachers among the churches today. Jude tells us of the apostasy of the last days. When the church is strong and spiritual she sloughs off these people. John says: 'They went out from us, but they were not of us.' 1 John 2:19. When the church is turned aside from her pilgrim pathway and has settled down in the world there is no holy power of itself that pushes off."

#### The Character of His Waiting People

I am glad that these prominent Christian workers are proclaiming this grand truth of the nearness of Christ's second coming. But we must not forget that those who will be ready to say at that time, "Lo, this is our God; we have *waited* for Him, and He will save us," Isa. 25:9, are those of whom it can be said, "Here is the patience of the saints; here are they that *keep the commandments* of God, and the *faith* of Jesus." Rev. 14:12.



Speaking of our day, Paul tells us in Rom. 13:11,12 "that now it is high time to *awake* out of sleep: for now is our salvation nearer than when we believed. The night is far spent, the day is at hand: let us therefore *cast off* the works of darkness, and let us put on the armour of light."

As we see these signs all about us we must each know for a certainty that we are keeping the commandments of God and that we are not only getting ready ourselves for that great event, but helping others about us to get ready.

We are told that, "When the Lord's time comes and no changes have taken place in the hearts of proud, ambitious human beings, men will find that the Hand that had been strong to save will be strong to destroy." "Today, the world, utterly regardless of the warning voice of God, is hurrying on to eternal ruin." "Soon everything that can be shaken will be shaken, that those things that can not be shaken may remain." Now is the time to get ready while mercy is still extended to the children of men.

#### OUR TEMPERANCE CAMPAIGN

ORA M. BARBER, M. D.,  
Hinsdale, Ill.

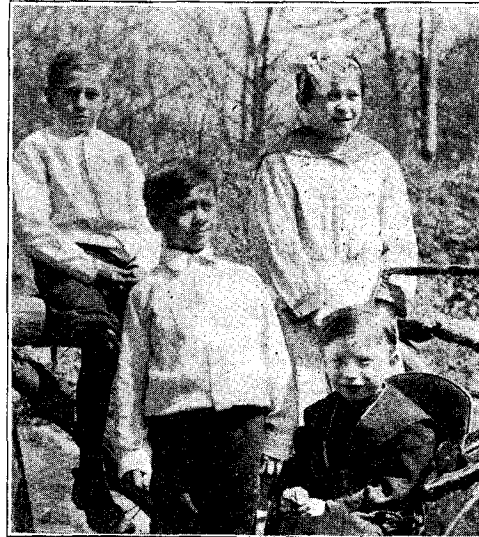
Do you want this township to become anti-saloon territory? This is the question which aroused our entire sanitarium family to action a few weeks ago in the cause of temperance. Yes, indeed; our township must "go dry," and we must do our part—and a large part—to help answer the question which was to be put to each voter in the spring election.

Certain individuals were appointed to visit the leading men of influence in the villages of Hinsdale and Downer's Grove, making known to them our attitude in this important question and also our willingness to work with them in carrying on a campaign against the liquor evil.

Several public lectures were given and union meetings held in the interest of temperance by which a large number of people were reached. Our aim was also to place a copy of the *Temperance Instructor* in every home in the township, and this we accomplished, even contending against rainy weather. Our

nurses carried the papers to the homes in the villages and had many opportunities to talk with the people in regard to the subject.

One of the young men visited the rural districts, leaving the *Instructor* with its helpfulness in each home and received a blessing in doing it, even though the roads were muddy. We all feel that we were repaid for all the effort we put forth. We believe that we helped to answer the question in the right way and our township is anti-saloon territory.



#### A MOTHERLESS FAMILY

The mother of these children is dead. The youngest member of the family was accidentally scalded to death. The father has become such an abject slave to drink that the children are left largely to shift for themselves, so the probation officer arranged for them to come out to Hinsdale. With a few weeks of sunshine, fresh air, wholesome food, loving hearts and the blessing of God they have blossomed out into the healthy, happy-looking children shown above. What a pity that all of the poor children in the slums can not have a similar opportunity. How thankful all of us should be for the chances that we had early in life. How our hearts should go out to those who do not have such opportunities. We want to keep this family out in the country all summer if possible.

### LEFT AN ORPHAN WITHOUT MONEY

(From the Southern Illinois Penitentiary)

"I thank you ever so much for the advice you gave me, also for the tracts you sent me on the use of tobacco, and I was very much pleased with *THE LIFE BOAT*. Just as soon as I read it, which I did at once, I passed it to some friends who enjoyed reading it very much, and they passed it along, and I don't know but what it is still going and doing good yet.

"I do not see how any sane or reasonable man can read a paper like that without it doing him good. Every time I read one of them it reminds me of the teachings of my dear old mother, but I was deprived of her tender care when I was only nine years old. My father had died before. I was left without money and was thrown among strangers. If I had always remembered my mother's teachings I would not have been here, but I am trying with the help of God to make amends for the past. Pray for me, will you? I am doing the best I can now to do right and it seems easier now than when I began, although the temptations are very great sometimes.

"As to cigarettes, I never smoked one in my life, but I was a slave to chewing tobacco and I am now trying to quit it."

### WOULD LIKE TO BE A WORKER

(From the Dannemora, New York, Prison)

"I would be very glad to receive those nice little Bible studies you spoke of sending me, because I wish to learn all I can before I leave here. If there is anything that I can do to win others to God after I leave here, I will be only too glad to do so, for I very much would like to be a worker for God.

"I have been here almost five years and I will be set free in the fall of this year. I lost two months' time when I first came here for talking and having a penknife in my possession. If I could gain this time back again I would get out before Christmas."

### THE LIFE BOAT RESCUE HOME

CAROLINE LOUISE CLOUGH.

We have had quite a variety of cases to deal with in our work at the rescue home this past month. One young woman came to us who had been to many doctors and had also tried various so-called "cures," but was still in a needy condition. Her chief difficulty was all embodied in the one word "sin," and nothing but the power of God can take sin out of the human heart. She felt as though her case was hopeless, but we know it is not unless she refuses to surrender her sinful heart



VIEW OF THE FAMILY OF BABIES IN THE LIFE BOAT RESCUE HOME, TAKEN APRIL 13, 1914.  
IN PUBLIC, AND THE OLDEST BABY, A BO

to God. However, she has tried to surrender.

We had another girl come to us with leanings towards spiritualism, but, after studying the Bible with us and learning that spiritualism is one of the things that the Bible says will appear in the last days and that it is merely the power of Satan, she decided to abandon it, and is now rejoicing daily in new-found truth from God's Word. Just recently three of the young women in the home have been baptized. They have forsaken *all* to follow their Saviour.

During the past month we have had the largest number of babies in the home we have ever had at one time. Some have recently been placed in private homes so we are not able to publish all their pictures herewith, but we can show eight of them. Think of the great possibilities wrapped up in this large family of children!

We have at last got our industrial department started. One of the girls is devoting her entire time to that work and is just now weaving some carpeting for the home, which is sadly needed.

The Lord certainly has blessed this work. Our hearts are full of gratitude and praise to Him. We wish to thank all the friends who have had any part in making this work a success.

#### FROM A HOME GIRL

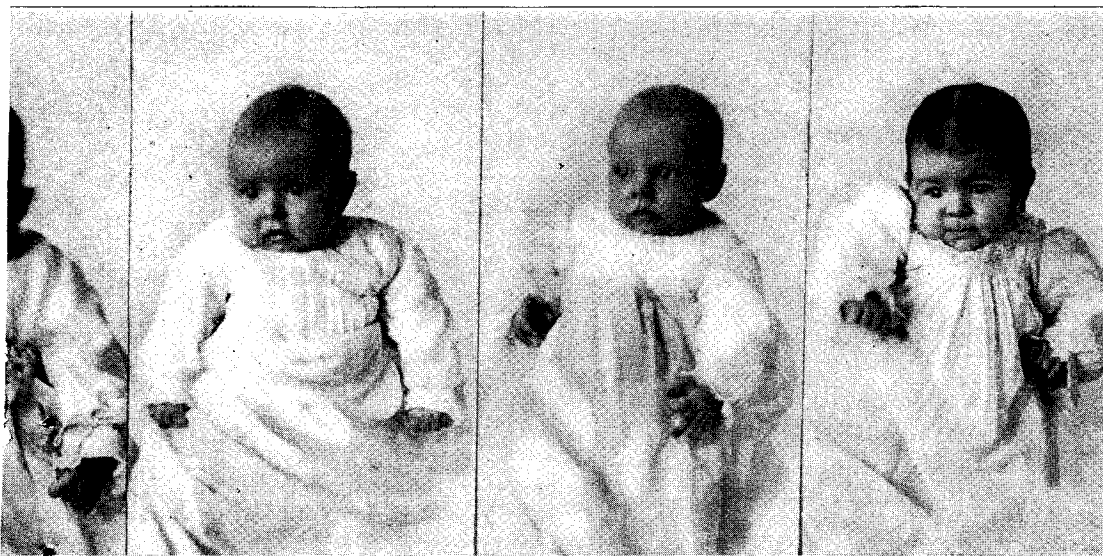
As far as possible the girls in the Rescue Home are encouraged to mother and keep their babies. There are several reasons for this. If the mother is permitted to shirk this responsibility she is likely to shirk other responsibilities that subsequently lie in her pathway. Secondly, and what is perhaps more important, the child has a spiritual mission to its mother, as will be seen from the following letter:

"Your most kind and welcome letter received. I was very glad indeed to hear from you and can never explain in words how I appreciate it.

"I was dreadfully lonesome for the girls for a few days after I returned home. I was very glad to hear that you remember us in your prayers. I ask help often myself, but it makes me feel better to know that I have someone to help me, and it gives me more strength to ask myself.

"You can never imagine how much I gained the few weeks I was at the Rescue Home. I know myself that I left there with a different feeling than when I entered. I feel nearer and understand our dear Lord better than ever before.

"To have my little darling taken from me in any way would mean taking the sunshine



ONE LITTLE FELLOW ONLY TWELVE DAYS OLD WAS TOO YOUNG TO MAKE A GOOD APPEARANCE BY OF TWO YEARS, APPEARS ON THE NEXT PAGE.

out of my soul, for I love her with all my heart. And by keeping her, if I should ever be tempted to take another misstep I have



THE ONE WHO MANUFACTURES SUNSHINE  
IN THE HOME.

her to look at and guide me aright. You know it says in the Bible that a little child shall lead them, and this is the way I feel about her, and do you blame me?"

#### GOING TO WIN

(From the Indiana State Prison)

"I see my mistakes; but it is never too late to mend. I am young yet and by God's help I am going to win. I will think just enough of the past to help me in doing right in the future. I know that kindness will do more to make a man do right than anything on earth.

"Phil. 3:13-14. 'Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.'"

#### A TRANSFORMED LIFE

TOM MACKEY,  
Portland, Oreg.

[We are sometimes asked the question, "Do mission converts hold out?" Yes, they hold out just as long as they let the Lord keep hold on them. Twenty years ago Tom Mackey was a broken-down, abject bum. Drink had ruined everything. He had even attempted to take the life of his own wife, yet God saved this wreck of humanity and made him a marvelous evangelist. He started several successful missions in Chicago and for years has assisted in great evangelistic efforts in many of our large cities. Thousands of men and women have been brought to Christ through his ministry.

During all of these years he has never forgotten the men behind the bars. He knows their situation by personal experience. He has preached the gospel to thousands of prisoners and wherever he has gone has always been anxious to see THE LIFE BOAT put into the hands of men behind the bars. We are glad to be able to present the following message from Bro. Mackey, written especially for this special prisoners' number.—Ed.]

I was looking over some old papers today, and came across the following experience of an old friend of the Life Boat Mission:

"I said to one of the sisters who came to the prison to sing, where I was doing a short term, 'I want to live a different life when I get out of here. Can you find me some work? My time will be up next Thursday.' She said she would help me and when I was released I went to her. She was surprised to see me, for many had said they would come, but did not. Well, I am glad I came to her for in her I found a friend, and through her I found Jesus, 'a Friend that sticketh closer than a brother.'"

Mrs. Worthy Harris Holden wrote the following poem after hearing this girl's testimony:

"She sat in the dreary prison,  
Barred out from the scenes of life,  
Barred in with her soul's deep yearning  
To banish its woe and strife.  
Penniless, homeless, forsaken,  
Not even a comrade in sin  
Came near as of yore to release her,—  
Alone with her sorrow,—barred in.

"Then arose sweet voices singing  
A sinner's humble cry,—  
'While on others Thou art calling  
Do not pass me by!  
And the echo oft repeating  
Calmed her bitter grief,  
He, the friend of chiefest sinners,  
He could bring relief.

"Wafted through the iron grating  
Which to her were gates ajar  
Came the 'peace, good will' from heaven:—  
There arose her Bethlehem star.  
Guided on she found Messiah,  
Found her Saviour very nigh,  
Who to e'en the faintest calling  
Never, never will pass by.

"Shout for praise, ye ransomed prisoners,  
He hath burst thy bonds for thee;  
Join with her in grateful tribute,  
Christ alone hath power to free!

Sing, O toiler in the vineyard,  
Sing of Jesus very nigh;  
Sing beside the hedge and highway,  
Sure 'twill reach some passer-by."

Some weeks ago I was in San Francisco and there came along a man who gave this testimony of his conversion ten years ago:

"I dropped into the Life Boat Mission on State street in Chicago, Ill., and heard a young woman tell the story of her redemption through a song sung in prison. I was convinced that there was a reality in the saving power of Christ, and I surrendered my will to the will of Christ and found a Saviour who can save and also keep. I had just been released from the Anamosa State prison, and my past was black, but the blood of Jesus Christ 'cleanseth us from all sin.'"

#### Prisons Can Not Keep Out God

I do thank God today that there is power in Christ for every sin-bound one. Prisons can not keep out God. Joseph was in prison, "But the Lord was with Joseph." Gen. 39: 21-23. Manasseh was in prison, "And when he was in affliction, he besought the Lord his God, and humbled himself greatly before the God of his fathers." 2 Chron. 33:12. Jeremiah was in prison, but the word of the Lord came unto him there. The apostles were in prison, and the angel of the Lord visited them. (Acts 5:17-20). Peter was in prison, but prayer was made. (Acts 12:5-8.) Not only is this true of Bible days, but it is true today. It is so easy to get into trouble because of Satan, who knows man's weakness.

I lived in Detroit, Mich., thirty years ago and one night I got into trouble. It was because I was troublesome that I was arrested, tried, convicted and sent to prison, not for a long term, to be sure, but I think the hardest experience of my life was a few days later when I said good-by to my liberty, in fact I had lost all.

The way of the transgressor is hard, but thank God, there is a real remedy for sin and it is the gift of God. My sin acted different with me than with some men. I became a helpless and hopeless drunkard, and when I was nearly forty years of age one night, Jan. 4, 1894, on Van Buren street, Chicago, I met a man, and when I said, "Friend, will you help to buy a drink," he said, "You don't need any more drink, *you need Jesus,*" and he brought me to the Pacific Garden Mission, and after

I heard many men testify that they had found a remedy for their sinful ways, I thought on my ways and called upon the Lord and He heard my cry, and now I am waiting for this very same Jesus to return and fulfill this promise in 1 Thess. 4:16, 17, to me.

#### REVIVAL EFFORTS

D. H. KRESS, M. D.,  
Melrose, Mass.

[Dr. Kress, Pastor Quinn, and others have been having showers of God's blessing attending them as they have been laboring for the spiritual upbuilding of God's people with whom they have met. We quote the following from a personal letter recently received from Dr. Kress.—Ed.]

The results of these efforts are really remarkable. They are not ordinary revivals. A power of an extraordinary character attends the efforts put forth. This is true everywhere we go, and it does not matter what the conditions in the churches have been previous to our coming.

The Spirit of God unifies in a marvelous manner where arguments of the most logical and convincing manner have failed. In fact, we have come to regard this as the only remedy for all our spiritual ills. I can see why the burden of the apostles after they were reconverted was to *repent* and be converted. (Acts 3:19.) They knew that this was the only hope of the church and the only way by which true reforms could be brought about.

The work must begin at the seat of all our difficulties—the *heart!* Then out of it will issue the principles of righteousness. The plan of beginning on the outside and working inward is a failure. It always will be a failure. God's way is to give man something he has not and to make of him something he is not. Man must be born from above.

It is surprising how difficulties disappear before this doctrine. In a few minutes results are accomplished that are surprising. In one place where lectures and talks on organization had utterly failed, brethren, with brokenness of heart and many tears, fell on each others' necks in the presence of the entire church and confessed their wrongs. Some of these wept aloud and got up to confess anywhere from four to ten times before the meeting closed. This meeting lasted six hours, and yet it seemed short. No one left. We forgot all about food and drink.

In places where the health principles had

been ignored a wave of reform swept over the entire congregation. It was not done by arguments or even scientific reasoning, but under the deep conviction of the Spirit of God. This thing seems to sweep everything before it. One of the ministers who had never taken much interest in health reform as taught by us turned and said to me at one of our meetings, "I see it all, this thing has to come through the *heart* and not the stomach."

That is just as it is. The only reason why the Children of Israel turned from the very best food heaven could provide for them to evil things was because they were *unconverted*. The one who is truly converted will delight to do God's will. The mere restriction of the diet will not cure a diseased or perverted appetite. No one can be truly temperate in all things until the heart is transformed by the grace of God. Repent and be converted. This is the remedy today just as truly as it was at Pentecost.

We will see greater things than these, greater evidences of God's grace on the human heart. One man here in the east sold his farm and has given all but a few hundred dollars to the cause. This they did at Pentecost. "As many as were possessors of lands or houses sold them and brought the prices of the things that were sold and laid them down at the apostles' feet." (Acts 4:34, 35.) I fully believe that the same confidence in God's work and in the men he has chosen to lead out will be restored when we have the same experience those men had back there, and I believe our leaders will have this experience. The spirit of God will come upon us and we shall be changed into other men. Of Asa it is said, "They fell *to him* out of Israel in abundance when they *saw* that the Lord his God was with him." 2 Chron. 15:9.

Of Saul, after the Spirit of God came upon him and he was turned into another man, it is said, "There went *with him* a band of men, whose hearts God had touched." 1 Sam. 10:26. When the time came to turn the kingdom of Saul to David, "According to the word of the Lord," they came to him and said, "Thine are we, David, and on thy side, thou Son of Jesse: peace, peace be unto thee, and peace be to thine helpers: *for thy God*

*helpeth thee.*" 1 Chron. 12:18. "At that time day by day there came to David to help him, until it was a great host, like the host of God." Verse 22. These were men who "had understanding of the times, to know what Israel ought to do; . . . and all their brethren were at their command." Verse 32. They were those who could keep rank: they were not of a *double heart*. (Verse 38.)

The time has again come for the kingdom to be turned to David. I expect to see a flowing together such as we have not witnessed since Pentecost.

### A WORK OF FAITH

CLARA MEISTER,  
2152 Park Ave., Chicago.

[A year and a half ago our junior missionary nurses' class undertook to establish a center of gospel helpfulness in a needy but unoccupied district in Chicago. The Lord immediately added His blessing to their efforts. They soon found a wide field of usefulness, children to be clothed, sick to be treated, and broken hearts that only the gospel of Christ could reach. After that class of nurses graduated other student nurses took their place, so the work has not had to be suspended for a single day. It has been entirely a labor of love on the part of these girls and has been largely a work of faith. But the patient seed sowing has not been in vain. Souls have been converted and are embracing and stepping out to obey the Bible truth that they have learned to love.—Ed.]

It is only because my heart is burdened for poor souls shrouded in sin and darkness that I am devoting some time among the needy in Chicago. And I can't help but ask the Lord daily to spare some poor soul now in darkness so that the gospel of the kingdom might be proclaimed to her.

The Lord is indeed long suffering and He doesn't cut a tree down because it bears no fruit, but tells us to dig about the tree and nourish it and not harden our hearts against it. All souls are precious in His sight. The Lord says, "Joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance." Luke 15:7.

Just the other evening, on asking the Lord to send me to just the soul whom I could help and comfort, immediately I was impressed to visit a home on the west side. On reaching there I found a poor woman all alone who had no clothes save an old skirt of her own and a man's coat and worn shoes. I supplied her with clothes and was able to

point her to Christ, who supplies all our needs. (Phil. 4:19.)

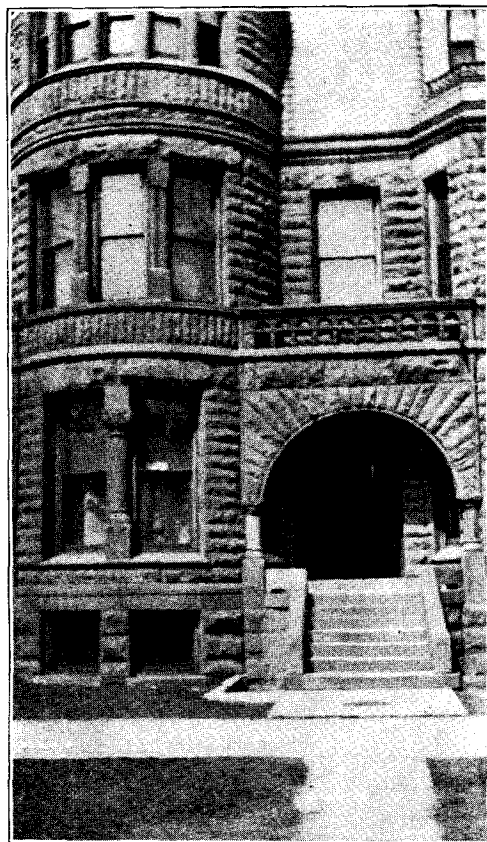
She wanted to give me something and I

hope the sick one will soon be restored to health.

#### Answer to Prayer

The Lord is indeed a hearer and an answerer of prayer. Just an instance of it: Our money box was empty and I hardly knew where and how the money was coming from to pay expenses. But God had been caring for us. A family had been impressed with the work and intended insuring their property, but instead sent what it would cost for the insurance of their place to us, feeling the Lord would care for the property.

Our Bible readers are becoming more enthusiastic over the solemn truths found in the dear old precious Book, and I feel assured of



VIEW OF FRONT OF THE BUILDING WHERE THE HINSDALE NURSES' CENTER IS NOW LOCATED.

told her I didn't want anything but her promise to serve the Lord. She cried and thanked me, and those words, "Thank you," have been standing out in big letters before me ever since. I felt it was the widow's mite, as it was all she had to give, and it came from the bottom of her heart.

Another family which was in great need and has proven worthy of our attention has been looking to the higher source. This family consists of a woman with two grandchildren. One child has tuberculosis and is very frail. The Lord has opened the way for the two children to go to the country, where we



TAKING HOME HER NEW-FOUND TREASURES.

This little eight-year-old girl was just carrying home some dishes which she had found in a dump heap. She dropped them at her feet long enough to have her picture taken. No doubt a little later there were some delicious mud pies ready for serving.

the working of the convicting Spirit of God upon their hearts.

The gospel prison work in which we participate every Sunday morning is becoming exceedingly interesting to me. I am sure that I have witnessed the working of the Holy Spirit upon the hearts of the men and women behind the bars. One Sunday morning a dear girl found the Saviour. Her heart was broken because she had been in darkness so long. But, dear reader, when God enters the heart and life, we are made to sing a new song and have a renewed mind. (Rom. 12:2.)

I am glad that I can have a humble part in the service of my Master and I want to remain faithful to Him, for "The ransomed of the Lord shall return, and come to Zion with songs and everlasting joy upon their heads: They shall obtain joy and gladness and sorrow and sighing shall flee away." Isa. 35:10. May you and I be among the ransomed number.

#### "FULL OF INSPIRATION"

"I have been a subscriber of THE LIFE BOAT the past year and think it one of the most attractive and helpful magazines I ever read—just full of inspiration. In this month's issue I read of the good work that you are doing for fallen humanity. When I read those things, how I long for a closer walk with God and just wish that I was better fitted and prepared to give my life, my all, to just this kind of work."

#### NEW PLANS FOR MEDICAL MISSIONARY TRAINING

DAVID PAULSON, M. D.

For years splendid young men and women have enthusiastically turned their faces toward medical missionary training with the idea that it would fit them for a larger field for usefulness in the Master's vineyard. Many of these have found that the more proficient they become in the art of nursing the less interest and anxiety they have for the patient's spiritual welfare so that when the time comes for them to graduate professional ambition has eaten out of their hearts the soul-winning instinct that they had when they began.

There is a good reason for this. In fact it is the logical result of the prevailing program.

Day by day the nurse reports to the physician on the character of the patient's physical diet, pulse, temperature, etc. The nurse's training is almost exclusively directed toward the physical restoration. Only incidentally is it impressed on the nurse that the patient has a sin-sick soul that is a thousand times more important to cure than it is to merely restore the physical health.

We feel that the Lord is impressing us to reverse this policy by training a class of non-institutional medical evangelists rather than professional institutional nurses.

#### The Medical Evangelistic Year

During the first week in July we shall organize a one year's medical evangelistic training course. During this time the students will be taught the most important practical medical missionary principles and methods that are ordinarily given during the entire three years' nurses' course. These students will neither be set to work doing domestic work in the institution nor will they be confined to institutional bedside nursing. They will be led out under experienced supervision to make medical evangelistic tours into the surrounding towns and villages. They will learn how to do house to house work. They will assist in building up schools of health, cottage prayer meetings, and learn how to treat the sick in their homes, and will also have abundant experience in city medical missionary work.

Every effort will be made to make this one year's work as nearly self-supporting as possible, but those who come should be so situated, that if God does not open the way for them to entirely earn their expenses, they may be able to receive a little help from their friends, who will be interested in their securing this valuable and unusual opportunity.

#### Additional Two Years Nurses' Training

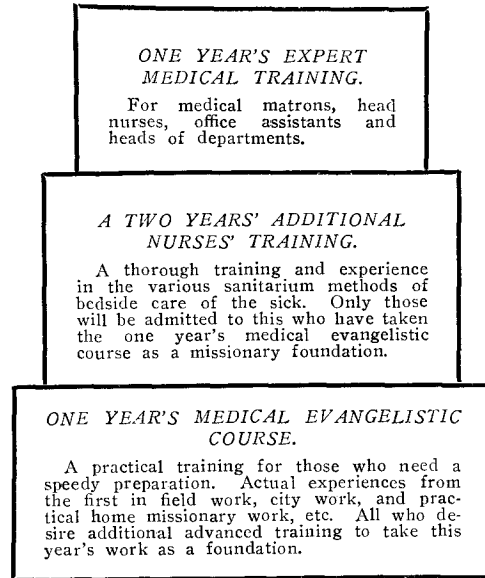
Many of those who have taken this one year's medical evangelistic course will necessarily return to their homes with an enlarged vision and a greater fitness for service.

To all those who have satisfactorily demonstrated that they have a real call of God for medical missionary work and desire advanced training, such will be given an opportunity to have two additional years of actual bedside nurses' training, receiving such instruction and



experience as is necessary to develop them into thoroughly trained nurses.

An *additional* year of special medical training, including as far as God may direct some months' experience in leading Chicago hospitals, will be given to those who are preparing to fit themselves to be medical matrons, superintendents of missionary nurses or to go to some foreign field where they can not have the benefit of physicians' advice and supervision. The accompanying diagram gives the entire plan in a nut shell.



As we have already received a large number of applications and as only a few more can be accepted it is important that those who wish to avail themselves of this unusual opportunity should apply at once for further information and application blank. Earnestly seek God for wisdom so that He may direct you.

#### THE TRANSFORMATION OF A DRUNKARD

We received the following communication from a woman who was once a drunkard. For a number of years this woman has been trying to live a Christian life. When she fell, she rose again, and God has helped her to forsake the old life. She has written this testimony with the hope that it may fall into the hands of some poor drunkard who, by reading what Jesus

has done for her, may turn to Him and be saved:

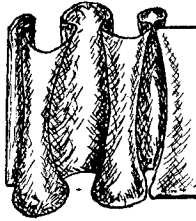
"I know that once I was lost, but tonight I am saved—saved by the precious blood of Jesus, nothing else. I have tried many times to live a Christian life, but have depended too much upon my friends instead of upon Jesus. Right here I will say that no matter how low in sin we go Jesus will take us if we ask Him. I had fallen into sin so many times that some of my friends said, 'It is no use, she will always drink.' So the last time I fell I was down sick in bed, bordering on delirium tremens. While drinking I had lost the last dollar I had in the world. I sent for one I thought was a true friend, but God showed her she was not to come to me as in the past, for I had depended too much upon her.

"So then I knew I was alone, no money, no home, no friends. I started for a pond to end all, but before I got half way there it seemed that my poor old mother stood before me trying to push me back. How I cried to God! I went back to my boarding house and got upon my knees, and said, 'God in heaven, if you ever saved a drunkard, save me now. I am unworthy; I come with nothing but a wasted life, I am lost. Friends can not save me, and You have promised to save all that will come. Now save me, or I die.'

"The light began to come in. I got up. Then the devil said, 'It is no use. You could not live right with lots of friends, surely you can not without them.' Back on my knees I went, and said, 'Give me Jesus. Come into my life and I shall be contended. By Thy grace I will do my best.' Then He came into my life and has been there ever since.

"I am happy now and contented, praising God every day. The friend that would not come to me in that dark hour is today my best earthly friend. She is just like a mother to me. So I say, Jesus will save all who come to Him, for I am a sinner saved by grace. This is my story. To God be the glory, for I am 'only a sinner saved by grace.'

"I have now a little home of my own, many good Christian friends and all the work I can do. But best of all, I have Jesus.



## Editorial Department

DAVID PAULSON, M. D., Editor



### THIS SPECIAL LIFE BOAT

How is it possible for us to send thousands of copies of this LIFE BOAT to the various state prisons of this land? The hearts of men and women in different parts of the land have been prompted by the spirit of God to deny themselves and send in the necessary means to make possible this distribution.

Few of these people will ever meet any of these prisoners face to face during their worldly pilgrimage, but they feel that God has showered blessings upon their pathway, they feel that they have been wonderfully favored by having the blessing of godly parents, helpful surroundings and other incentives to follow Christ. Now they are showing their gratitude by sending this message of Christ into thousands of prison cells to be a cheer and uplift and spiritual regeneration.

Will you who read these lines *accept* this message of salvation made possible first by the sacrifice of Christ and then the gifts of many loving hearts?

### A CORRECT DIAGNOSIS AND A RELIABLE REMEDY

Recently one of our patients was very lavish in her appreciation of an eminent surgeon who had no doubt saved her life by skillfully removing from her a horrible tumor. She had an intelligent conception of the seriousness of her disease, hence she naturally had a proper appreciation for her relief.

The main reason the early Christians loved Christ so much, was because they had a proper conception of what He was doing for them. Few people today have a correct *diagnosis* of their real spiritual diseases. They do not know that "the imagination of man's heart is *evil* from his youth," Gen. 8:21, so, of course, they do not *seek* any remedy for it.

I have seen a poor emaciated consumptive with a cavity in one lung the size of my fist,

yet enthusiastically insisting that there was nothing the matter with him. He would say, "It is all nonsense, this talk about my having consumption. I only have a little cold at most." Likewise I have seen amiable, naturally good-natured, kindly disposed unconverted persons insist that they had no need to worry about their spiritual condition for they entirely forgot the *divine* diagnosis of their case, that, "Verily, every man at his *best state* is altogether *vanity*." Ps. 39:5.

A broad-shouldered, robust-looking patient was complimenting himself on his good health, but I was compelled to tell him that he was suffering with an *incurable* disease. He firmly said, "I do not believe it. I *feel* so well." But I did not permit his unbelief and his feelings to change my diagnosis, and I was right, for in few months' time he passed to his grave.

It is better for you and me to *accept* God's estimation of our *natural* goodness than our own. There are some people who are naturally handsome, but that in itself does not secure for them either God's approval or an entrance into His kingdom. Likewise there are those who *naturally* have handsome traits of character. They are amiable, good natured, naturally make friends and have other really estimable qualities. But these natural endowments do not furnish any more fitness for the next world than handsome features.

This is a fearful truth that many splendid people will discover when it is *too late* for them to secure the divine remedy, for Christ himself said, "*Many* will say to me in that day, Lord, Lord, have we not . . . in thy name done many *wonderful works*? And then will I profess unto them, I *never* knew you; depart from me, yet that *work* iniquity." Matt. 7:22, 23. In other words, our "work" is the only thing that even the best man can produce in his own strength. The unconverted man can unquestionably perform some wonderful works. He may build anything from a chair

to a Panama Canal. They may be good in themselves and eminently useful, but from the standpoint of eternal things they are only *works of the flesh*. (Gal. 5:19.)

On the other hand, only in the converted man, who keenly appreciates that his own unaided best efforts are *only* vanity in God's sight, can the spirit of God produce FRUIT. (Gal. 5:22.) There is all the difference in the world between fruits and works. Works are dead things. If you plant a chair it does not yield a crop of chairs, while fruit will multiply itself as well as nourish others. Works bring glory *to man*; fruits bring glory *to God*.

Remember, it is not the good man that produces the fruit, it is "the fruit *of the spirit*" of God that the man permits to dwell in him. Gal. 5:22. Consequently such a man is always humble; he takes no credit to himself for the miracle of fruit bearing that is taking place in his life. He constantly remembers that it is God that "maketh thee *to differ* from another? and what hast thou that thou didst not *receive*? now if thou didst receive it, why dost thou glory, as if thou hadst not received it?" 1 Cor. 4:7.

Consequently such a man does not glory in his natural wisdom, nor in his natural strength, nor in what he has accumulated. Instead he glories "in this, that he understandeth and *knoweth me*." Jer. 9:23, 24.

Bear in mind that whatever works any of us can produce here below their usefulness must necessarily be limited to this world. It is only *fruit* that is going to be gathered into the heavenly garner, so if we have spent our entire life and all of our activities merely producing works and have not given Christ any opportunity to *create* that cluster of divine fruits described in Gal. 5:22, 23, we will have *nothing* whatever to take with us to the heavenly garner. God is only going to take back to heaven what we have given him a chance to put into our lives *from* heaven. "Where is boasting, then? It is *excluded*." Romans 3:27.

Amazing as it may seem, this heavenly fruit *develops* best in an environment of trouble, hardship and suffering. "Now, no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it *yieldeth*

the peaceable fruit of righteousness unto them which are exercised thereby." Heb. 12:11.

If we once grasp that glorious truth that the trials and tribulations that God permits to come into our lives are simply a part of the divine program, then we will "rejoice in tribulation" knowing that "every branch that beareth fruit, he *purgeth* it, that it may bring forth *more fruit*." John 15:2.

#### CIRCULATE THIS LIFE BOAT

Many are finding most helpful and encouraging missionary experiences in selling this magazine to their neighbors and friends. Everywhere people are becoming sick and tired of reading trashy fiction, foolish love stories and all of that kind of literary chaff, which does not furnish *nourishment* for their starving souls. That is why they turn to THE LIFE BOAT with the same relish that a famishing dog does to a fresh bone.

Do not forget for one moment that the Lord is *preparing* the hearts of the people for the kind of food that is found in the pages of THE LIFE BOAT, so when you recommend it to your friends you are only offering them what God has already prepared their hearts to receive. If you do not believe it, *try it*. If they do not seem interested at first, read an article to them, and see if it does not immediately arouse their appetite for more.

#### WAS KILLED BY A SNAKE BITE

Recently Dr. Frederick Fox, an eminent scientist who had devoted his life to the treatment of snake bites, himself died in Calcutta, India, from the bite of a snake which he was using for experimental purposes. The anti-toxin was not used in time, and so the snake poison overwhelmed his system.

All of us have been bitten by "that old *serpent*, which is the devil, and Satan." Rev. 20:2. The only question is whether the devil's toxin which is called sin shall get the *mastery* over us or not. (Romans 6:14.) If it does not, it will be because, like David, we have inoculated ourselves with the divine antitoxin. "Thy word have I hid in mine heart, that I *might not sin* against thee." Ps. 119:11.

There were plenty of people who carelessly jostled up against Christ when He was here

on earth and they received little or no benefit. But there was one woman who had spent all her means for physicians "and was nothing bettered, but rather grew worse," and she said, "if I may touch but his clothes, I shall be whole," Mark 5:26, 28, and she was healed.

It is not enough to aimlessly jostle up against the Bible, which is the Master's message to your soul. Ask Him to set free for your benefit the remarkable working power that He has locked up in it, and you will find it not only an antitoxin for your sin but also a *preventative* against sin. "Wherewithal shall a young man *cleanse his way?* by taking heed thereto according to thy word." Ps. 119:9.

#### THERE IS NOTHING I CAN DO

Have you become convinced that you have absolutely no missionary opportunities? That there is nothing that you have any chance whatever to help anyone else do?

You are entirely mistaken. You have at least one chance that no one can deprive you of. You can *pray* for others. Will that do any good? Most assuredly. Did it do any good for the wireless operator on the Titanic to send his message of distress hundreds of miles across the trackless ocean? Most assuredly. Well, do you believe in the wireless, and do not believe that God who made the wireless can *hear you?*

Do you want to help some one hundreds of miles away? If you have no other means at your disposal, pray for them and do not forget when you pray one for another that "the effectual fervent prayer of a righteous man *availeth* much." James 5:16.

#### TOO WICKED FOR THE LORD TO ACCEPT

I have often had men say to me, "It is no use, I have been so wicked that the Lord will neither accept nor forgive me." For the benefit of such I want to present a most remarkable experience.

There once lived an old king who was not only wicked, but it was said of him that he actually sold himself to work evil. When he had some difficulty in securing a piece of ground from one of his subjects he permitted his contemptible wife to have this man murdered in cold blood so that there would be no

obstacle to his securing a legal title to the ground.

Then God sent him a startling and awful message of condemnation in the following words: "Hast thou *killed*, and also taken *possession?* . . . Thou hast sold thyself to *work evil* in the sight of the Lord. Behold, *I will bring evil upon thee.*" 1 Kings 21:19, 21.

Please observe how this wretched, evil king accepted this message: "And it came to pass, when Ahab heard those words, that he rent his clothes, and put sackcloth upon his flesh, and fasted, and lay in sackcloth, and *went softly.*" 27th verse. That was *genuine* repentance. That was *real* sorrow for sin.

Was there any hopes for this deep-dyed criminal? Most assuredly. Notice the next two verses. "And the word of the Lord came to Elijah the Tishbite, saying, Seest thou how Ahab *humbleth* himself before me? because he humbleth himself before me, I will *not* bring the evil in his days."

There is a reason why this account was put in the Bible. Notice, "For whatsoever things were written aforetime were written for our *learning*, that we through patience and *comfort* of the scriptures might have *hope.*" Rom. 15:4.

What God did for this abandoned sinner when he repented He is not only willing, but anxious, to do for you, for He is "no *respector* of persons." Acts 10:34.

#### A PERSONAL LETTER

We quote the following from a personal letter received by the editor from a former student, hoping that this experience may be read by some one who has likewise been tempted to make a partial surrender to God. To such we would earnestly entreat you to throw open every corner of your heart and let the dear Saviour come in and cleanse you from *all* sin, so that you may enjoy the fullness of His blessing:

"You remember me, of course, and no doubt have often wondered why with all my preparation I have never amounted to anything—never borne any spiritual fruit. The reason is I did not have the spirit of God in my heart; I did not let Him have *full control.*

#### Trying to Make Money

"All these weary, weary years the Lord has

been working on my heart to give up everything to Him, but there was an element of worldliness that wouldn't let the Lord take control. I thought I must make a lot of money in the world first before I could settle down and be a humble missionary. Well, old Satan has given me a merry chase and I have spent nine unhappy years trying to make money. But the Lord would not let me. He has allowed me to leave good locations where I might have made money for places where I couldn't make a cent, but went in debt instead. I couldn't understand it until just lately, but now I know.

"The Lord wanted to save my soul and so has brought me to the point where I had to call upon Him in my distress, confess *all my sins*, not part of them, and get right with God.

"I am so happy tonight to be able to say for the first time in sixteen years that I have given up *everything* for Him and know what a terrible sinner I have been, and that my sins will not be remembered any more if I only am faithful from now on. You don't know how happy I am tonight to know that my sins are at last covered and that I am now willing to do whatever the Lord wants me to do.

#### Mixed a Little of the World

"I want to be allowed to redeem the wasted years. Oh, why couldn't I have gotten hold of this thing sooner? Satan tries to discourage me by telling me I can never redeem the past, but I take courage from the fact that Christ worked only three years and a half when He laid down His work, and many other noble workers have not worked any longer, so that I may even yet be able to do a work that will be acceptable to the Master. But it makes me sick when I think of how others have grown, while I have withered, and how I might have grown and what a missionary and evangelist I might have developed into if the Lord had only gotten hold of me nine years ago. He did have hold of me in a measure; but I *mixed* a little of the world into my spiritual life.

"Tell the helpers and nurses to get right with God now, while they are young and *before* they have wasted the years. Tell them for me to 'seek first the kingdom of heaven'

and then everything else will come to them. Tell them now not to make the mistake that I have made by keeping some secret chambers of the heart away from God. This message will be the *first* effort on my part to tell others of my mistakes. Don't forget to pray for me."

#### A PERSONAL TESTIMONY

For some time we have been corresponding with a young woman who was earnestly looking for light. We were made glad recently to get the following testimony from her, and as she is studying the Bible with us, through correspondence, we trust she will learn the truth of God for this time:

"I have confessed my sins to God and asked God to give me a new heart and to help me in the time of temptation. I will give up everything that is wrong if God will only give me strength.

"I had no different feeling and if any one should ask me if I was a Christian I would hardly dare to say yes.

"I enjoy THE LIFE BOAT very much, also the Bible lessons. I do think it is lovely to do some good in the world."

#### NEVER KNEW A MOTHER'S LOVE

(From the Southern Illinois Penitentiary)

"Your letter received, and I was only too glad to receive it. It brings to me new hope. You are very kind to be willing to interest me in Christian reading matter. I truly thank you for your Christian letters. They have been a great help to me already. I have a Bible and will be glad to follow your instructions in the study of it. I believe God's Word,—I believe in God's people.

"The Southern Illinois Penitentiary has reformed me by kind treatment. I know I will have to stand before the judgment seat and I want to be sure that everything is right with my soul. I am asking a deep interest in your prayers. May the love of God ever rest upon you.

"My mother died when I was eight years old, and I do not know what mother love is only by the good Christian women, some of whom are mothers to me. I truly hope and pray that you will continue to correspond with me. I need your help."

# The Life Boat

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.

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Do not send currency in your letters, as THE LIFE BOAT will not be responsible for receipt of the same.

Single copies, 10 cents.

Yearly subscription, \$1.00.

Special discounts when a number are sent to one address.

## EXPIRATIONS.

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

## CHANGE OF ADDRESS.

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

## MISTAKES.

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

## PREMIUMS.

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

## RATES FOR ADVERTISING.

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

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

One inch, column width, one insertion, \$1.00.

## LIFE BOAT MAGAZINE AGENCIES IN CHICAGO.

THE LIFE BOAT magazine can be secured in quantities at wholesale rates from the following agencies in the city of Chicago:

D. K. Abrams, wholesale nut store, 3529 Cottage Grove Ave. Phone Douglas 6743.

Illinois Tract Society, 3645 Ogden Ave. Phone, Lawndale 7022.

Hinsdale Nurses' Center, 2152 Park Ave.

## NEWS HERE AND THERE

Dr. and Mrs. D. H. Kress were recent guests at Hinsdale.

Prof. B. G. Wilkinson of Washington, D. C., visited Hinsdale recently.

Dr. Paulson spent a few days attending the Lake Union conference at Battle Creek, Mich., April 14-26.

Prof. J. G. Lamson of Cedar Lake, Mich., and C. A. Russell of South Bend, Ind., were among the recent visitors.

Miss Pearl Kitchens, a graduate nurse of the Nashville sanitarium, recently from St. Paul, Minn., has joined the Hinsdale family of workers.

Miss Ada J. Madison of Lincoln, Neb., who has recently taken up Bible work in Chicago, visited Hinsdale and gave the patients an interesting musical program in the sanitarium parlor.

Mr. and Mrs. W. J. Walter, who were connected with the Hinsdale work last summer, but who during the past winter have been in Grand Rapids, Wis., have recently arrived. Mr. Walter was passing through to attend an important conference in Battle Creek, Mich.

Rev. John Graham, who has just recently returned from twenty-four years of service under the China Inland Mission in the extreme western part of China, visited Hinsdale and gave a most interesting and inspiring talk to the sanitarium family. Rev. F. A. Steven, superintendent of the home department of the China Inland Mission, also visited Hinsdale and spoke to the workers.

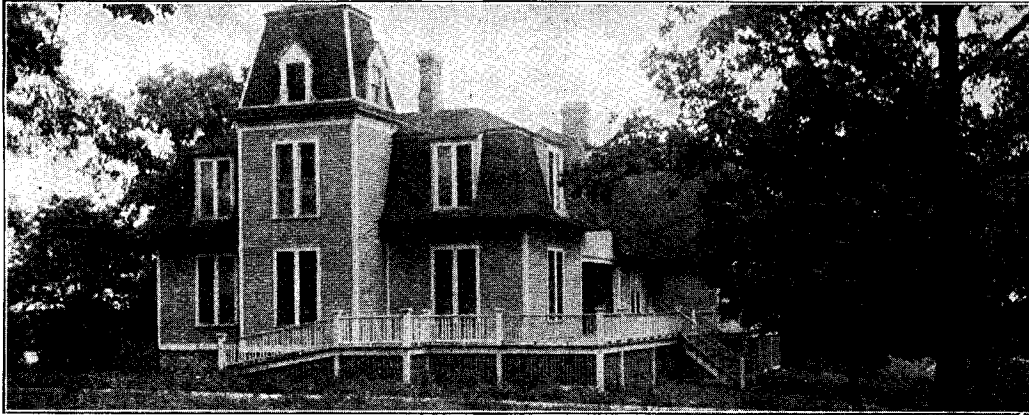
## "BEYOND THE SHADOW"

The new book of poems by Miss Pearl Waggoner can be procured in leather, cloth and paper bindings at \$1.25, 75 cents and 45 cents, respectively, by addressing the author at Hinsdale, Ill.

The latter two bindings are now also being offered as premiums for THE LIFE BOAT—the cheaper binding for *one* and the cloth for *two* new subscriptions or renewals at \$1 each.

We employ no solicitors for any of the various lines of helpful work that God has committed to us. If the Lord impresses you to assist us, send the money directly to headquarters instead of to any individual that is a stranger to you.

## A Sanitarium For Those in Moderate Circumstances



### THE GOOD SAMARITAN INN

Conducted on the same principles as the Hinsdale Sanitarium.

This is an institution where the sick poor are treated on such a simple yet effective basis that it will be within their reach financially.

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Write for further information. Address: THE GOOD SAMARITAN INN, Hinsdale, Ill.

Board is furnished on the European plan, each patient paying for what he individually eats.

Daily treatments are fifty cents each.

General physical examination on entrance is \$3.00.

Cases requiring an attendant will be charged an additional moderate rate per hour.

### WANTED.

To borrow several thousand dollars in sums of \$200 and upwards. Real estate security. Will pay six per cent interest. Address Dr. David Paulson, Hinsdale, Ill.

### WHY NOT BE YOUR OWN EXECUTOR?

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

There is a better way. Give your property while you are alive, to the work that you desire and receive a fixed income or annuity on the same each year as long as you live. In this way you know that your property will not be frittered away from you so that you will have no support in your old age, and this annuity contract becomes immediately effective at your death. No one can change it in any manner.

If you are interested in this matter write us

and we will give you further suggestions and information regarding this annuity plan that so many sensible people are adopting.

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### **THE SONG OF OUR SYRIAN GUEST**

By Wm. Allen Knight. A beautiful exposition of the twenty-third Psalm. A very attractive gift book. Furnished free with ONE SUBSCRIPTION to The Life Boat at one dollar.

### **STEPS TO CHRIST**

By Ellen G. White. This book is just the thing to hand to your unconverted friend. It makes the way to Christ so plain that no one can miss it. Furnished in a beautiful cloth binding for ONLY TWO SUBSCRIPTIONS at one dollar each.

### **A MUSTARD SEED IN JAPAN**

By Wm. Merrell Vories. A present-day miracle of missions. The story is told of how a young Christian teacher went alone into the heart of Japan and there amidst disheartening and discouraging circumstances, with persecutions, planted the gospel seed, which has now grown to a large and successful mission. We have only a few copies of this inspiring book left, but it is free, as long as they last, with ONE SUBSCRIPTION at one dollar.

### **BEYOND THE SHADOW**

Miss Pearl Waggoner, the Life Boat poet, has recently collected some of her best poems and published them in book form. The book contains ninety-six pages. We will send the cloth binding, shown above, free with TWO SUBSCRIPTIONS to The Life Boat at one dollar each.

### **THE LOST CHRIST**

A beautiful little booklet by Gipsy Smith. Just the thing for a gift book, containing several full-page illustrations in colors. Given free with ONE SUBSCRIPTION at one dollar.

### **A RETROSPECT**

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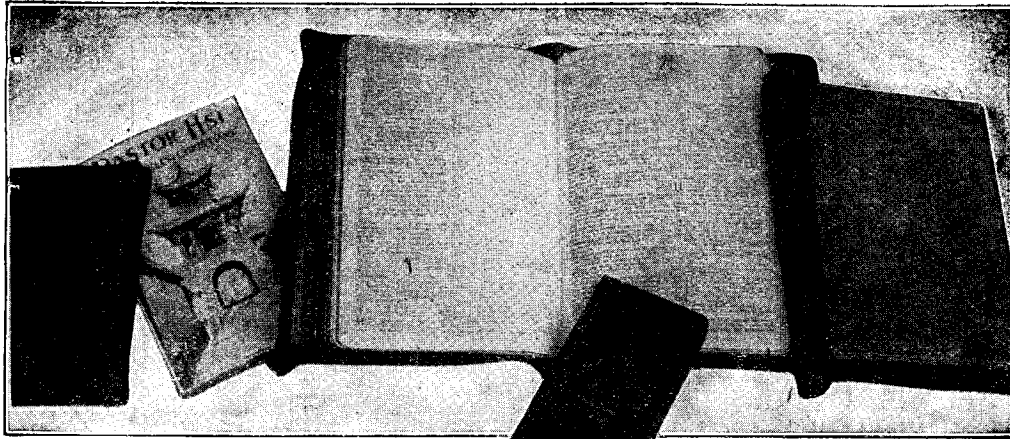
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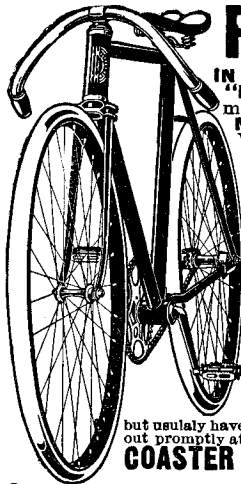
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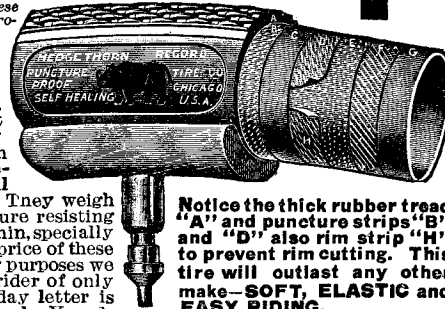
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During the past year upwards of half a hundred girls have been sheltered in this home. They have been carried through the saddest chapter of their lives. More than half these girls do not have a dollar, but they are received just the same.

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

**DR. DAVID PAULSON, Pres. Life Boat Rescue Home**  
HINSDALE, ILLINOIS

### Are You Contemplating Making Your Will?

OR

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?

In either case will you not generously remember the Life Boat Rescue Home? Full information regarding this work will be sent upon request.

For those who desire to remember this institution in their wills we give here with 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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