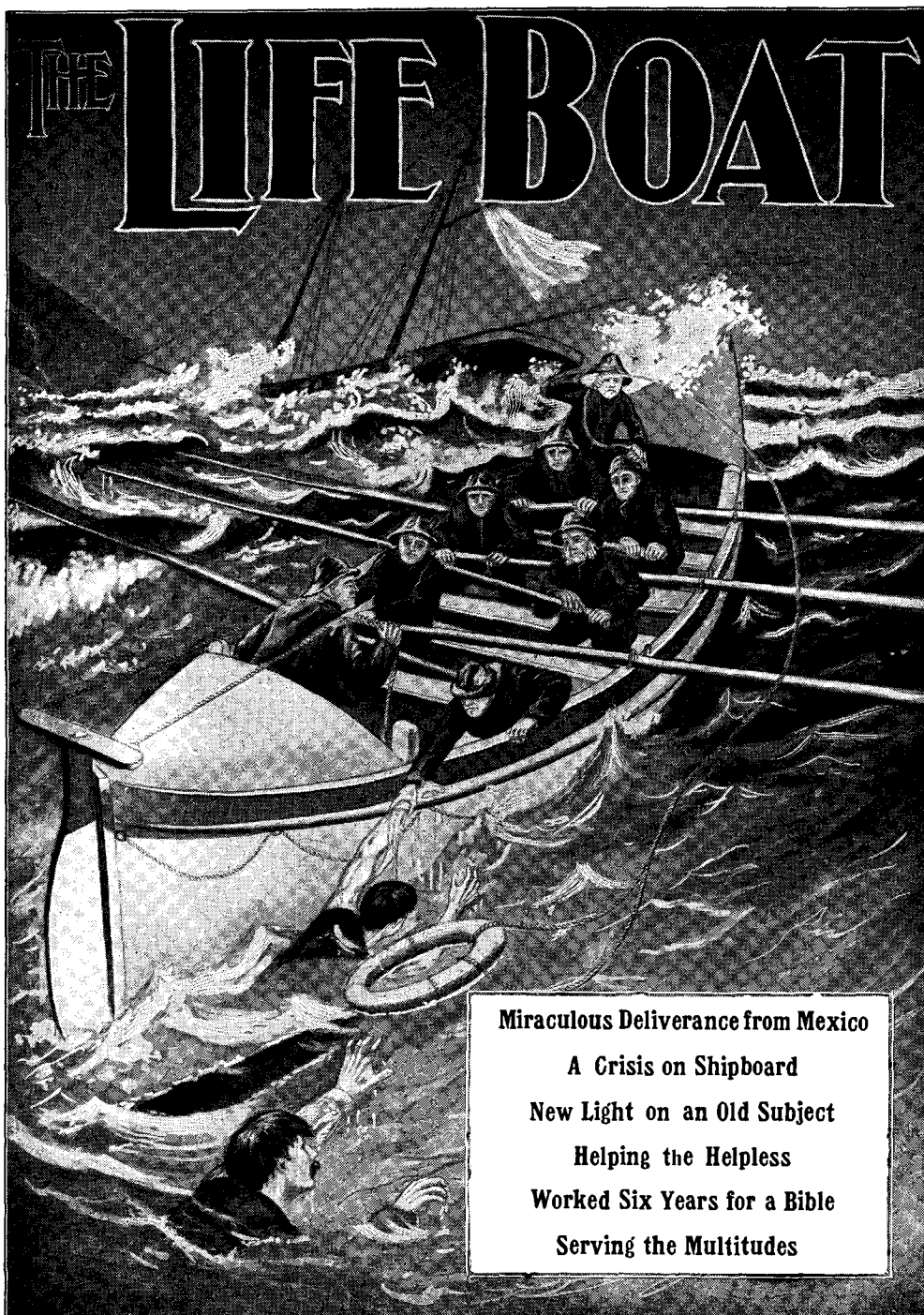


**"Seek ye the Lord While He May be Found"—Isa. 55:6**

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Volume Seventeen  
Number Six

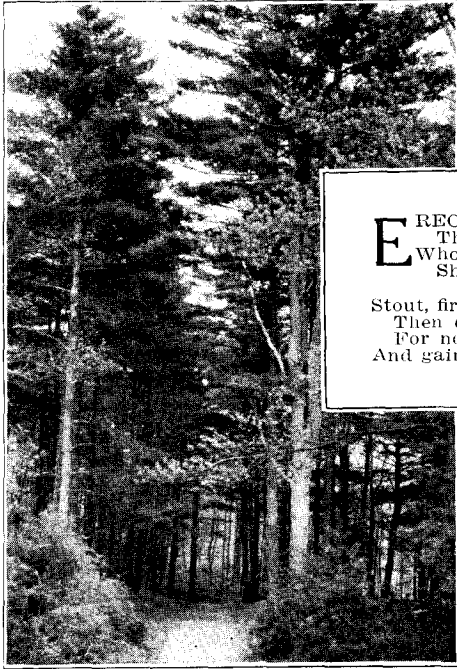
Windsdale, Ill.

June, 1914

**What is Auto-intoxication?—by the Editor**

# Among the Trees

Pearl Waggoner.



**E**RECT they stood in giant strength—  
Those trees we saw the other day,  
Whose roots, of an enormous length,  
Showed, partly bared, beside our  
way;  
Stout, firm and strong, they passed us by,  
Then disappeared to depths below  
For nourishment by which to grow  
And gain a hold to storms defy.



**W**E passed another tree today,  
Alike in kind, alike in size,  
But prone upon the ground it lay—  
No more a beauty to the eyes.  
The fiercest winds it could not know;  
'Twas planted not where storms most  
beat  
But in the valley's safe retreat;  
What then could lay the giant low?



**W**ITHIN the Scriptures, all mankind  
To trees full often are com-  
pared;  
What likeness 'twixt them do we  
find?  
What special trait by both are shared?  
Ah, both must deeply rooted be.—  
On hidden strength must keep firm  
hold,—  
If storms they'd meet in manner bold  
Or live a life erect and free.



**N**O woodsman's ax had felled the  
tree,—  
The stump was with it, all entire;  
Old age alone it could not be,  
For others near it grew still higher.  
How came this one, I could but say,  
To fall with such apparent ease?  
Said one who lived among the trees,  
Its roots had rotted all away.



**A**RT fallen, still outside the gate  
Of high resolves? The goal hast  
missed?  
Have storm and trial been too great  
For all thy strivings to resist?  
Thou trustedst to thyself alone  
And self has failed. Ah, like the tree  
Thou likewise, friend, must grounded  
be  
In wisdom greater than thine own.

**A**RT fallen? Yet unlike the tree  
There still is time to start once  
more;  
Unlike it, there is hope for thee.  
And strength thou never hadst before.  
Take hold upon the Word of God,  
Make it thy constant, daily Guide;  
Seek help from Him, once crucified,  
Who lives today for those outlawed.



**A**LIVING thing to choose, this is,—  
No theory that's vague and dim;  
For there's no life apart from His;  
To have it one must dwell in Him.  
And, rooted, grounded in His love  
Means strengthened likewise with all  
might,  
With strength to reach the highest  
height  
And gain at last the realms above.



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:: JUNE, 1914

Number 6

## What is Autointoxication?

David Paulson, M. D.

ONE of the richest fruits of modern scientific medical investigation is the fact that although we have many diseases there are but few *causes* of disease. While there are fifteen hundred different ways of being sick there are only a few ways of becoming sick. And again there are only a few ways of becoming well.

That simplifies the problem for ordinary non-medical people. Those who are not sick have only to think of a few things to do to preserve their health. Those who are sick need only do a few things to recover their health.

### The Inside Climate

Patients frequently wonder whether a "change of climate" would not prove beneficial, while their dietetic habits are producing a climate within that is more important from a health standpoint than the outside climate.

People chase frantically over the earth to take advantage of better climates, while they carry with them the wretched climate inside that is the most important cause of their ills. The Bible has well said, "the eyes of a fool are in the ends of the earth." Prov. 17:24.

More than twenty years ago Bouchard, the great French investigator, announced that the body was a factory of poisons; and we have convincing evidence of the truth of this statement. We drink pure water; but when it leaves the body through the skin or kidneys it is deadly poison. The air we breathe may be pure; when we exhale it from our lungs it contains poisonous substances.

Bouchard made some instructive experiments which brought to light a number of fundamental principles. For instance, he injected into the vein of a rabbit's neck the kidney secretion from a man suffering from convulsions, and in a few moments the animal had similar spasms. In other words, the poisons that produced the cramps were circulating in the man's blood and his kidneys were not subtracting them rapidly enough and hence he was suffering from their accumulation in his blood.

Again Bouchard injected into the blood of another healthy rabbit the kidney secretion from a man who lay in a dangerous stupor. In a few moments the rabbit was in a similar condition. In this case there were certain poisons in the man's blood that were *stupifying* him.

Frequently when living on a strictly meat diet the kidney secretion is several times as poisonous as when living on a simple non-flesh diet. This gives a hint as to how diet influences autointoxication.

### Germs Make Toxins

The greatest mischief makers we have to contend with are the germs that naturally inhabit the large intestine. They are not there for any good purpose. They have no more business there than weeds have in a corn field or bugs do on the potato vines. They are part of the curse that we have to groan under in this sinful world.

The practical problem before the farmer is to destroy the weeds and cultivate his corn—and how to eliminate the potato bugs and yet

raise potatoes. We have before us the same interesting problem: how to *discourage* the germs that inhabit our alimentary canal and yet nourish ourselves.

Unfortunately the prevailing dietetic program tends to actually feed the germs and to poison the man, and hence the overwhelming increase in Bright's disease, high blood pressure, hard arteries, apoplexy, neurasthenia, and heart diseases, which are increasing by leaps and bounds and which are now known to be largely caused by the constant absorption of these poisons.

#### How the Body Protects Itself

Some will naturally wonder, if the colon under ordinary circumstances is a hotbed for germs that hatch out vicious poisons, why the body is not more frequently overwhelmed by autointoxication.

This is because God has endowed the human body with an enormous ability to subdue and destroy poisons. The thyroid gland is constantly manufacturing a poison-destroying substance; and we now believe some of these poisons frequently over-stimulate this gland and so produce goiter.

The liver is our champion poison destroyer. It stands between us and destruction. Practically all the digested food plus the poisons the germs have manufactured, pass through the liver and are renovated before passing into the blood. Unfortunately the liver can be overworked; then it becomes more and more a filter permitting the poisons to slip through; and these toxins soon find the weakest spot in the body.

If the sciatic nerve happens to have suffered from a severe jolt some months and even some years previously, they will discover that fact and set up a sciatica. If the joints are more favorable these toxins may slowly, but gradually, develop a painful condition called arthritis.

#### How Slumbering Germs May Be Wakened

This time of the year many people, especially in our large cities, are carrying about pneumonia germs in their throats. Why don't they get pneumonia? Because the natural resistance of the body does not permit the germs to set up their pernicious activity. Some severe over-exertion, loss of sleep, a fit of indiges-

tion, an unusual chilling of the body, may suffice to lower the vitality enough so the pneumonia germs can begin their death-dealing work.

So it is with the various germs that inhabit the large intestine. Some general dietetic indiscretion, a rich feast, a late supper or some other strain on the body, may speedily arouse their activity, overtax the liver, fill the system with toxins, and then there may be an extensive crop of either mental or physical symptoms: depression, lassitude, and a sense of weariness. For it is now known that one variety of these colon germs has a special gift for manufacturing fatigue poisons. If these are injected into an animal, it speedily has all the symptoms of weariness. Sometimes people are tired not so much because of the work they have done, but because of the poisons that they are absorbing from their alimentary canal.

There may be a gradual heaping up of these poisons in the system until they produce a sudden crisis, which frequently reveals itself in sick headaches. Others have an outburst of cold or slight attacks of otherwise unaccountable fevers for several days. Sometimes these poisons destroy the red blood cells and so the patient suffers from anemia. In other patients they set up a catarrhal condition of the bowels or lay the foundation for ulcer of the stomach or intestines.

#### Shall We Remove the Colon or Reform Our Diet?

Strangely enough, a dozen years ago Dr. Lane, one of England's most eminent surgeons, Metchnikoff, the head of Pasteur Institute, and Bartley Smith, a great German chemist, all came to the conclusion that in some way the large intestine was a nuisance and had outlived its usefulness and that it would be a decided advantage to get rid of it. And Dr. Lane actually began the revolutionary operation of removing the colon in the most distressing cases of autointoxication. Where the patients survived the operation, as fortunately they did in most instances, the results were simply phenomenal, thus showing conclusively that the colon was actually the headquarters for a large amount of these various disorders.

But a moment's consideration must convince every thoughtful person that it is our modern

dietetic habits that are at fault and not the colon. And hence it is more sensible to *reform diet* than it is to remove the colon.

It has been fully demonstrated that cereals, fruits, vegetables and dairy products furnish the highest grade of nourishment and at the same time are not particularly attractive to the germs.

#### How to Cripple Digestion

It has become a common custom to drink considerable quantities of very hot beverages at mealtime. These excessively hot drinks weaken the digestive organs. The less drunk at mealtime the better, especially at such extremely high temperatures.

On the other hand, frozen foods and drinks block digestion until the digestive tract has again resumed its normal temperature, and experiments have shown that this sometimes requires an hour or two. During this time the germs are getting in good work. Do not make a cold storage plant of your stomach.

The foods that taste *hot* when they are really cold should also be avoided. Mustard plasters if used at all, should be applied on the outside. They should not be *eaten*. Peppers, and the various condiments and fiery sauces, are as unnatural as they are unphysiological. Their irritating effect sets up nervous spasms of the walls of the stomach and bowels, thus causing stagnation of the contents, favoring gastric catarrh and thereby increasing the absorption of poisons. There is no better reason for eating such fiery stuff in your own home than there is for drinking fiery *drinks* in the saloon. Eating and drinking to the glory of God eliminates both (1 Cor. 10:31).

#### To Prevent Stagnation

No serious poisons are likely to develop during the first twenty-four hours. About four or five hours after a meal the stomach should be empty. In another four hours the contents should have passed the entire twenty feet of small intestines and the process of digestion to be practically completed.

Even under normal conditions the remnants

are delayed ten to fourteen hours in the colon, and it is particularly in this region that absorption of poisons takes place. But sometimes the progress in this portion of the alimentary canal may be delayed an extra twenty-four or forty-eight hours, and yet there may be daily bowel movements. Only they are so to speak, one or two days behind the schedule. In such cases the absorption of poisons is inevitable.

The eating of foods which contain a large amount of bulk, such as green garden truck, bran biscuits, and fruit, provided the intestinal walls are not too sensitive, may be sufficient to obviate this difficulty. If not, it is wise to use one or two tablespoonsful of white Russian mineral oil after each meal. This is not absorbed, is non-irritating, is *not* a laxative, but merely a lubricant. It will in most instances accomplish the desired results without any harmful effects whatsoever. Some varieties of this oil have a disagreeable flavor. For the accommodation of those who can not readily procure the tasteless variety, we will be glad to furnish information how they may secure it.

#### Some General Suggestions

Substituting active outdoor life for sedentary indoor living is a tremendous aid in building up the general health. Those who have sagging, relaxed abdominal walls, always have more or less prolapsus of the organs within. Such can be greatly benefited by wearing for a time a suitably adjusted abdominal supporter and at the same time taking daily exercises calculated to strengthen the weakened muscles.

We must never for one moment forget that in our struggle against ill health and in our efforts to build up health, we are laborers together with God, for He is the great Healer. We can confidently expect to have His approval and blessing, for His desire for us above all things (3 John 2) is that we may "prosper and *be in health*," even as our soul prospers.



## Worked Six Years for a Bible

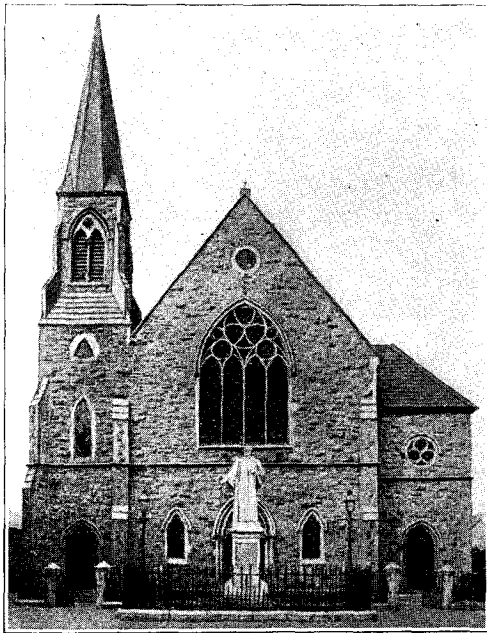
Stella Stuart Jones

[Miss Jones, who was formerly a patient at the Hinsdale Sanitarium, and a most enthusiastic worker for the LIFE BOAT magazine, is now visiting relatives in Wales and has written us the following interesting account of Welsh life and Welsh history.—Ed.]

ON the southwest side of Cader Idris, an historic mountain near Lake Bala, in Wales, lies a little village where Mary Jones was born in 1784. The name of Mary Jones and her Bible are as familiar to the children of Wales as George Washington and his little hatchet are to the boys and girls of the United States.

When Mary Jones was ten years of age she used to walk two miles to read the Bible, as her parents were too poor to possess one. She was so anxious to have a Bible of her own that she decided to save her pennies, and it took her six years to save the necessary amount to get one.

Bala, which was twenty-five miles away, was



THE METHODIST CHAPEL SHOWING STATUE OF REV. THOMAS CHARLES, WHO WAS INSTRUMENTAL IN FOUNDING THE BRITISH FOREIGN BIBLE SOCIETY.

the only place she could get the book, so she walked all the way there, barefooted in order

to save her shoes. When she reached her destination, footsore and weary, Thomas Charles, pastor of the Methodist chapel, told her he had no Bibles left except those he had promised, and did not know when he would be able to get more. Poor Mary's heart was broken and she wept bitterly, and, seeing her great disappointment, Thomas Charles could not refuse her; so she went home happy in the possession of her much coveted Bible.

From this girl's simple story and her great anxiety to learn more of the gospel, Thomas Charles conceived the idea of starting a Bible Society in Wales, and with this thought in mind he went to London and presented his request before the religious tract society. In reply to his plea the Rev. J. Hughes rose and exclaimed enthusiastically, "Mr. Charles, surely a society might be formed for the purpose, and if for Wales, why not for the *whole* world?"

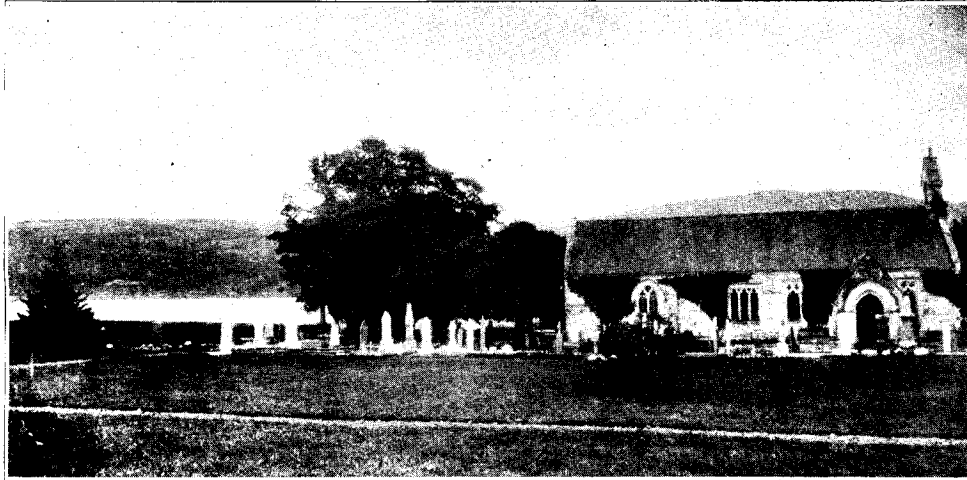
A letter was then sent to Christians of all denominations, asking them to unite in forming a society to spread the Word of God over the whole earth. In 1820 the British Foreign Bible Society was established, from which Bibles can be purchased today by the poorest people. As a result of this later the American Bible Society was organized and then the great foreign missionary movement.

In front of the Methodist chapel at Bala stands the statue of the Rev. Thomas Charles, and chiseled in the stone pedestal on which he stands is the scene of the presentation of the Bible to Mary Jones.

### Sacrifice Teeth for Tea

Tea is drunk by all in Wales, from the gray-haired old man and woman down to the baby in arms. One day I saw a bowl of tea outside, which the cats were drinking. "I never saw cats drink tea before," I said to my cousin. "Well, you see these are *Welsh* cats and love their tea as much as we do," she replied.

I was quite amused when a young lady asked me if I had my own teeth. I somewhat won-



THE BURIAL PLACE OF THOMAS CHARLES.

dered at her question for she was not much younger than myself, but I laughingly answered, "Why, of course." To my surprise she told me her teeth were artificial, and not only hers but nearly every person's in Wales were the same, even to boys and girls sixteen and seventeen years of age. When I asked her the reason, she said she believed it was because they drank so much hot tea; yet the people seem inclined to sacrifice their teeth rather than their tea.

#### Social Conditions in Wales

The Welsh people are very industrious, yet the facilities for doing their work are poor. Labor is cheap. A woman will spend a whole day at the washtub and receive but twenty-four cents, and a seamstress working by the day can not command more than forty-eight cents, and usually does not get more than thirty-two cents. Men working out on farms get about three dollars per week and have large families to support out of what little they earn.



A WELSH SCENE, SHOWING THE CHARACTERISTIC STONE HOUSE WITH SLATE ROOF

The houses everywhere are built of stone. They have no cellars or basements, but are built on the ground, which makes them cold and damp, and the people who have to stay indoors much have rheumatism quite badly. Most of the farm houses, horse stalls, cattle barns and pig pens are built under the same roof with only a stone partition between each building. In some of the oldest houses there are but few windows, which are very small, as in the olden times the people had to pay a tax for the size and number of the windows.

In passing through the towns and villages you will see nearly every door wide open even in the coldest weather. They seem to believe in having fresh air during the day; but the majority of the people never think of opening their windows in their sleeping rooms at night.

The people are very religious and great observers of Sunday. Even the trains cease running; no horses or vehicles of any kind are to be seen on the streets. The only time people are to be seen is when going to and from church. Sunday is a day of quietness and rest for man and beast.

I never realized so much the significance of the words: "Where two or three are gathered together in My name, there am I in the midst of them" (Matt. 18:20), as when I went to church and heard the service all in Welsh. For it makes no difference what language is spoken when coming into the Divine Presence; it is not the words spoken by the lips that the Father listens to, but the thanksgiving, desire and repentance of the heart.

### A CRISIS ON SHIPBOARD

J. E. FULTON.

[The missionary of the Cross should always be on duty, for one never knows what moment the Lord will call upon him to straighten out the tangles which sin has made and point the sinner to Christ. This experience on board a large ocean steamer occurred some years ago when Pastor Fulton first went out to his field of labor on the islands of the Pacific. Bro. Fulton on a recent visit to this country related it to the Hinsdale family of workers.—Ed.]

We were twenty-nine days on the way, going to Australia. As I was about to leave San Francisco I prayed that God would make use of me in a humble way on the ship. Generally the passengers care only for pleasure; but I asked that God would make use of me. One of the workers seeing me off, said, "I hope God will use you on the ship." And this was in harmony with my prayer.

One morning I noticed a man who had a very anxious look on his face. Occasionally he was looking toward me. Finally he came up to me, and said:

"I believe you are a minister."

I said, "I am," and he said:

"Well, I would like to have a private conversation with you."

We went to one side and sat down, but he was so overwrought he began to weep, so I took him down to my stateroom and closed the door. He told me how the Lord was working on his heart. He had been living a sinful life, and told me a very sad story. I told him there was only one way to seek God, to get over his sins and live a different life.

The man told me that he was at that same time traveling upon the boat with a woman who was not his wife. He had left his wife and children in the States, and he said he felt so self-condemned he did not know what to do.

I said, "There is only one thing for you, and that is to do the right thing."

He said, "I want to do that, but I am afraid this woman will jump overboard."

I said, "I believe if you do the right thing God will help in that particular." So he bowed with me in my cabin and we prayed together, and then he went to talk to her about this.

He came back excited and said, "I am afraid she is going to jump overboard; what am I going to do?" He asked me then if I would talk with the woman. I went on the deck. It was a rather difficult problem for me. She was crying, on the stern of the vessel on the deck. I asked if there was anything I could do, and she said, no, it was a private matter; I could do nothing, and thanked me just the same.

A little later I told the woman I knew the difficulty, and exhorted her to do the right thing.

She said, "The man is going to leave me penniless."

"No," I said, "I do not believe he is; I believe he is sincere. Anyway you do what is right and give your heart to God."

After talking a little while she became calmer, but at periods she would become excited and talk of throwing her life away.



Finally the man asked me to see the captain, so I had to tell him of the difficulty that was upon his ship. Of course, the captain treated it in a very ordinary fashion, and said, "We see plenty of this."

"Yes," I said, "but seldom do you see a man so self-condemned, and, as a minister of the gospel, I feel we want to do something. And, besides that, you do not want one of your passengers jumping overboard."

I talked with the man, and said, "You do not want to leave her penniless," and he said:

"No, I won't; I will give her the money now if she doubts my word."

So he got five thousand sovereigns from the purser and gave it to the woman.

The Lord worked in this case. I felt His presence was with us on the ship, and I had other opportunities. So there are opportunities all along the way for us to come in contact with souls that are burdened with sin. Let us pray to God that He may make use of us more frequently in helping those who are in need.

## New Light On an Old Subject

T. D. Crothers, M. D.,

Hartford, Conn.

[Twenty years ago I graduated from the Bellevue hospital medical college, New York City. The professor of medicine would invariably recommend brandy as the most efficient remedy for various diseases. Any teacher who should stand up today and give that kind of instruction in any medical school in the civilized world would be certain to be ridiculed by the students.

What has produced such a profound change in half a generation? Solid, substantial, hard-headed, scientific experiments in every part of the world have all pointed to the final conclusions that alcohol instead of being a stimulant is altogether even in the smallest quantities a paralyser, an anæsthetic. That every man who even drinks moderately is daily sacrificing, perhaps unknown to himself, ten to twenty per cent of his efficiency. In other words, he is partly *drunk* all the time, while the invalid, instead of being helped by alcohol, is absolutely hindered.

Dr. Crothers was one of the first men in this country to promulgate this new light among the medical profession. While a student at Bellevue I was subject to much ridicule from the medical students because I persisted in circulating the scientific temperance literature prepared by Dr. Crothers and others. Since then Dr. Crothers has become one of the world's leading authorities on scientific temperance. Recently he was invited by the Chicago Medical Society to give an address to them on his favorite topic. On this occasion he was our guest and favored our family with the most illuminating talk, from which we abstract the following for the benefit of our readers.—Ed.]

A MAN in Maine, a medical student, came home from college and was helping his father on the farm. His uncle, who had been a sailor, a captain of the ship, came to the house to visit them and was drinking heavily, and the medical student had to take care of him. He was very wild and destructive. The medical student said, "Now, I am going to make a study of this as a disease. I am going to see if there are no measures that will stop men from drinking and stop this terrible thing."

Afterwards he graduated and started an institution for the care of these persons. He enlisted some physicians and they organized a stock company and projected what is called the United States Inebriate Society. Everybody said, "it's a perfect fraud; how could you *treat* a drunkard? Take and lock him up; that's the only treatment he deserves."

In 1862 the institution was opened at Binghamton, N. Y., the first institution that gave these people the same care as for the insane.

The obstacles increased and things went from bad to worse. Like all other great enterprises, the major was fifty years *ahead* of his times, and after a while he had to resign.

### Found My Life Work

If there is such a thing as a plan, a purpose that comes into our lives, a real force by unforeseen circumstances, I think my life is an exemplification. At any rate, one night on my way to Almyra at six or seven o'clock in the evening, a man sitting in the next seat to me was taken with colic, a man I was acquainted with. He said, "I can not go any further," and begged of me to go with him to a hotel and take care of him. I did so.

The next morning neither of us were wakened in time to take the morning train, and that left us all day in Binghamton. The man had recovered, and while regretting I had lost my day, and thinking it was the most unfortunate thing in the world, a man came along and invited us to go with him to that great institution, and *that* visit turned the whole

course of my life. Three months afterwards I gave up all the prospects I had and went back and connected with that work.

Since 1873 I have done nothing else but take care of drink and drug takers—borderline persons who were alternately sane and insane, alternately demons and philosophers, one day could do marvelous things, and the next day down as paupers mentally. That is my field; and I find them curable too, to some extent, not always.

#### Drunkards and Heredity

We treat these men just the same as we do sick men. We first find out how they are, what kind of a family they come from, and that brings out the other fact that is more fascinating than ever. A large portion of these unfortunates are unfortunate because of some failure of their parents. Some mistake has been made somewhere back.

The girls of drinking parents die of consumption, hysteria and are unable to bear the worries and strains of life. But the boys become drunkards, tramps, loafers, anything that means downward. That is the result of parents drinking. And the parents may drink *moderately* all of a lifetime and be respectable people.

#### The Encouraging Side

Down in southern Illinois a man was nominated for attorney general of this state, and in electioneering for the office he drank everywhere he went, and finally before the election day came he was so stupid and drank so much his friends decided to send him to Atlantic City to see if he could not be restored. On the way he was attacked with delirium tremens and taken to a hotel, and the hotel man was very glad to have him go, he was making such a noise.

The physician said, "Send him to Hartford." So he came under my care. He recovered. He recognized that he had lost everything that was true and good. He was a brilliant man, a lawyer, but he said, "I am going with *God's help* to start again and make good my life. I shall not go down any more; I shall stay up."

He stayed with me six or eight months, and went west. He is United States senator today and has been governor in one of the

western states. That man made good; that man was saved; that man was cured.

Another man went through the federal service. He began early; his surroundings were not good; he was injured, seriously crushed bones here and there, and recovered from them all, but recovered with a tremendous appetite for drink. He went to a farm, ran a plantation a few years, and grew worse, and finally one day a negro servant told him that not one of his family ever went to the grave a drunkard, and he said, "I am not going there; I will stop."

So by a singular coincidence he came to my institution and the one dominant thought in his mind was to get well, and he got well. He is now a judge in one of the courts of Georgia. Now I thought these men were crippled forever; I thought they were gone. And yet that is another fact showing the marvelous power there is for each one of us.

#### The Startling Effects of Alcohol

The virtue of whisky is its *anæsthetic* properties, its tendency to stop pain, to cover it up; so that really when a poor fellow comes along the road after a hard day's work and takes a drink of beer and comes out with a sense of satisfaction, wiping his mouth, he has *covered up* his pain and misery. And the fellow who is tired and worn and takes a glass of whisky and goes out and says he is comfortable has covered it up. The man who after a weary day has taken a glass and says he sleeps better, really does. But it has not given him any real strength, just the opposite.

The man who drinks from day to day is worse in the end. You may not see it but it is so. He has not any more vitality; he has less. And pneumonia is ahead of him always. Eighty-six of a hundred pneumoniacs had an alcoholic history. They are the men who drop in the streets. They lost the very force and power and vitality that they struggled to keep up, for if there is anything we have in this world it is a tendency to enjoy the present, not the future. When we take whisky we shut the future out. It is a dead blank.

Can we afford to do anything that will diminish our eyesight, our hearing, our brain power, our capacity to live and to eat and to think, and when we get into trouble, our ca-

capacity to endure it? That is the whole question; and when we find that alcohol does that there is only one alternative; stop.

#### Alcohol and Accidents

Ninety-four per cent of the accidents of 1912 were traced either directly or indirectly to alcohol. Some of the men drank directly before the accident—responsible persons. Some were moderate drinkers. So you see how the world of business is crowding up and sustaining the doctors' views of it, showing you can't drink and keep your own brain capacity solid and sound.

One of the astronomers who died a year or two ago said to me, "Every time I tried to do any work after attending a supper and taking a little wine, next day I *had to* throw that work aside, it was so full of inconsistencies. It was very inaccurate."

At the Lick Observatory there is a sign:

"No person doing work here is allowed to use wine and spirits or tea and coffee or tobacco." His work is not good.

We must *prepare here* for the country to which we are going. One of the preparations is to take care of the body. Keep the body up to the highest point. Thank God that we are going home, but we have got to prepare for it. Each one has to cultivate that higher spiritual life which we possess, which must be grown and cultivated here below.

#### HELPING THE HELPLESS

MRS. C. L. CLOUGH.

A couple of months ago an officer of the Juvenile Court, Chicago, called up over the telephone and asked if we could take a needy family of children whose mother was dead and whose father was a drunkard and would not provide for them. While we had no home for children of their ages, yet we felt that this was a test of our faith, and inasmuch as we had just been on our knees praying for light as to how to extend our usefulness, we took this as an answer to our prayer.

I visited their dark, dismal home in a back alley, and there I found four sweet little children between the ages of four and fourteen years, whose pale faces and emaciated bodies appealed to me so strongly that I could scarcely keep back the tears. I expected to find children who had no sense of right and honor, and who would not respond to kindness, but I

was happily disappointed. They were very devoted to each other and responded quickly to kind treatment. In a few days we brought them out to Hinsdale where they have been ever since. They have enjoyed watching nature unfold, and the boys have very tenderly cared for the delicate opening buds.

We feel that we have all been blessed by giving these children two months of bliss, and their little hearts have responded beautifully to the teaching of God's Word and to nature about them.

Their father came out to see them once, and as they showed him the new clothes and other things that had been given them, the tears streamed down his face and he said he was going to stop drinking, get away from his old associates and go to work and make a home for them. We are hoping and praying that the Lord may so get hold of his heart and life that he will be "turned into another man," and actually have the love for his children that every father ought to have.

In the meantime, we must find a place for the children, as it would be cruel to send them back to that horrible pit after once giving them a start in the right direction. We are looking for a home in the country, where they can spend the summer at least, and perhaps longer, and where they can be loved and trained, and brought up to be useful Christians. We are depending entirely upon donations to feed and clothe them now and have hired a woman temporarily to look after them.

If any one who reads this should become interested in these children and should want to help them we shall be glad to give further information.

"Is not this the fast that I have chosen?  
 . . . To deal thy bread to the hungry,  
 and that thou bring the poor that are cast out  
 to thy house? . . . If thou draw out thy  
 soul to the hungry, and satisfy the afflicted  
 soul; then shall thy light rise in obscurity  
 . . . and thou shalt be like a garden of  
 perfume [Spurrell], and like a spring of water,  
 whose waters fail not." Isa. 58:6-11.

"We are told that alcohol will remove stains from clothing; but it will also remove the clothing. And if you have a wife and children, a home and a good name, it will remove them too."

## A Providential Deliverance from Mexico

Julius Paulson

[My brother and his family who have resided in San Luis Potosi, Mexico, for the past seventeen years, have recently been returned to this country by the United States government after a most trying experience and a miraculous deliverance from the blood-thirsty Mexicans. His story will be read with unusual interest by all our readers, who I trust will rejoice with him in a God who is able to save.—Ed.]

ON the 20th day of April all Americans in Mexico received a copy of a telegram from Mr. Bryan to the effect that General Huerta had refused to salute the American flag as demanded by Admiral Mayo, and to remind Americans of the President's advice to withdraw from Mexico until order was restored.

We knew definitely then that we must leave Mexico at once, and I prepared to leave the second day for Mexico City. The morning of the 21st was spent packing up our grips and getting ready to get out, and closing up my business. I had more than one hundred and

Vera Cruz that morning and had taken the city, and that American intervention was upon us; also for all Mexicans to at once rise in arms, destroy the Americans and drive back the invaders. Then below appeared insults of every form and description offered to Americans.

That stirred up the natives so that by dusk they began to march the streets in large squads, crying, "Death to the Americans!" and "Long live Mexico!" and other things impossible to mention.

Just at dusk a large mob marched into the American consulate and demanded that the



FEDERAL TROOPS LANDING IN SAN LUIS POTOSI.

fifty employees on the premises, all of whom had to be paid off and instructed what to do.

In the afternoon I went to see the American consul again to inquire if there was any news from the States. On the way there I saw a tremendous crowd of Mexicans gathered on the plaza, reading a bulletin which stated that Admiral Fletcher had landed marines in

American consul be turned over to them. They said they wanted to hang him on the plaza. The servant hid him, and protected him by saying he was not there, that he had left two hours ago. However they seized the large American flag on the wall and tore it to pieces, tramped on it, and then dragged it through the streets of San Luis Potosi, crying,

"This is the way we will treat all Americans!"

At eleven o'clock at night I heard a terrible disturbance, the most terrible I ever heard in my life, coming up the street. I opened one of the shutters to my window a little bit and saw a mob headed by about forty police, perhaps twenty foot policemen, and perhaps two thousand natives marching up the street headed directly toward my place, calling, "Down with the Americans!"

They rather quieted down in front of my house, when all at once I heard their terrible war whoop and then with one single crash all the windows were broken and a rock came into my room.

We began hurriedly to dress, while the shots and rocks were splintering the wood on all sides, and we escaped up a back stairway to the roof. We ran across the roofs of the neighboring houses until we saw a light in a court and a short ladder reaching down to the roof of the first story. We climbed down this and into a servants' room which fortunately was open, and hid ourselves.

As soon as we got into this room, feeling our helplessness we all knelt on the floor and earnestly prayed the Lord to help us in our extremity. After this we had much more confidence, although we knew that our danger was not over.

We soon found that we were in a wealthy Mexican's home, and he protected us. In the morning a mob of people came and looted my property. They carried away all my belongings, destroying such articles of furniture as they could not carry. Then the mob marched up and down the street saying, "Where is that man Paulson? We want to get hold of him and kill him."

In the afternoon when most Mexicans take their sleep we were put into a closed cab, disguised as Mexicans, and driven at full gallop to the British consulate, where we were sheltered together with one hundred and twenty Americans for nine days. We were without clothes and had scarcely anything to eat. We could not go out and buy, and were afraid to trust the Mexican servants for fear they would go out and tell who was there.

#### **Turned Their Minds Toward God's Word.**

Among those who took refuge with us was a missionary, Mr. Thurber. He improved his time by holding Bible studies with the refu-

gees, working up such an interest that in the last few days a large majority of the refugees listened to the studies. There were men there who were not interested in anything of a spiritual nature, who became so interested in the studies that they asked to have them continued every afternoon. One young man especially would come every day and say, "When are you going to have your study, Mr. Thurber?"

These days at the consulate were certainly discouraging to all of us. The first night, the mob went by, yelling, "Death to the Americans!" They stopped, got quiet like they did in front of my house, and I said, "It is all day with us now." But they looked up and saw that English flag and did not dare. About the third or fourth day we were there the consul came in and said, "Boys, I want every one of you to come in that knows how to use an arm. We expect we will have to use it to defend your wives and children if we are attacked." We all volunteered to fight it out to the last.

Some of the boys that were staunch Americans called me with a few others aside one day and said, "We believe we will not get out of here alive." One very fine gentleman said, "Somehow or other I do not feel right to be assassinated here with my wife and four children under the protection of the British flag. Now if I have to die I want to do so under the American flag."

#### **Cheered by the Strong Faith of the Missionary.**

One day I was feeling particularly discouraged. I went to this missionary and told him that I did not believe we would ever get out of there alive. He said to me, "I do not feel that way. I am certain that the Lord sent me to Mexico and I have prayed very earnestly over this matter and am *confident* that in due time we will be furnished a train and be allowed to escape alive." He was so confident in his manner that it cheered me up.

After six days of effort we got permission from the government to leave. The British consul secured a passport for all of us, and a proper guard of a hundred soldiers.

On the ninth day we were informed there would be a train at four o'clock, so we were put into closed coaches and sent in different directions. The American consul and myself

were kept to the last and then were driven as fast as possible, to jump on the train at the last moment. The train was under the protection of the British flag.

When we arrived in Mexico City we were informed that President Huerta refused to let us go on; so we were delayed five days again. Six hundred and fifty of us American refugees were then placed in guarded cars, where we had scarcely anything to eat or drink for two days except some warm sloppy water, and were sent down through the hot tropics to Puerto Mexico, where the American transport,

so they had to set the table over at least four times, and those who were not fortunate enough to get in the dining room to the first table had to wait.

On board the ship were over thirty missionaries and among them was Professor Caviness, who was a leading Christian worker in Mexico. One day a large number of us were waiting our turn at the door of the dining room and among us was a prominent infidel. When he saw Professor Caviness sitting at the dining table he called out in a loud voice, "What right has that whiskered missionary



STREET SCENE IN VERA CRUZ, SHOWING THE WRECKAGE CAUSED BY THE UNITED STATES GUNS.

*Esperanza*, was waiting to take us to New Orleans.

The transport only had a capacity of two hundred passengers, but six hundred and fifty of us were crowded aboard. We hardly had standing room.

The evening of the first day we arrived at Vera Cruz and saw that array of American war ships—the most awful sight I have ever seen: about forty American war vessels.

#### **An Insult Which Led to a Providence**

The dining room on the ship would accommodate less than one-fourth of the passengers

got in the dining room before the rest of us fellows?" Everybody heard him and it became a subject of a great deal of comment.

This incident was advertised so much on the boat that it came to the ears of the captain. He became so interested in Mr. Caviness that he went to him and said, "I have been informed that you are a missionary; and although we usually do not have such things on this boat, I would like to have you conduct a Sunday evening service in the parlor for the benefit of the refugees." Nearly all attended the service, among them the infidel. One man

on leaving the meeting said, "That was fine. That is the first meeting I have attended in forty years."

The infidel had no more to say in regard to the missionaries the rest of the trip. This experience brought vividly to my mind the text, "Surely the wrath of man shall praise Thee." Ps. 76:10.

When we arrived at New Orleans the immigration officers received us and treated us with unusual courtesy and we were given every help possible. We replenished our wardrobes a little, and succeeded in getting through to our various friends.

Looking back over it, it seems to us now like a dream, but it was real, it was distressing, it was exciting, it made us feel rather queer to be under fire of shot and rocks. However, it was encouraging to see the manliness of some people. When they came face to face with death they came right to the front and showed no fear.

#### FOUND OUT THAT GOD LOVES HIM

(From the California State Prison)

"I fully realize now that God loves me. If this knowledge were only implanted within my breast before getting into this trouble I would not be wearing the garb of social disgrace today.

"Confusion of mind, darkness, and adversity soon take flight if we have faith in God's wisdom. If we are sincere in a perfect faith, sin, pain, and sorrow will make no impression on our souls.

"I did not understand these great truths before, and that is one reason that I could never lay any claim upon being a Christian, but now that I am beginning to see things of a spiritual nature as they really are, my freedom and joy are becoming greater and better.

"It was a life-term prisoner that got me interested in spiritual laws; he understands them and is constantly advising me how to live in harmony with such laws. This same man never boasts of his Christianity."

"Anybody can point out anybody else's bad qualities. If you want to distinguish yourself go around pointing out good qualities. The more good you find in other people the more good other people will find in you."

#### FROM THE FLORIDA PRISON CAMP

A few months ago a request came from the prisoners in the Florida prison camp for fifteen copies of THE LIFE BOAT to be sent them for one year. Some friends answered the request and the LIFE BOATS are doing a good work, as can be seen from the following letter recently received from the secretary of the prison league:

"We have received the March, April, and May LIFE BOATS. I can not explain in writing the good your glorious LIFE BOAT has benefited our camp. Each inmate reads it over and over.

"The prisoners of the convict camp have organized in their camp a Christian Union, known as the Young Men's Christian League. This league is for the uplift of fallen humanity. We are trying by the will of our Lord to render such praise as is glorifying to Him, and we dedicate ourselves to worship Him.

"Where there is faith, there is love,  
Where there is love, there is peace,  
Where there is peace, there is God,  
Where there is God, there is no need."

"The LIFE BOAT is a great help to us. It brings much joy to us when it comes into our camp."

#### A GOOD SUGGESTION

(From the Indiana Reformatory)

There are many prisons where there is a real call to have a club of Life Boats sent each month. For years a Christian business man in College View, Neb., has paid to have a goodly number of the LIFE BOATS sent to Nebraska state prison each month. Are there not others who would be willing to pay for twenty-five or fifty LIFE BOATS to be sent to their state prison at club rates?

"I do not just know how to express the joy that was within my heart when I read of your visit to the women's prison at Joliet. I'll write Mrs. D. K. Abrams, and I would like you to tell her of my interest in the work of Christian literature among the prisons. I would love to have that dear friend know that her writings that have appeared in THE LIFE BOAT with reference to the death of Dick Lane, were instrumental in bringing me to the cross of Jesus.

"Here is an idea that is in my mind. Would it be unwise to have a volunteer fund to use

in distributing copies of THE LIFE BOAT every month instead of once a year? I think it would be a good thing if some one would deny himself of tobacco and drink and send the money to the LIFE BOAT to help another up from the pit and the miry clay and put a new song in his mouth.

"I pray that God will bless you and the friends who are working for my friends and myself behind the walls.

"I find that through faith we have the victory, no matter how bad the past has been in our lives. And others can have the same joyous love and light in their lives if they will only accept the Lord Jesus Christ as their personal Saviour."

#### FOUND A FRIEND

(From the New York Penitentiary)

"I want to tell you that I am rejoicing in Jesus my Saviour. I love Him because He first loved me. Nothing can turn me away from the love of God which is in Jesus Christ my Lord, and I am not ashamed to testify to God's love. I want to tell you all, I am trusting in Jesus.

"I did not have a friend in the world till I found the blessed Lord,—I mean not a *true* friend. I always had a lot of friends who were sinners all the time like myself, but thank God today I have a true friend in Jesus Christ.

"Before I gave my heart to God I was nothing at all, but now, thank God, I can with the help of God say I hope to be something. God has washed all my sins away.

"When I was home my dear mother and father and lots of people tried very hard to stop me from sinning; but I would not mind them. I kept on drinking and doing wrong. I had a nice mother. She would give me anything I wanted if I would only stop drinking. I am sorry that I did not do what my dear mother told me to do.

"I have been in prison now five years and nine months and have nine years more to serve. But God's light is shining in my heart. The God of whom Paul wrote, 'God hath shined into our hearts,' is my God. What would I think of a God that could not shine?

"In every true prayer there are two hearts in exercise; the one is your heart with its little dark human thoughts of what you need and of

what God can do, and the other is God's great heart with its infinite knowledge."

#### STONE WALLS NOT TOO THICK

(From the Southern Illinois Penitentiary)

"I was so glad to hear from you again and received with much pleasure another copy of THE LIFE BOAT, which I read eagerly. I was much interested in the good work that you and your friends are doing. I am satisfied that the Lord will bless all of you for what you are doing.

"In looking back over our correspondence I find that I received your first letter fifteen months ago, also my first copy of THE LIFE BOAT, which I consider the best religious paper I have ever read,—and I have read a number of them.

"I can also testify to the saving grace of God. It was through your letters and that grand little paper that I stopped to consider in what a lost and ruined condition I was. While in a sinful state I always believed there was a heaven to gain and an awful hell to shun; but I rejected the influence of my friends and went along in my sinful career until I finally ended in a felon's cell.

"But I can say of a truth that stone walls are not made too thick, or iron bars too strong but that the Savior can enter—even into a five-by-eight cell—and save a poor sinner who calls on Him in faith, believing. I know there was no greater sinner than I was and He has pardoned me. You admonished me to go to Him daily in prayer. I do, twice a day, and read a portion of Scripture each day."

#### AN APPRECIATIVE WORD FROM AN EX-PRISONER

"Almost four years ago you wrote to a poor prisoner in the Ohio penitentiary, and yours were the first kind words he had received from the outside world.

"That letter lies before me now as I write this and it is the only one that I have kept from among all the mail I received at that place.

"Am out on parole; have a good position as a decorator, and am doing nicely. If you care to correspond I would be glad to once more hear from you."



## Serving the Multitudes

Clara Meister

2152 Park Avenue, Chicago

[A very interesting work is being carried on at the Hinsdale Nurses' Center, where student nurses give their time to help both physically and spiritually, without any thought of remuneration, sick and suffering humanity about them. They depend upon God to supply them with means for their work and to give them souls for their hire. The readers will be interested in the reports herewith from Miss Meister and Miss Johnson.—Ed.]

AS the time has arrived for the June LIFE BOAT to be scattered like the leaves of autumn, so that some soul may be planted on higher ground, I thought perhaps some one might be interested in the work we are doing here in Chicago in our nurses' center.

Our work is increasing. That is, there seems to be more of an awakening as to what

searched out these precious souls, but God has been doing it for us. Most of the families with whom we are now holding readings have been lacking in physical strength and have sent for us. We sincerely believe that whatever home God sends us into we are not to leave until we have been able not only to help them physically, but also spiritually. I will



A SCENE IN THE NEIGHBORHOOD OF THE NURSES' CENTER.

is taking place in this present world. People are beginning to search their hearts to see whether or not all is right between them and the great Judge of all the earth. In doing so many of them have begun to realize how ignorant they were, regarding the Holy Scriptures, and have asked us to help them so that they might have a better knowledge of the precious Bible truths.

Many people wonder how we come in contact with the people who are searching and anxious to know the truth. We have not

just relate several instances of how this is brought about.

One evening I was called to a home where the woman was seriously ill. Asking God to bless my feeble efforts, I began at once to give her some simple treatments, and it was surprising to note the result of the treatment. I felt God was with me, but as yet knew not His purpose in sending me there. But soon she related all her troubles to me. We knelt down together and things seemed to become clearer before her; so she asked me to come

again and pray with her. This second time, we opened the Scriptures together. With a happy heart she said, "Oh, please, Miss Meister, won't you *continue* your readings?"

This part of the work has been interesting and encouraging to us, but in our work here we come in contact with poor needy souls. One woman whose husband is a drunkard and has employment only a very little of the time, has been many times at the point of starvation. She is not well, and, therefore, has demanded our attention. We have often taken food and clothing to her and her two children, for which she is grateful. She, too, has been trusting the Lord and believes He will provide. We might have done more for her, but our money box at present is empty. Any one wishing to help this work along may send mail to Hinsdale Nurses' Center, 2152 Park Ave., Chicago, Ill., or Life Boat, Hinsdale, Ill.

We now have three precious souls who are obeying the commandments of God, and three other families with whom we are holding readings are seeing the wonderful truths in His holy Word. We are indeed grateful for the longsuffering and kindness of God toward us, and are of good courage in His work.

#### MY FIRST EXPERIENCE IN THE HINSDALE NURSES' CENTER

MABEL DOROTHY JOHNSON.

It has never been my privilege to do any work like this before and I consider the opportunity a great blessing.

It makes my heart ache when I go into some of the homes and see the situation they are in, and it gives me a burden for souls in trying to point them to something better.

We gave the first Bible study to one family who could not turn to any of the texts we called for, did not know the Bible at all, and had no idea where to find any of the books of the Bible. But I never saw people more interested or who listened so attentively as they did. It was entirely a new story to them, and they want us to be sure and come next week and have another study with them.

In another home we go to see the lady quite often. Her husband drinks and they have hardly enough to get along with. They have three children and the youngest has the same suit on every time we go to see them, and the same with the mother. Drink leads to nothing but poverty.

I have been in this work a week now and surely enjoy it, and hope to see fruits of the work that has been done. I only wish I could do more.

We went to call on a family one evening who began obeying the truth four weeks ago. We wanted to take them to church with us the next Sabbath, but the lady has no shoes to wear. She goes out and works as she is able, and her husband is out of work.

This is only a glimpse of what we see every day. We need your prayers in this work, and will be glad for any small sum you feel able to give to help this work along.

#### AN ENCOURAGING REPORT

MRS. MYRTLE BRUNER.

Life Boat Rescue Home, Hinsdale, Ill.

We praise the Lord for His great mercy that has been with us in the past, and want more of His presence with us each day.

We can bring a cheering report of the spiritual work done in the Home the past



MISS RASMUSSON, THE HOME NURSE, AND ONE OF THE YOUNGER BABIES.

month. Pastor Scrns has been holding several Bible studies here each week, and as a result of these studies four have been converted and taken their stand for the truth, and have followed their Lord in baptism.

One girl who has returned to her own home

recently wrote the following concerning her stay at the Home:

"I am certainly thankful for getting to be among such good people and friends as you all are. I have read the Bible several times but could never understand and find the truths in it until I came there and studied it with you at our worship. Now I know what God would have us do, and I hope and pray that I will become more righteous in his sight day by day.

"How I would like to know how all the girls are! I certainly miss all of you."

These are very busy days, with the weaving and gardening. We have our house cleaning about finished, and in fitting up the rooms we find ourselves badly in need of new curtains. We feel sure our friends who have so kindly remembered us in the past will not forget us now.

We ask your prayers for the success of the work here.

#### BLESSINGS BY THE WAYSIDE

MRS. D. K. ABRAMS,  
3508 Rhoades Avenue, Chicago

After Mrs. Clough and myself visited the women prisoners in Joliet my heart was made sad and I longed to do more for my sisters in prison. So I prayed and asked the Lord what more He would have me do to brighten their lives and lead them to Jesus.

I was impressed by the Lord to write the chaplain and ask for the privilege of sending twenty-five copies of "Steps to Christ" to him to be distributed among the women. The chaplain granted me my request, and I want to thank God for hearing and answering prayer. I then made an appeal in THE LIFE BOAT and received some money in that way towards getting the books. Then our missionary society helped some, and some friends of mine helped, that I interested in the work. I wrote to a dear old soul who lives up in the mountains, and she gave something, also interesting others of her friends, who gave what little they could. Some have just given fifteen cents, which would buy one copy of the book, but I am sure God will bless them and reward them for helping in this work.

I have received a blessing in telling others about the needs, as well as by myself helping what I could; and I am praying that as a re-

sult of the reading of this book, which makes the way of Christ so plain, many a soul behind these prison walls may find Jesus precious to their souls and in turn lead others to Jesus, the Saviour of the world.

I want to thank all who have been so kind to give of their means to send these books. May God bless you.

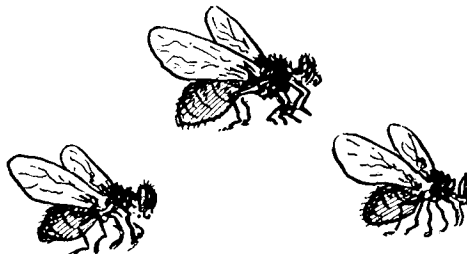
The woman inmate I am corresponding with, writes me that the book, "Story of Redemption," which I gave her, is being read in the prison school by the teacher. "Oh, the good we all may do, while the days are going by!"

The Lord has helped me to get some subscriptions for THE LIFE BOAT for my sisters in prison. They love THE LIFE BOAT. And I have been happy in having a little part in this work.

I know that all who have helped in this work have received a blessing; and that is what we are here for—to be a help to one another. What a comfort it is to know that when we work for the Lord it is not in vain; that as we sow, so shall we reap. I can say for myself that I am determined to hold out to the end.

#### HAVE YOUR SWATTER READY!

The pestilential fly is here. Clean up, keep clean, and see that your neighbors do likewise, and you will have few if any flies to contend



with. Swat the early flies and save yourself much swatting later. If at first you don't succeed, swat, swat again!

Flies kill more than wars. Diseases for which the fly is more or less responsible with total number of deaths from each in the city of New York five years, are as follows:

Typhoid fever.....	656
Tuberculosis (all kinds).....	10,292
Cholera infantum.....	6,398
Cerebro-spinal meningitis.....	404
Diphtheria.....	1,829
Scarlet fever.....	1,028
Bronchitis.....	1,408
Smallpox.....	3

## A Personal Testimony

Charles Gallaudet Trumbull

[One of the very helpful talks given at the recent International Prophetic Conference held at Moody Church, Chicago, was a personal testimony by the editor of the *Sunday School Times*, relating how the Lord had helped him to gain a deeper experience and to win decisive victories over sin. We would suggest that the following abstract from his talk be read carefully and prayerfully, and we trust that many will be led to prayerfully face this same question. Mr. Trumbull is the author of that best of all soul-winning books, "Taking Men Alive," price sixty cents, and this personal experience is published more in detail in a little tract called "The Life That Wins." Either can be supplied from this office.—Ed.]

I HAD the privilege to be born and brought up in a Christian home. I do not remember the time when I did not believe in the Lord Jesus Christ as my Saviour. When I went away to Yale to college, I was put into Sunday school work. I came back from college and entered into religious journalism with my father.

As I went on I found that I was less and less satisfied with my Christian life. I found there were habitually sad failures. A strong, arousing convention, a stirring address from some consecrated, victorious Christian, a searching, spirit-filled book, or the obligation to do a difficult piece of Christian service myself, with the preparation in prayer that it involved, would lift me up; and I would stay up—for a while—and God would seem very close, and my spiritual life deep. But the experience would not last. Sometimes after such an experience I found I was anything but in close fellowship with God. My Christian life was a series of failures. As I was growing older I was not gaining any *habitual* victory over sin. I prayed over it.

Another conscious lack of my life was in the matter of failure before besetting sins. I was not fighting a winning fight in certain lines. Yet if Christ was not equal to a winning fight, what were my Christian beliefs and professions good for? I was keeping Morning Watch; I devoted one whole hour before breakfast each morning. Yet I found as the years went on, I was not gaining in any way over my besetting sins. I did not see the way out.

Another lack was in not having power that would work changes in other men's lives. I saw men and women around me who were in some sense not nearly so well equipped for such service as I was, who were getting results where I was failing.

I was doing a lot of Christian work—had been at it ever since I was a boy of fifteen. I was going through the motions—oh, yes,

So can anybody. I was even doing personal work, the hardest kind of all: talking with people, one by one, about giving themselves to my Saviour! *But I wasn't seeing results.* Once in a great while I would see a little in the way of result, of course, but not very much. I didn't see lives made over by Christ, revolutionized, turned into firebrands for Christ themselves, because of my work; and it seemed to me I ought to.

### Christ the Home of His Thoughts

Later I met Dr. John Douglas Adam. I learned from him that what he counted his greatest spiritual asset was his unvarying consciousness of the actual *presence* of Jesus. Nothing bore him up so, he said, as the realization that Jesus was *always* with him in actual presence; and that this was so, independent of his own feelings, independent of his deserts, and independent of his own notions as to how Jesus would manifest His presence.

Moreover, he said that Christ was the home of his thoughts. Whenever his mind was free from other matters, it would turn to Christ; and he would talk aloud to Christ when he was *alone*—on the street, anywhere—as easily and naturally as to a human friend. So real to him was Jesus' actual presence.

This experience impressed me greatly. I knew it was not my own, but I tried to bring it about in my life.

At the World Missionary Conference in Edinburgh, I heard Dr. Robert F. Horton speak on the resources of the Christian life. I expected him to give us a series of definite things that we could do to strengthen our Christian life; and I knew I needed them. But his opening words showed me my mistake, while they made my heart leap with a new joy. What he said was something like this: "The resources of the Christian life, my dear friends, are just Jesus Christ." That was all. But that was **enough**.

I went to him and asked him to tell me the

way out. He said if we would only step out upon Christ in a more daring faith, He could do so much more for us.

Paul said in Phil. 1:21, "To me to live is Christ." The Lord was trying to close in upon me in all these different messages. I had accepted Christ as my personal Saviour thirty years before, yet I needed a conception of Christ that I did not have. A crisis came with me.

#### The Crisis

Later I was attending a young people's missionary conference, and was faced by a week of daily work there for which I knew I was miserably, hopelessly unfit and incompetent. For the few weeks previous had been one of my periods of spiritual let-down, not uplift, with all the loss and failure and defeat that such a time is sure to record.

The first evening of that week Bishop Oldham, of India, spoke on the Water of Life. He told us that it was Christ's wish and purpose that every follower of His should be a wellspring of living, gushing water of life *all the time* to others, not intermittently, not interruptedly, but with continuous and irresistible flow.

He told how some have a little of the water of life, bringing it up in small bucketfuls and at intervals, like the irrigating water-wheel of India, with a good deal of creaking and grinding, while from the lives of others it flows all the time in a life-bringing, abundant stream that nothing can stop.

He then asked if we knew Christ that way. I knew one man in that audience who did not. I went to my room and offered a prayer that I had never offered before. I said, "O Lord, if there is a conception of Christ that I do not have, won't you give it to me?" The Lord answered that prayer.

I then realized that I had all my life taken as a figure of speech that expression, "Christ *in you*," instead of taking it as a simple fact. I then came into *organic* union with Christ and He used me just as the vine uses the branch.

In regard to my besetting sins I found that Christ was my life; and if Satan came to tempt me, I simply left the matter between Satan and Christ, and Satan was defeated before he started. I found that the Lord Jesus Christ enabled me to see more results in my Christian service than I had seen for years.

That experience proved to me the fact of the *indwelling* Christ.

Christ not only paid the death penalty of our sins, but He *broke the power* of our sins. Not only did Christ completely break the power of all known sin in the lives of His followers nineteen centuries ago, but He is also ready today to do the same thing. And He is finishing the work in exactly the same way that He finished the work of paying the penalty of sin. Christ Himself is better than any of His blessings; better than the power, or the victory, or the service, that He grants.

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#### RECEIVED NEW SPIRIT AND HOPE

The following letter is from an inmate of the women's prison at Joliet, Ill., written to Mrs. Abrams after hearing her talk in the prison at the Sunday morning service February first.

"It is a pleasure to write this letter to you. First, I want to tell you how glad I am that you requested me to write. I am not very strong in the Lord yet, but hope and pray that He will give me strength to be strong each day, for I need Him every hour because I get down-hearted and discouraged so often.

"I heard you talk that Sunday you were here, and your talk did me more good than any one I have heard yet. It gave me new spirit and hope. After you left I went to my cell, got down on my knees and prayed to our Father to forgive me and make me useful to others as He has made Mrs. Abrams.

"Pray for me, and I will pray for you that you may have good health and that you may win more souls to the great Master as you have won me. If you ever come down to the prison to visit, please ask for me as I would like to shake your hand in person. Dear sister, help me to give my heart fully to the great Redeemer.

"You will never know how much good your words did that Sunday. I will never forget that day as long as I live for I had a hard fight with my soul; the evil one was so strong, but I am glad to say that my heavenly Father was the stronger. I feel so different the last two weeks. I will close, thanking you once more for having an interest in my soul."

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## PREJUDICE AND SUPERSTITION GIVING WAY IN AFRICA

R. C. PORTER.

[The following experiences were related by Bro. Porter to the Hinsdale family upon a recent visit to this country. Bro. Porter for a number of years was in charge of missionary activities in South Africa, and is now located in China.—Ed.]

The witch doctor is still a strong influence in Africa. The way he doctors is not with fomentation cloths and up-to-date methods; he merely puts a lot of tinkling ornaments around his neck and waist and ankles and begins to dance. The object of his treatment is to drive away the evil spirits. He always says that when people are sick they are possessed of evil spirits, and if he can only drive the evil spirits out they will get well. And if he does not succeed then some person has bewitched them and that person must die. Whenever the witch doctor passes a sentence of death on any one it is like the supreme court in this country; there is no repeal. And so he is the most dreaded man in all the territory.

This superstition still lingers everywhere you go; and it is with great difficulty you get the people to see anything different. But when we come along with our methods of treating the sick we find that appeals to them, and there is nothing that causes them to break with the influence of the witch doctor like our medical work.

### Interesting Medical Missionary Work

Dr. Thomason made a trip with us in upper Kafir land. I went along with Pastor Hiatt and preached, and Dr. Thomason doctored; and we had no trouble getting a congregation. They would come out and sit as long as we wanted to talk to them. Then afterwards they would take their treatments. They always wanted medicine—something in a bottle so they could know they were taking something. They wanted drops, and big drops too, something they could drink, and that would take hold.

The first place we stopped a lady came with a baby that was just on the point of death. The baby was treated, and the next day was apparently well. That was the last day we were in the place. The next morning after we had moved on, at 4 o'clock in the morning there was a call made at our camp; a native

woman calling very pitifully for the doctor, and the doctor had to respond. She would not let any one sleep until he did. She wanted that "great baby doctor."

When we got an interpreter and talked with her we found that the woman whose baby had been cured had told her about the wonderful cure and as her baby was sick just like it and she thought it was going to die right away, she got up in the night and reached our camp at four o'clock in the morning, having traveled seven miles in order to find the great baby doctor and have her child's life saved. He gave her remedies and the child was soon well. And so they followed us from one place to another all the way down and were on the platform waiting to see the doctor when we left that section of the country.

It is remarkable how these people respond to the treatments. They live in the native simple way; they eat just a simple diet,—usually corn mush, as we call it in this country. They use that every meal almost the year round, and hardly ever use more than one thing at a time. And the doctor and the nurses tell me they have never treated patients who respond so readily to treatment as these people do.

### Rain in Answer to Prayer

In Kafir land one time there was a Methodist mission started. They selected a location where three different tribes had their territory right at the corner, so they could have access to all of them. They began school work, but there was great prejudice. The chiefs did not favor their mission work. The children were not allowed to come, so the missionaries found no opportunity to get at them; they had no schools.

There came a drought such as there had not been for years. Their cattle were on the point of starvation. They faced starvation as tribes. They hardly knew what to do next, and among themselves they decided they would go and ask the missionary to pray for them.

The three tribes, without any notice, came the same day to the mission home. When he saw them coming, knowing they were hostile to the mission, the missionary felt some concern as to what it meant. He did not know if it meant a friendly visit or an unfriendly one;

but he placed his case in the hands of God. And they came and asked for rain. He said he would pray if they would permit him to read a Scripture that showed what it meant to pray for rain. They consented, and he read the story of Elijah—how the drought came because the people were not paying attention to God's commandments.

After he had explained that to them he read about that little cloud the size of a man's hand, rising while Elijah was praying. And the remarkable thing about it was that while he was explaining this Scripture he had these three chiefs in front of him, with their people outdoors, and all this time there was a rain cloud rising. But he went on explaining the Scripture and how the cloud grew larger and larger and how in answer to prayer there came abundance of rain. He was talking faith; he believed the mighty God would do something. And then he knelt down, with his back still to that cloud, not knowing a thing about what was taking place behind him, and offered prayer for rain. And about the midst of his prayer came a wonderful downpour.

He thought it was a most marvelous answer to prayer; and it was, because God says, "Before they call, I will answer," and the man believed He was going to do something for him. And because he believed it, God sent that answer to prayer the very instant he was praying. And the result was that those three tribes met at the mission from week to week, and sent their children to the school, and it was the beginning of work in Kafir land in a successful way.

That is the way the work goes in these lands where the difficulties are so great. The mighty God takes them in hand and afterwards turns them to His own glory, and brings out of the most apparent defeat His signal victories.

#### CHEERED WHEN READING IT

(From the Indiana State Prison.)

"The Lord is blessing me in every way. I am trusting in the Lord Jesus Christ to help me and keep me in the best of health and He always answers my prayers. I am studying the Bible and am getting along nicely. I am always glad to receive THE LIFE BOAT. It cheers me when I read it."

#### TRYING TO LIVE THE GOSPEL

(From the Stillwater, Minn., Penitentiary)

"I am making plans for the future; plans for a life of usefulness to others. As you say, a prison is a great field for missionary work; but here we have the silent system and the only time conversation is permitted is on holidays and then for only about two hours. I try to *live* each day in such a way as to be an example and living proof of the power of God to save. I receive THE LIFE BOAT each month and pass it on to several others.

"If possible I expect to go home for a visit when I leave here, just to see my mother again; and on my way east intend to stop off at Chicago and visit Hinsdale, the home of my favorite paper.

"Next year I hope to be in a position to help in sending the special prisoners' number to each prison so that each man may receive one, for all of the long timers look forward to its coming each year."

We are not ready to die until we have learned how to live.

#### A PERSONAL APPEAL

(From the Indiana State Prison)

"I will take the liberty of addressing you, feeling that right now is a critical period in my life, where some word of cheer or comfort would help drive away the saddest moments that are continually before me. You can not imagine how depressed in spirits I am, being in a place of this kind without friends or money,—not even a soul to write me a few lines that would encourage me through my darkest hours.

"I had a good Christian mother and father, who are both dead now. I certainly do miss them; they constantly advised and instructed me to live an upright life. But it seems as though their advice did not carry much weight, and I became the black sheep of the family. Drinking has been the cause of my downfall; liquor put me where I am today. Drinking is the cause of my sister's and brother's getting angry, and forsaking me. I will solemnly take this oath: when released from this incarceration I will quit drinking forever, and live a correct life in the future.

"I am a regular subscriber of THE LIFE BOAT, and find it a very interesting magazine. I ad-

mire to read the articles it contains concerning the unfortunate men and women who once were in the same condition as myself, but by the grace of our Heavenly Father have been redeemed and are living honest and Christian lives. I extend my hearty congratulations to those who have won their fierce battle, and that abundant success may be with them through life, is a sincere prayer from a devoted friend. God bless them!"

### THE VALUE OF THE "MORNING WATCH"

BY A STUDENT IN THE MICHIGAN HOME FOR GIRLS

To begin the day right, we must begin it with God. "The first hour of the morning is the rudder of the day," says Beecher. The morning watch prepares us for the day's conflict with the forces of evil within us, and around us. It is always wise to gain a march upon the enemy.

Remember, the morning watch is a *still hour*. Often we fill it up with our own prayers and devotions, and leave no place for the still voice of God. Some of us are led to wonder what was the secret of Christ's success—how He had power to teach such divine truths, to perform miracles, and draw out the hearts of men, as He did.

The Gospel of Mark, first chapter, thirty-fifth verse, tells us one of the secrets of Christ's power: "And in the morning, rising up a great while before day, he went out, and departed into a *solitary place*, and there prayed." In other words, He observed the morning watch.

Morning is the golden time for the study of the Bible. Satan well knows that one whom he can lead to neglect prayer, and the searching of the Scriptures, will be overcome by his attacks; therefore he invents every plausible device to engross the mind.

It is said that every morning during General Gordon's journey in Sudan there lay outside his tent a handkerchief; by this token the whole encampment knew that the great general was praying, and no matter how important the need, no one dared to intrude with any message, until that handkerchief was removed.

Martin Luther, in the thick of his campaign with the popes and the devil, said that he

could not get along without two hours each day with his private devotions.

Abraham Lincoln and Washington and many other noted men found that all they were they owed to God and prayer. If these so-called worldly men found it was prayer they needed, how much more ought the Christian feel the need of prayer!

The Master has somewhat to say to you. He has promises He would have you ponder; He has love He would bestow. Are you bruised and scarred with sin and sinning? He has a balm for your wounded soul. He longs to hear your voice in earnest prayer, and to listen for His still, small voice. Let us be more faithful, and each have the Morning Watch Calendar. They are five cents, and think of the benefit of three hundred and sixty-five texts lived out in our everyday life.

Note: The Morning Watch Calendar can be secured from the Illinois Tract Society, 3645 Ogden avenue, Chicago.

### THE MEDICAL EVANGELISTIC TRAINING COURSE

DAVID PAULSON, M. D.

During the first week in July we shall organize a one year's medical evangelistic training course which will specialize on practical non-institutional medical missionary work and methods. There are many young people whose hearts are aching for an opportunity to learn how to do genuine medical missionary work. They are willing and glad to endure toil and hardness as good soldiers of Christ if they only can obtain just such a preparation. It is for such a class of young people that this medical evangelistic class will be organized.

#### The Year's Program

Classes will be held from four to six every afternoon. We shall give during this year a thorough course in physiology and hygiene, constantly calling attention to how to practically apply the principles learned to the daily problems that the students will be meeting in their work.

We shall during this year's work give a substantial series of lessons, both practical and theoretical on the various common diseases and their treatment, including a thorough course in non-institutional hydrotherapy.



In other words, we will endeavor to teach this class how they can go into any home without sanitarium facilities and yet give all the most important treatments with such materials and appliances as can be found in any ordinary family.

We shall teach the students how to develop for themselves the important truths on medical missionary work that are found in the Bible.

We shall also give a good course in both practical and theoretical cookery, so that the students will be able to go right out into the homes of the people and teach them how to establish a wholesome and sanitary dietary.

During this year we shall conduct a series of studies on the *fundamental* principles underlying the medical evangelistic health movement. Many nurses are learning sanitarium *methods*, but are not learning the *principles* that underlie the methods and hence when they are placed in situations where they can not use the methods, they do not have the necessary knowledge of the principles so that they can secure the same results by substituting some other methods. It is right and proper to learn correct methods, but it is vastly *more* important to acquire correct fundamental principles, for the one who possesses these can develop his own methods anywhere and at any time.

We shall give during this year a most thorough course in domestic science and household hygiene. This will enable the student to go into any ordinary home and in a tactful and convincing manner establish model conditions without any special outlay or expense. For instance, a large per cent of the deaths of children in our large cities are due to unsanitary milk. These students will be taught how to correct these conditions. They will be taught how to establish proper ventilation in the home; how to restore sanitary conditions in every part of the home; in other words, how to establish a model home.

Three hours a day will be given in practical work in the sanitarium, Good Samaritan Inn and Rescue Home. This work will be under the supervision of competent persons who will aim to make a science of it.

At the same time to assist the students in meeting their expenses they will be paid the same per hour as other domestic help in the

institution are paid. As far as possible this work will be done in the morning before ten o'clock or after class in the evening when not otherwise occupied.

#### Fund to Assist Worthy Students

From time to time there will be opportunity to put in extra hours in the institution. All such work will be paid for. But in spite of all of this it is to be expected that there will be some students who will not be able to meet all their expenses. For such we propose to call upon charitably disposed people to assist in raising a fund to loan such students, to be paid back again when the student finally gets on an earning basis, or to assist them outright if they have no such prospects in view.

God who sent out the seventy and so wonderfully maintained them is still alive. Just as certainly as God is calling upon us to launch out in this enterprise we shall see His providence going out before us.

#### A Thorough Nurses' Training

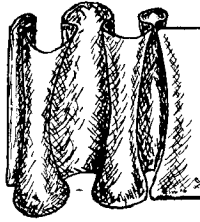
When this year's work is completed those who feel a burden in their hearts to *add* to this year's preparation the more technical knowledge and training that is required for ordinary bedside nursing, will be given a good opportunity for two years more to acquire such a training in our institution.

Among these there may be a few who desire a still more advanced training. These will be given special instruction and opportunities for another year, including some months of hospital experience.

We know that the devil will do his best to *dishearten* and *discourage* this important effort and we want only those to come who know something of what it is to go to God in prayer and come forth with their faces shining and be able to say, "I have met with God face to face."

If there is something in your heart that responds to what we are trying to do, then do not fail to embrace this opportunity. Bear in mind that whenever we try to do what God wants us to do our *human nature naturally shrinks* from it. It is generally the thing the devil wants us to do that we are *eager* to do.

There is still room for more students to enter this class. Write immediately for further information and application blank.



## Editorial Department

DAVID PAULSON, M. D., Editor



### RARE DAYS

The poet said, "What is so rare as a day in June?" But it must not be forgotten that the same sun and showers that are bringing the flowers, developing the waving grain and making the earth bring forth its fruits, are also producing weeds, thistles, mosquitoes, and potato bugs.

Likewise this time of the year that brings us campmeetings, Bible conferences, and a thousand beautiful opportunities for spiritual work and spiritual recreation, is also bringing an equally large crop of worldly temptations and enticements to foolish dissipation.

Each one of us must day by day choose whether we will improve one or embrace the other, whether we shall take the path of self-denial and cross-bearing for Christ's sake or the easy road of inclination and pleasure.

Summer months and summer opportunities have been the undoing of many a Christian worker. Will you determine by God's help to make spiritual progress this summer?

### HOW THE PRISONERS' LIFE BOAT WAS RECEIVED

Almost every mail brings us most appreciative letters from prison officials telling us how happy the prisoners were in receiving copies of the May LIFE BOAT. Where we could not send enough for all we have been assured that they would be passed on until all had an opportunity to read them.

This annual distribution of THE LIFE BOAT in the great prisons of our land is bread cast upon the waters, that we feel sure will not be in vain. We want to thank all our readers who have helped to make possible this gospel effort.

### A SEARCHING CRISIS

Troubles generally do not come single-handed. They are apt to come in clusters. As has been said, "It never rains but it pours."

There was once when not only "the rain

descended," but furthermore "the floods came," and to make the situation still more distressing, "the winds blew." And the force of all three calamities spent its *combined* fury upon a certain house. But this particular house sustained no special damage, "for it was founded upon a rock." Matt. 7:24, 25.

Sooner or later some great searching crisis reaches every life. And then profession, amiable disposition and other estimable qualities are not sufficient to withstand the shock. A deeper experience is required—not only a willingness to *hear* "these saying of Mine," but also the *doing* of them.

Christ called attention to another house. Possibly it was nice-appearing, well painted, beautifully trimmed and artistically decorated. But unfortunately instead of being built on bed rock principles it was built on the shifting sands of human inclinations and impulse. After a time a similar combination of calamities brought a terrific crisis upon this house: "The rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it."

You represent either one house or the other. You can't live in both at the same time.

### WHY NOT DO THIS?

Many of our readers are discovering that they can very readily dispose of a number of extra Life Boats each month. If you have not yet tried this why not send for twenty-five or fifty copies at agents' rates and sell them in your community?

The people are getting tired of cheap, wishy-washy reading and their hearts are turning toward real things, such as THE LIFE BOAT stands for. Many of them do not know there is such a magazine in existence. Why not let them know? They have the right to know.

Another good plan is to order a few extra copies to either give away or lend to your friends and neighbors. You may never know down here below the good that can be accomplished by just such simple efforts.

**TRANSIENT GOODNESS**

Bright sparkling dew is a charming thing while it lasts. The prophet speaks of some people who should be receiving "the latter and former rain." But this expression is wrung from the father's heart concerning them: "What shall I do unto thee? for your *goodness* is as a morning cloud, and as the early dew it *goeth away*." Hos. 6:3, 4.

This is spoken of good people; but their goodness is of the temporary kind. It is beautiful while it lasts but it does not last very long. It soon dries up.

Is your goodness of that kind? If so, their remedy is your remedy. Notice it carefully: "Therefore have I *hewed* them by the prophets; I have slain them by the words of My mouth." Verse 5.

The only true remedy for a transient, effervescent experience is to *regulate* our conduct by the Word of God, to submit every purpose and desire of our hearts to its directions. "Then shall we know, if we *follow on* to know the Lord." Verse 3.

If we do this we shall have the experience of David: "Thy word have I hid in mine heart, that I might not sin against Thee." Ps. 119:11.

**BETTER TO DISCOVER PLANS THAN TO MAKE THEM**

How often we hear people say, "If I had only known five years ago what I know now, how differently I would have laid my plans!" And the chances are that their present plans are similar stupid blunders.

Why is this? The reason is given in the Word of God: "O Lord, I know that the way of man is not in himself: it is not *in man* that walketh to *direct* his steps." Jer. 10:23.

We sometimes hear it said concerning a certain individual, "It is no use for him to spend time studying music, for it is not *in him*." Likewise a Christian can not by his own wits plan a successful career. The devil may permit a worldly man to do that but he will be certain to hinder a Christian man from doing it. The only sensible thing for a child of God to do is: "In all thy ways acknowledge Him, and He shall *direct* thy paths." Prov. 3:6.

God has given to every man *his* work. That means He has a definite plan for every

single individual, and He will help us discover His plans.

But if a man does what seems right to him is he not certain to find the right way? By no means; for "there is a way that *seemeth right* unto a man, but the end thereof are the ways of death." Prov. 16:25. The devil is cute enough, when he comes to Christian young people, to sugarcoat his devilish program with a little religious flavor so that it may *appear* right.

But if we work *hard*, shall we not then be certain of success? No; something more than that is needed. The disciples told Christ one morning, "Master, we have toiled all the night, and have taken nothing." But the secret of their subsequent success lay in this simple determination: "Nevertheless *at Thy word* I will let down the net. And when they had this done, they inclosed a great multitude of fishes." Luke 5:5, 6.

If we prayerfully seek counsel from God He will reveal to us as much of His plans for us as we *need* to know, and we shall find His providences going before us. It is not likely this will be in the direction of human inclination, for "if any man will come after Me, let him *deny* himself, and take up his cross *daily*," and, not until then, "*follow Me*." Luke 9:23.

There are many professed Christians who are trying to follow Christ without taking the first two steps, and they are certain to make a dismal failure.

**ARE YOU EXCUSING YOURSELF FROM BEGINNING A COURSE OF PREPARATION?**

Some who read these lines have heard a call of God to prepare themselves for definite gospel medical missionary work. In order to do this they will require a suitable preparation. By this time the devil will have begun decided efforts to sidetrack them. With a few it may be a feeling of indifference. To others he will come in a much more artful way. He will impress the claims of family, friends, and insist that it is a Christian duty to stay by them rather than to enlist as a soldier in the Master's medical missionary army.

To open the eyes of this class the Master left a similar case on record. One day he said to a certain man, "Follow Me." But this individual said, "Lord, suffer me *first* to go

and bury my father." As it was the custom to have the funeral on the same day the individual died, it was evident if his father was really dead, he would have been at home making necessary arrangements instead of being among the crowd that followed Christ. What he undoubtedly meant to say was this: "My father is rather feeble and infirm so I *feel* it my duty to stay at home until after he has passed away."

But Christ knew all about these home necessities when he said to this young man, "Follow Me," and He expected to take care of that home better than if the young man remained there. Hence He said, "Let the dead bury their dead: but go thou and preach the kingdom of God." Luke 9:59, 60.

Christ said, "He that loveth father or mother *more* than me is not worthy of me." Matt. 10:37. The Master expects us to love even our enemies, and He certainly expects us to love the members of our families. But He does teach us that we are to make His service *supreme*; and then all the other things will be added to us.

In other words, He does not expect us to neglect our parents, nor on the other hand does He expect the claims of parents to cause us to neglect His call. When Christ hung on the cross He made provision for His mother (John 19:27), but He also carried through His Master's plan for Himself. If we earnestly dedicate and surrender our lives to God we shall be able to do likewise.

If He calls us to leave our homes to take a course of preparation to enter His harvest field, He will send His angels to take *better* care of our homes than we could do if we actually remained there. (Ex. 34:24).

#### ARE YOU LOOKING FOR HELPS OR HINDRANCES?

"It is obstacles that make men strong. It is not helps but difficulties, conflicts, rebuffs, that make men of moral sinew. Too much ease and avoiding of responsibility have made weaklings and dwarfs of those who ought to be responsible men of moral power and strong spiritual muscle."

There are many young people who are not willing to make an advance move unless they can have everything settled in advance. But "those who want their work made ready to

their hand, who desire a fixed amount to do and a fixed salary, who wish to prove an exact fit without the trouble of adaptation or training, are not the men whom God calls to work in His cause."

#### "I HAVE NOT THE TIME"

We hear a good deal these days about the importance of "social service," welfare work, charity organizations; and there is not any too much of it being done. But it is well to remember that these things are not *all* there is of religion. There is something else that is even more important than all this and when that is *omitted* the service alone is of but little value.

Martha was the *original* social service woman. She had the unparalleled opportunity to serve her Master in person. We now can only serve Him in the person of His saints. "Martha was cumbered about *much serving*" (Luke 10:40), and she became impatient because her sister Mary for the time being was not equally enthusiastic about the social service side of her religion. She "sat at Jesus' feet, and *heard* His word." Verse 39. "And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things. But one thing is needful: and Mary hath chosen that *good part*, which shall not be taken away from her."

The Master did not condemn Martha's busy activity, but He did insist at that time and for all time that sitting at His feet and hearing His words was not to be *neglected* for the sake of serving. The ideal worker is one that combines both the Mary and Martha spirit.

Many a careworn minister today is so busy with various social activities he feels he must promote in his church that he has no time to sit at the feet of His Master and receive a message direct from heaven for his flock. Service for God and humanity is important, yea, essential, but it can never take the place of *communion* with God. A table waiter might feed others day after day and yet starve to death herself.

Have you imagined that your various religious activities would excuse you from communion with God? If so, rectify your mistake this very day and set aside some time to sit at the feet of your Master.

### A STUDENTS' FUND

There will be organized at Hinsdale next month a unique medical evangelistic class. These workers will spend considerable of their time in actual aggressive medical missionary efforts. There may be some of them who will find it difficult to earn all their expenses during this first year's training. For the benefit of such we want to raise a fund so we can make small loans from time to time to such as may need it, this sum to be repaid when the Lord opens the way for them to do so in the future, to in turn be used to assist other similar needy students. Who will deposit some money with us for this worthy purpose?

### A BATTLE WON BY A LAD

During Napoleon's campaign in Northern Italy in 1800, the Austrians made an unexpected attack upon his army on the plains of Marengo. They were sweeping all before them.

Desaix (Dā-zā), in command of Napoleon's forces, dashed upon the advancing column and fell in the charge.

Napoleon, feeling that all was lost, ordered the drummer to beat a *retreat*. The boy, unheeding, continued to beat a *charge*. Napoleon rebuked him, and again cried in a loud voice: "Beat a retreat!"

The boy answered, "Sire, Desaix never taught me to beat a retreat, but I can beat a charge. Oh, I can beat a charge that will make the dead fall in line." And he did beat a charge.

In response, Kellerman hurled his dragoons upon the flank of the Austrians and they broke and fled. And the battle of Marengo was won.

In the Christian warfare it would be well for us all to follow the example of the drummer boy and never beat a retreat. Then victory will surely be ours.

### NEWS HERE AND THERE

Dr. and Mrs. David Paulson attended the Lake Union Conference in Battle Creek, Mich., April 14-26.

Anna M. Cook of Mt. Vernon, Ohio, has recently connected with the Hinsdale sanitarium.

Dr. A. W. Hewitt of Flanagan, Ill., was one of the visitors at Hinsdale recently.

Mr. D. H. Gray, head of a large raisin ranch in Armona, Cal., visited Hinsdale and gave a most interesting talk on the culture and marketing of raisins.

L. M. Bowen of Washington, D. C., and J. J. Ireland of Lodi, Cal., were among the Hinsdale visitors during the month.

Miss Gertrude Sims and Miss Jennie Sims, who were connected with the Beechwood Academy, Fairland, Ind., recently spent a few weeks at Hinsdale.

Dr. and Mrs. L. H. Wade of Chamberlain, S. D., are stopping at the Hinsdale Sanitarium for a few weeks. Mrs. Wade, née Verna Watt, was formerly one of the sanitarium nurses.

Miss Kate Sanborn of St. Louis, a graduate nurse from the Boulder, Colo., sanitarium, has recently connected with the Hinsdale institution.

Mrs. M. Richardson of Hicksville, Ohio, a graduate from the Battle Creek sanitarium and a former matron of the Attleboro, Mass., sanitarium, spent a few days visiting the work at Hinsdale.

Mr. and Mrs. F. W. Williman, who graduated from the Hinsdale sanitarium last November and are now conducting sanitarium treatment rooms in Pontiac, Ill., made a pleasant visit to Hinsdale recently.

Mr. and Mrs. J. B. Stevenson of Ashley, Mich., visited old friends in Hinsdale. Mrs. Stevenson is a graduate of the sanitarium.

Dr. and Mrs. Sol C. Dickey, head of the large summer assembly and Bible school at Winona Lake, Ind., were among the recent guests at Hinsdale.

Miss Pearl Waggoner, the LIFE BOAT poet, has now returned from an extended vacation in the South.

Dr. Clara M. Schunk, head lady physician in the Hastings, Neb., sanitarium, visited friends in Hinsdale recently.

Mr. Julius Paulson and family of San Luis Potosi, Mexico, have just arrived in Hinsdale, having barely escaped with their lives from turbulent Mexico. All will be interested in reading Mr. Paulson's account of thrilling experiences in this number.

**The LIFE BOAT is an easy seller. Write for terms and sample copies.**

## 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.

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

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.

### WILL NEVER BE WITHOUT IT

"I am truly glad I can subscribe for this little book. I don't believe I ever read anything outside of the Bible that encouraged me in the way of salvation as THE LIFE BOAT. I hope to never be without it in our home and I truly wish I was able to put it in the homes of some I know, and if God prospers me I will.

"I pray God's blessing on every copy and the grand effort to help fallen men and women."

### AN INSPIRATION

(From the Indiana State Prison)

"I am exceedingly obliged to you for THE LIFE BOAT. I enjoy it very much indeed. It gives me the greatest consolation and hope. I trust during the coming year the circulation will multiply greatly, for it ought to be in every home.

"The story of 'A Sign of the Times,' in the February LIFE BOAT is correct. It is remarkable how people will spend thousands to witness a ball game or something of that kind. When good Christian people could use the same money to the best possible good in the cause of Christ one wonders at times what ails the ministers that they don't preach a sermon on it?

"I hope you will remember me whenever you have a LIFE BOAT to spare. I read every page in it. It is an inspiration. It cheers me to read of the good it does all who get it.

"May God's choicest blessing be yours. I shall always remember you. You were kind to me, a sinner, friendless and alone."

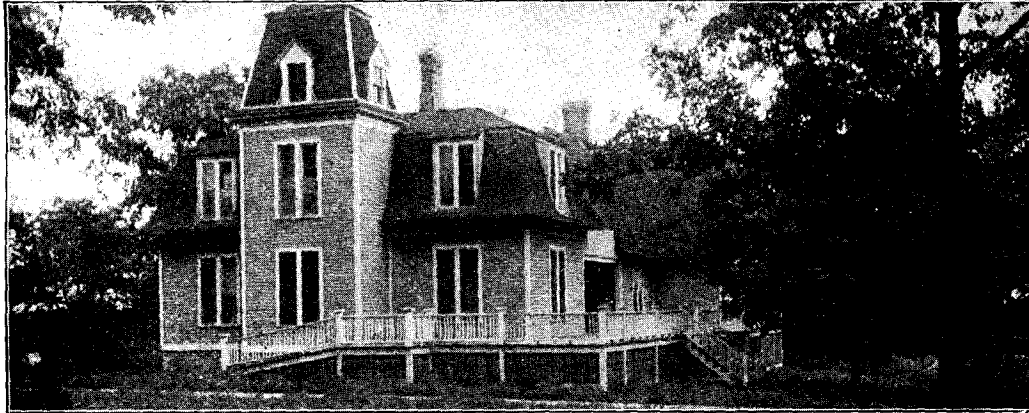
### "BEYOND THE SHADOW"

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



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

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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.

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### **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.

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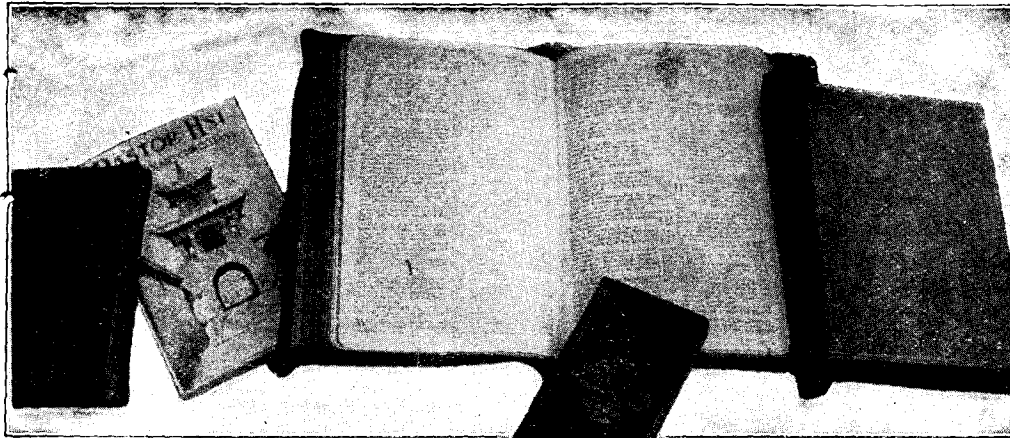
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For Four New Subscriptions or renewals to The Life Boat we will send you a genuine Oxford Teachers' Bible; printed on good linen paper, containing New Cyclopaedic Concordance, with all Helps, Index, Bible Dictionary, Tables, etc., under one alphabetical arrangement, with new illustrations. The latest thing in Teachers' Bibles. Minion type, size  $7\frac{1}{4} \times 5$  inches; bound in French Morocco, divinity circuit, round corners, red under gold edges.

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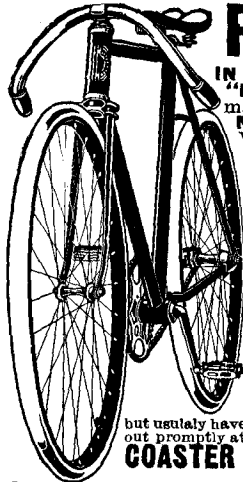
### PASTOR HSI

We have recently been able to secure a very neat paper-covered edition of the charming book, "Pastor Hsi," by Mrs. Howard Taylor, daughter-in-law of the late J. Hudson Taylor, founder of the China Inland Mission. The author gives in a most fascinating manner the remarkable story of the life work of Pastor Hsi, the man who, after his wonderful conversion from heathenism, founded more than forty medical missionary centers in the province of Shan-Si. His remarkable faith and power in prayer has brought his work to the attention of the entire Christian world today. This book is an inspiration, and you can have it by sending us one dollar for your subscription to The Life Boat one year.

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Every one should possess a copy of this Vest Pocket Library for ready reference. It not only contains a dictionary of 45,800 words, but it is also a Pronouncing and Statistical Gazetteer of the World, a Complete Parliamentary Manual, a Rapid Calculator, and Compendium of Business and Social Forms, and a Letter Writer and Literary Guide. It is by far the best pocket dictionary and reference book on the market. It contains only 192 pages and weighs two ounces. For only One Subscription to The Life Boat at one dollar we will send you one of these books bound in Morocco, stamped in gold, with gold edges and thumb index.

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We ship to anyone anywhere in the U. S. without a cent deposit in advance, *prepay freight*, and allow **TEN DAYS' FREE TRIAL** during which time you may ride the bicycle and put it to any test you wish. If you are then not perfectly satisfied or do not wish to keep the bicycle ship it back to us at our expense and *you will not be out one cent.*

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**\$ 10<sup>00</sup> Hedgethorn Puncture-Proof \$ 4<sup>80</sup>**  
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**TO INTRODUCE, ONLY**

The regular retail price of these tires is \$10.00 per pair, but to introduce we will sell you a sample pair for \$4.80 (cash with order \$4.55).

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Nails, Tacks or Glass will not let the air out. A hundred thousand pairs sold last year.

**DESCRIPTION:** Made in all sizes. It is lively and easy riding, very durable and lined inside with a special quality of rubber, which never becomes porous and which closes up small punctures without allowing air to escape. They weigh no more than an ordinary tire, the puncture resisting qualities being given by several layers of thin, specially prepared fabric on the tread. The regular price of these tires is \$10.00 per pair, but for advertising purposes we are making a special factory price to the rider of only \$4.80 per pair. All orders shipped same day letter is received. We will ship C. O. D. on approval. You do not need to pay a cent until you examine and find them strictly as represented.

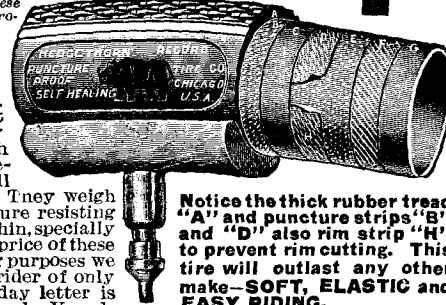
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**DO NOT WAIT** but write us a postal today. **DO NOT THINK OF BUYING** a bicycle or a pair of tires from anyone until you know the new and wonderful offers we are making. It costs only a postal to learn everything. Write it **NOW.**

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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

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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."

# THE HINSDALE SANITARIUM

*Endowed by Nature      Equipped by Science*



THE MAIN BUILDING OF THE HINSDALE SANITARIUM

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

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

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

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HINSDALE, ILL.

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