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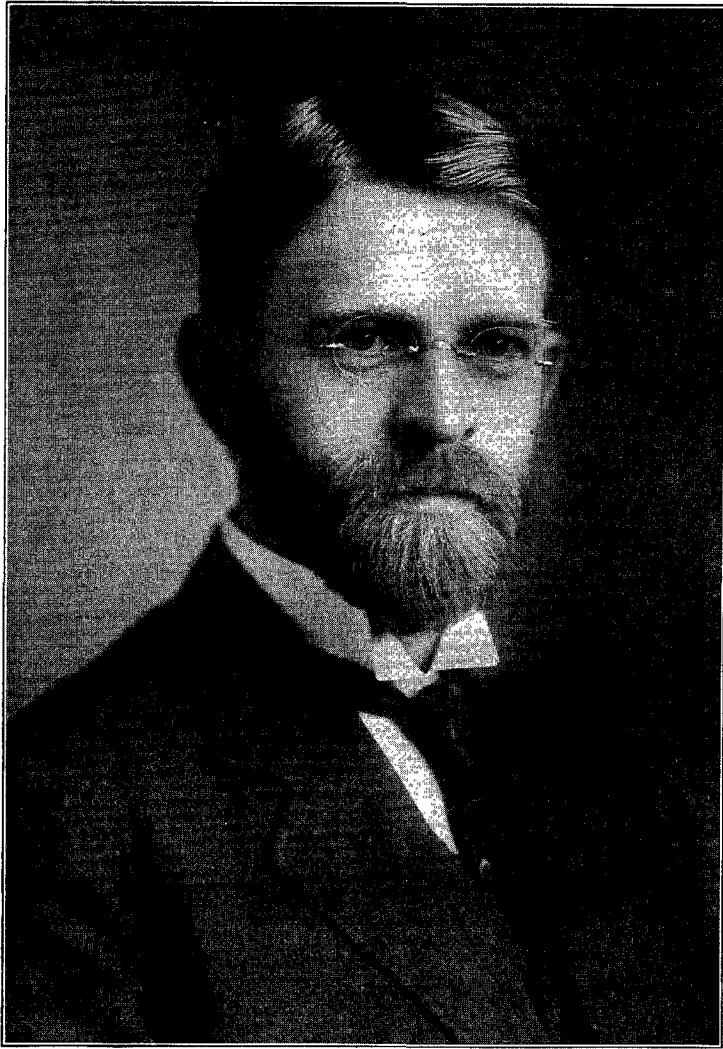
From Cannibalism to Christianity
Seed Sowing

A Word From Colombia

The First Anniversary

Medical Missionary Work or Hearing and Doing

An Appreciation



DAVID PAULSON, M. D.

His work is done. He rests from his labors. In his death this magazine, and the various institutions and interests of which he was the founder and chief promoter, have sustained an irreparable loss.

His inspired and inspiring life, his clear vision, his irresistible enthusiasm for the promulgation of truth, his wise counsel, his ability to impart knowledge, his love for the outcast, the downhearted and neglected of earth, all combine to make him one of God's noblemen. "There is a prince and a great man fallen this day in Israel."

He builded wisely and well, and the work to which he gave his life will continue to bless humanity and be a monument to his memory.

THE LIFE BOAT

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

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The Passing of a Great Life

P. T. Magan, M. D.

WHEN, amid the beautiful mountains of Asheville, N. C., during the quiet hours of Sunday afternoon, October 15, the hand of death removed Dr. David Paulson from his earthly labors, the poor and down-trodden lost one of their most kindly friends. Through twenty years of active work in behalf of his fellow men, thousands of the world's sad hearted and discouraged ones had come to know that beneath that simple and unassuming exterior there beat one of the warmest and most tender hearts that had come to earth in our day.

In a way, the end of that godly man was all that his loved ones and friends could wish and in harmony with the quiet and peaceful tenor of his life. He had left his home and work at Hinsdale, Ill., three weeks before. The thought that a loving God worked through natural agencies was ever strong in his mind. His whole life had centered and pivoted around the Bible principle that God uses the simple things of nature to bring about the healing of disease-racked bodies. He felt that possibly if he rested awhile amid the mountains of the Southland that physical restoration might come to him.

The journey was a long and hard one, yet it seemed that every stranger was turned into a friend and that kindlier courtesy could not have been shown to a king. A railroad official came to the station to see that everything was right and accompanied him on his journey to watch over his comfort.

At a junction point where he was carried from one train to another the little procession passed the burly engineer, who, in his

grimy jumpers, stood beside the panting monster which had pulled the train upon which he rode southward. This man stepped forward and kindly said, "Well, doctor, did I pull you all right?" The sufferer hardly understood what was meant and the burly engineer added, "I had orders not to jerk that train because you were aboard and I did my best." The words brought tears to the sick man's eyes, who had never thought that such care would be vouchsafed to him.

They carried him to a little bungalow—one of the humblest in all the town, but the spot was of the kind he dearly loved. The mountains stood like sentinels around him and spoke of the strength of the mighty Jehovah who set them there. The forests were mantled in their gorgeous autumnal crimson and gold, studded throughout with the somber green of the cedars and the pines.

All nature spoke of the curse of death which rested on man and all created things, but spoke of it triumphantly. Every rustle of that glorious foliage seemed to echo forth the proclamation of the apostle Paul: "Oh death, where is thy sting? Oh grave, where is thy victory? Behold, we (I) show you a mystery; we shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trump; for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. So when corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swal-

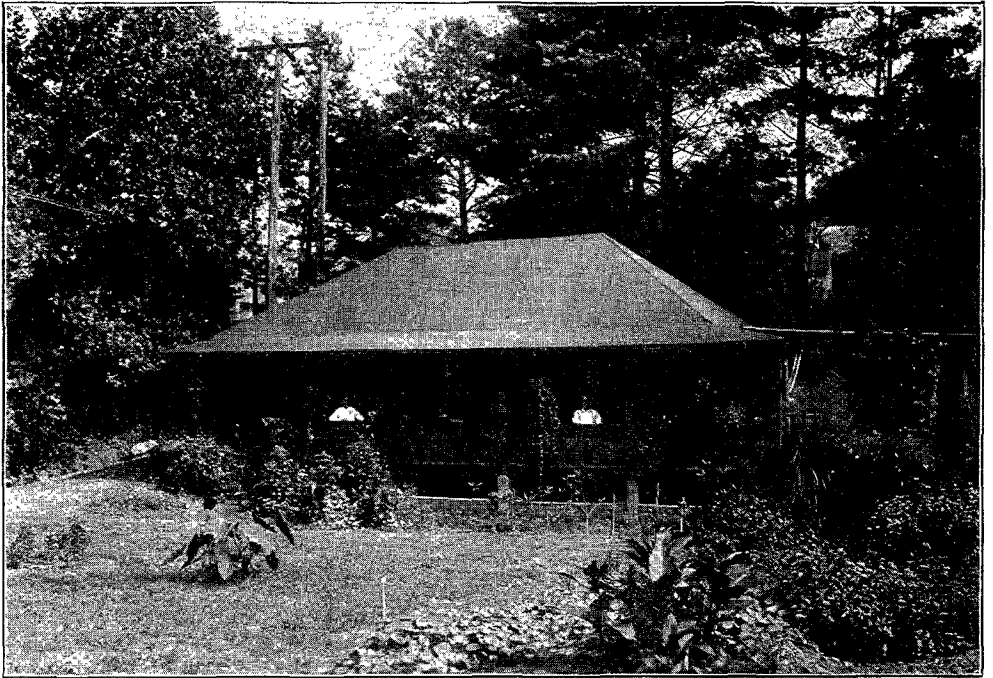
lowed up in victory. . . . But thanks be to God, which giveth us the victory through our Lord Jesus Christ."

In that quiet and humble spot David Paulson yielded the stewardship of his life into the arms of its great Giver. The tired hands were folded across the saintly breast and angels—invisible visitors from a better world—seemed to fill the little cottage.

The parents of Dr. David Paulson had emigrated from Denmark to the United States in

the providences of God would care and provide for him. He often would tell the story how that when a little boy herding cattle afoot on the lonely prairies he would pray that God would send him a pony so that he could do his work without incurring so much fatigue. The pony was never given him, but his faith in God remained unshaken that a Father in heaven did and would do all that was best in his case.

When only eight years old he attended a



The Little Cottage in the Southland, Where He Spent His Last Days

1863, and had settled first in Wisconsin, where he was born on the 27th day of October, 1868. A few years after this they moved to Dakota, where he passed through all the hardships incident to pioneer life. Poverty in those days was the common lot of all frontiersmen. The family lived in a sod house, at that time practically the only kind of dwelling known in the then far Northwest. There David became inured to the rude privations and the rugged, toilsome life of the plains.

His brothers tell that when only a child of tender years he was always of a deeply religious turn of mind, having a firm belief that

camp-meeting held by the Seventh-Day Adventist people at the city of Sioux Falls. There he listened to discourses and exhortations from a godly woman, Mrs. Ellen G. White, whose religious writings were afterwards destined to exercise a most marked influence upon his life. As a result of her labors, he went forward in the ordinance of baptism.

When fifteen years of age he was stricken with diphtheria. One night, as he lay apparently unconscious, his father and elder brother, Nels W. Paulson, conversed together in low tones by his bedside, the trend of their conversation being that there was no hope of his

life and that they must provide for his resting place and burial. Ill as he was, he caught the drift of their conversation and, raising his heart in earnest prayer, pleaded with God to spare him, promising that if this was done he would devote all his strength to the service of the Cross. His brother relates how, immediately after that, a marked change was noticeable in his condition. He began to gain and was soon out of danger.

In the year 1888 he heard an address at a camp-meeting at Mitchell, S. D., upon the subject of "Christian Education." That talk filled him with a mighty inspiration to obtain an education so that he might devote his life to ministering to others. In the fall of that same year he entered college at Battle Creek, Mich. When the school closed in June, 1889, he began his first work in the Battle Creek Sanitarium, his lot being to carry hot water to the rooms of the different patients at an early morning hour, then to wash tinware at a kitchen sink and in the evening to work as a bell boy.

His lot was a hard one and he has told how day by day his soul became more and more embittered against the institution and those who were managing it and how he fast began to lose his hold on God. He has related how only one man, the cook, in all that large establishment ever inquired concerning the welfare of his soul, and states that this humble worker seemed determined that the last spark of spirituality should not die out of his life. In this the cook was successful and, under the hand of God, succeeded in expelling these bitter thoughts and awakening in his heart anew the desire to serve God. Commenting upon this, Dr. David afterwards wrote, "My star will be in that man's crown throughout all eternity."

During the following winter Mrs. Ellen G. White, the Christian worker whom he had heard speak at the camp meeting in Dakota, held some services at the Battle Creek Sanitarium. During these his heart was again deeply touched and of the experience he wrote:

"I think I saw myself then as God saw me and confessed my sins. A little later, looking over the books in the helpers' case, I came across some volumes of Mrs. White's writings on religious subjects. I had never read them. Fingering over the leaves aimlessly, I noticed some godly counsel to the workers in the sanitarium where I was laboring. I speedily bought

a set of these books and began to read them."

This experience was the beginning of a new era in David Paulson's life. From that moment onward until the day of his death, but few men have been such ardent and devoted students of the Bible and the writings of the prophets as was this godly man. These sources of divine light became the guiding stars of his life.

In the summer of 1890 he graduated from the Battle Creek College and the following autumn began the study of medicine, first in the University of Michigan, and later at Bellevue Medical College, New York, from which he graduated in the year 1894. He then returned to the Battle Creek Sanitarium and became the specialist on nervous diseases in that far-famed institution.

It was at this time that the first notable part of his life work began. Under the hand of God he turned the ship of his career into distinctly medical missionary and soul-saving lines. The thought that the Saviour healed the body as well as the soul and the soul as well as the body was ever dominant in his mind. And from that day forward he ever coupled in his labors the spiritual with the physical healing.

A sacred passion began to set his soul aflame. The institution must not be merely medical, but spiritual in its work. So instead of devoting all of his time to scientific medicine, he began to organize classes for the study of all phases of religious thought and activity.

These were the beginning of a mighty religious awakening in the Battle Creek Sanitarium, an awakening the greatest which that institution ever knew. It reached all classes, from the highest physicians to the lowliest helpers. There were classes for nurses, classes for cooks and ordinary helpers, and even classes for the bell boys. The spiritual influence rapidly spread to the patients, many of whom became converted. A letter received by the doctor only a few weeks before his death simply and touchingly tells of the results of this great movement:

"I know, too, doctor, that many can make the same confession as I, that your Bible studies we used to have in East Hall on Sabbath mornings, were the stepping stones which developed right principles and came at the time when our minds were receptive and our eyes quick to see. I haven't done any wonderful work, but I think what I might have

been if Dr. Paulson had not taken an interest in me."

Those were mighty days in the life of Dr. David and in the life of the Battle Creek Sanitarium. The great power of God attended the studies. Hardened, backslidden helpers would rise and confess their sins and fall upon the rock Christ Jesus and be broken. In a short time the entire atmosphere of the institution was totally changed. Everybody began to build according to God's plan.

Then it was that men and women began to go forth to carry the tidings of what God had done for their souls into the large cities and the highways and byways of the world and to cast their own lives into the furrow of earth's need. These evangelists were fired with a great zeal to spread the real principles of medical missionary work.

In the year 1895 Dr. Paulson assisted his lifelong friend, Dr. J. H. Kellogg, in the founding of the American Medical Missionary College, the object of which was to train young men and women as physicians who would consecrate their lives to unselfish medical missionary effort.

In 1896 he was united in marriage to Dr. Mary Wild, whom he had known in his college days and who has been his faithful helper and companion throughout life's work.

By the time the year 1899 was reached, circumstances took shape which were destined to lay the foundation for the crowning work of his life. Some forty of the Battle Creek Sanitarium nurses became anxious to dedicate their lives to labor amongst the poor and uncared for of earth. It was decided that an experience working amongst the humble classes in the poorer districts of the great city of Chicago would be of infinite value to them. The sanitarium management cast around to find someone who would be willing to accompany them to watch over and properly train and mold them in their work. Drs. David and Mary Paulson were chosen to undertake the task.

In a way, to human sight, it looked as if to do this was to relinquish position and material prospects for themselves. Dr. David Paulson at that time was the sanitarium specialist in nervous diseases and Dr. Mary Paulson also held an important place. To leave the great institution with all the possibilities

which lay before them for scientific medical work was undoubtedly a heavy cross. But a mightier voice than that of any earthly institution was speaking to their innermost hearts, and with that quiet dignity and self-sacrifice which had ever marked his life, and with his young wife willing to do anything which would forward the Master's cause in the world, Dr. David turned his back upon all earthly prospects and the material professional advantages which a great institution offers and with his little band of nurses, came down to the great city which from that day down to this was destined to be blessed by his unselfish labors.

The headquarters of the little company were at 1926 Wabash avenue. There were no comforts and but little money with which to carry on the work. In those early and hard days Dr. David's constant companion and fellow-worker was Mr., now Dr. W. S. Sadler. Together they labored to train their band of workers to carry on a medical missionary effort amongst the poor of the great city. Toil and hardship was their lot, but the work grew and prospered.

Dr. Sadler had already founded THE LIFE BOAT magazine, but, after a few years, he was called to another work in the city of San Francisco and the conduct of this magazine which has brought comfort and hope into the lives and hearts of so many thousands of the poor, the discouraged and the unfortunate of earth, fell to the lot of Dr. David Paulson, who has been its editor ever since. The work of this magazine was always dear to him, for by it he felt that God gave him an avenue through which he could speak to thousands of men shut away behind prison bars, to women who had gone astray in their lives, and minister to that same class of people with whom his Master dwelt so much and for whom He loved to labor during the days of His sojourn here on earth.

In 1904, through the assistance of a noble and unselfish soul, the late Mr. C. B. Kimball, Dr. Paulson founded the Hinsdale Sanitarium at Hinsdale, Ill. The beginnings were small. In a built-over barn he opened the work and there received his first patient. Those were days of poverty and struggle, but God sent him rich friends as well as poor. The initial gift of a little land and a small building, as stated above, came from his friend, Mr. Kim-

ball. Then, later, a comparatively large amount of money was placed at his disposal by a man whom he had rescued from the curse of drink and who afterwards had become the possessor of considerable wealth. The seed which he had sown by the waters in this particular case brought forth an hundredfold. His labor in behalf of this man had been put forth as for all others, without any thought of returns save in the salvation of a soul and a body. But a mighty God was watching over his work and was devising ways of which he little dreamed to provide him with means. The experience bore a resemblance to that of an old time prophet who spoke to three kings with their army, saying, "Thus saith the Lord, make this valley full of ditches. For thus saith the Lord, Ye shall not see wind, neither shall ye see rain, yet that valley shall be filled with water, that ye may drink, both ye and your cattle, and your beasts." 2 Kings, 3:16, 17.

When he prayed with this afflicted soul he never thought that any advantage to his own work would ever come of it. In it he saw no prospect of wind or rain to fill the ditches of his project with water, but He who has said "The silver and the gold is mine, and the cattle upon a thousand hills," was watching over the cause of his unselfish servant.

Ever a philanthropist taking only for himself a most meager salary, and giving away to the poor and needy the larger part even of what little he had, Dr. Paulson never saved money or laid up anything for himself and when any of his friends or relatives would remonstrate with him concerning his conduct in this respect, his reply would always be, "If I will take care of God's poor, God will take care of me and give me friends in my day of need."

The Hinsdale Sanitarium soon became known as a place where not only good scientific medical work was carried on for the sick, but where also mighty prayers were offered to God in their behalf. To this many men and women and noted physicians bear testimony. A few weeks before Dr. Paulson died one very prominent Chicago surgeon remarked to the writer, "There has many a man and woman been brought to Hinsdale to die whom Dr. David has prayed back to life again."

Dr. Paulson was never strong or robust. His entire life was a battle against a naturally

frail constitution. He always knew and thoroughly understood that Providence had not endowed him with any great degree of physical strength or endurance.

On the 14th of February of this year (1916) he was taken very ill with a raging fever and profound toxemia. He did not make the recovery that his loved ones and friends hoped that he might and even after the acute condition had subsided other menacing symptoms began to develop. He was loathe to quit his post, but finally agreed to spend a while resting with some of his oldest friends in the sunny Southland at Madison, Tenn. He improved there slightly and returned home, and in the month of June went to Boulder, Colo. In certain ways he showed improvement while in that salubrious climate, but the altitude affected his heart and he desired to return to the scene of his love and labors at the Hinsdale Sanitarium. On the whole, however, he rapidly grew worse.

Then it was on September 24 that he undertook his last journey to Asheville, N. C., where for a while he seemed to rally, when a sudden change came for the worse.

Even those days in the valley of the shadow were not without their stars of comfort and of hope. Many earnest seasons of prayer were engaged in for the doctor by his friends, all of which brought peace and blessing in their train. Old friends, some from among the noted of earth, journeyed hundreds of miles to visit the sufferer in his humble cottage.

And the end came as stated before, on Sunday, October 15. A great life had passed to the great beyond, and while now we see through a glass darkly and cannot fully fathom the providences of the One who keepeth Israel and never slumbers nor sleeps and who numbers the very hairs of our heads, the hearts of all the LIFE BOAT readers may blend together in the words of one of the great characters of the Bible, "The Lord gave and the Lord hath taken away; blessed be the name of the Lord."

He was buried from the gymnasium of the Hinsdale Sanitarium where his voice had so often been heard encouraging men and women to give their hearts to God. He was buried surrounded by hundreds of friends whose moistened eyes and quivering song told of the deep love and loss they felt.

AN APPRECIATION

WILLIAM S. SADLER, M. D.

The hand of death has forever stilled the editor's pen, but his teachings and the results of his life labors in behalf of his fellows all live to bless the world and testify to the power of a career dedicated to unselfish labor for humanity—to a life consecrated to practical Christian service.

Almost twenty-five years have passed since I first came in contact with the extraordinary personality of the one who has for almost fifteen years served as editor of this periodical. I had enjoyed the friendship of Dr. David Paulson but a short time when a crisis occurred in my own career—one of those vital cross-roads in the pathway of life which one is destined to encounter one, two or possibly three times during one's life time. A man of affairs in New York City had offered me a position as his private secretary. This offer came at a time in my life when things were not going well. I was more or less discouraged and the leadings of Providence were obscure and unclear. It was in such a time as this that I found in Dr. Paulson the only human friend who came forward to advise and encourage my distracted soul; and it was after a season of prayer and counsel that I made that final and positive decision, which, to all appearances, was the turning point in my early career, in that it diverted my life-work from the channels of business and commerce into my subsequent medical missionary experience, and ultimately into my career of healing ministry.

It is given to only one or two men thus vitally to touch the career of a fellow being, and, naturally, as the years passed, the friendship between the doctor and the writer grew to be one of unusual warmth, appreciation and affection. And it is now almost twenty years since Providence sent him whom I then regarded as one of my best friends on earth, to give that help and lend that peculiar inspiration that characterized his personality, to the work in which I was then devoting all of my energy, and for the exposition of which this paper was founded and has ever since been devoted.

It has probably been the experience of no two men of this generation to have worked

together more closely, to have been more intimately and peculiarly associated in their every effort and life labors for a number of years, than was the experience of the writer and his friend—the subject of this sketch, the one who now rests in hope from his labors and whose works follow him in their influence for good in the hearts and upon the lives of his friends and associates who survive him and who mourn his loss.

It is just fifteen years ago when my career in medicine began and when my field of labor shifted from Chicago to the Pacific coast. It was a soul struggle to leave behind the scenes of my labors of many years and especially to relinquish the editorship of *THE LIFE BOAT* magazine, every number of which, from the first issue, I so carefully and prayerfully wrought over; but it was a source of great consolation to know that my successor was to be none other than my benefactor of early times and my friend of many years. And those who have read this paper each month throughout these fifteen years, as many have, know how faithfully the pen of our lamented editor has upheld the principles and ideals for which this paper was founded and how ably and eloquently he has portrayed the life-saving truth for mind, soul and body.

While bearing the burdens and responsibilities incident to the superintendency of a medical institution, he did not lose interest in either the discouraged soul behind prison bars, or the downcast and disheartened unfortunates of a great city.

The doctor's friends and his associates, his patients and the nurses whom he labored to train for missionary service, all knew him as a man of deep Christian experience, great sympathy and unflinching devotion to duty and righteousness as God gave him to see the light. It was even this same spirit of devotion which led him to labor beyond his endowment of physical strength, and no doubt in some measure contributed to his untimely decease; but it has been said of some people that they live so well and accomplish so much while they live that, after all, in a shorter life they achieve more than that which is accomplished by the average man or woman, even in their allotted span of three score years and ten.

But there are times in life when one's soul is too deeply moved to be able to express itself

at length and that expresses the feelings of the writer on this the day of the funeral of his friend of so many years, of his associate of so many pleasant memories, of his colleague of such unselfish and devoted service to his fellows. All I can say is farewell to an old friend, the hand of death has separated us, but the Life-Giver has promised to renew the friendships of our short and earthly sojourn in that realm of promise where "We shall know as we are known."

SPARKS FROM THE ANVIL

Each day should be distinguished by at least one particular act of love.

An aim in life is the only fortune worth the finding; and it is not to be found in foreign lands, but in the heart itself.

It is better to be worn out with work in a thronged community than to perish of inaction in a stagnant solitude.

Every truth in the universe makes a close joint with every other truth.

No man can rest who has nothing to do.

Indulge not in vain regrets for the past, in vainer resolves for the future—act, act in the present.

Those who bring sunshine to the lives of others cannot keep it from themselves.

Politeness is like an air cushion; there may be nothing in it, but it eases the jolts wonderfully.

Men talk about the indignity of doing work that is beneath them, but the only indignity that they should care for is the indignity of doing nothing.

Share your happiness with others, but keep your troubles to yourself.

Neither days, nor lives can be made noble or holy by doing nothing in them.

The loss of self-respect is the only true beggary.

The tactful person looks out for opportunities to be helpful, without being obtrusive.

Energy and determination have done wonders many a time.

One fault mender equals twenty fault finders.

Character lives in a man, reputation outside of him.

He that composes himself is wiser than he that composes books.

I hate a thing done by halves. If it be right, do it boldly; if it be wrong, leave it undone.

To be a strong hand in the dark, to another in the time of need, to be a cup of strength to a human soul in a crisis of weakness, is to know the glory of life.

If you don't scale the mountain, you can't view the plain.

The strongest man is he who can defeat himself.

Brook no flaw in thy character. A leak will sink a great ship.

Learn thou to act; one house built is better than ten houses planned.

Never despair. Night is dark, but the sun riseth to dispel the gloom.

No one but thyself can build the foundation of thy character.

It is easy to condemn; it is better to pity.

Keep thine eyes open wider than thy mouth.

Disdain to enter into conversation with those of loose tongue.

THE SOUL TEMPLE

ROBERT HARE

Keep the soul temple, guard it well;

A thousand foes invite thy doom.

Heaven smiles above, but all around

Are byways leading to the tomb.

The prison house of death is near,

And often o'er its hidden way

The roses bloom to hide the shade

Where human hearts and hopes decay.

By night, by day thy vigils keep;

At morn, at noon the foe withstand;

Call to thine aid the Power divine,

And shelter 'neath the shading hand.

Leave not the watchtower, for thy life

Depends on vigilance complete and true.

Guard the soul temple; let it rise,

Clear as sunlight, to the cloudless blue.

Tears may descend in mists of pain,

And anxious hours their clouds o'ercast.

Beyond the beacon light of hope

Tells of the morn when toils are past—

The morn of peace, of rest, of joy,

When victory crowns the conquering soul;

Then next the throne thy place shall be,

While endless years in gladness roll.

Medical Missionary Work or Hearing and Doing*

D. H. Kress, M. D.

“**B**UT be ye *doers* of the word, and not hearers only, deceiving your own selves.” James 1:22. “Whoso looketh into the perfect law of liberty and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his doing.” v. 25. Not the hearer, but the *doer* is blessed of God. He is *blessed in his doing*: doing brings the blessing. “In blessing I will bless thee.” The scribes and Pharisees “said and *did not*.” Of Jesus we read that he “began both to *do* and to teach.” What he *did* gave weight to what he said, and so we read, “He taught them as one having authority, and not as the scribes.”

In the Law of God, termed by James the “law of liberty,” we have the life of Christ concealed. In the gospel of Christ it stands revealed. The law demands that we love our neighbor as ourself. In the life of Christ we see what it means to love in this manner.

We may ask, Who is my neighbor? The answer is, Anyone who is in need, no matter what that need may be. He may be in need of food, in need of raiment, in need of medical attention, in need of a word of encouragement, in need of a kindly smile or a warm hand shake. He may be in need of the spiritual blessings we ourselves enjoy.

“Once Preached, Now Practices”

When I embraced this truth I was just starting out in the ministry of the Baptist Church. I afterwards attended the University of Michigan for the purpose of fitting myself to go to a foreign country as a medical missionary. While practicing as a physician at the Battle Creek Sanitarium, one day I was called to my office door and introduced to a company that was being shown through the sanitarium. The one who introduced me said, “Doctor Kress once preached, he now practices.” This remark impressed me. It is true, medical missionary work is the gospel in practice.

It is not necessary to take a course in medicine and become a physician or a nurse in order to become a medical missionary. Jesus was not a graduate from a medical college. He was a medical missionary. We read of him, “Christ stands before us as a *pattern man, the great medical missionary, an example for all who should come after*.” We are told what it means to be a medical missionary: “His love, pure and holy, blessed all who came within the sphere of its influence. He came as an expression of the perfect love of God,—not to crush, not to judge and condemn, but to heal every weak, defective character, to save men and women from Satan’s power. So full of sympathy and love was his attitude that the poorest was not afraid to come to him. He was kind to all; easily approached by the most lowly. He went from house to house healing the sick, feeding the hungry, comforting the mourners, soothing the afflicted, speaking peace to the distressed.”

To be a Christian is to be Christlike. In other words, to be a Christian is to do as He did, that is, be a medical missionary.

It is not necessary to be a doctor in order to be a medical missionary any more than it is necessary to be a doctor or nurse to be a Christian. If we possess the knowledge of a doctor or a nurse we will be better able to do medical missionary work. For this reason it should be the aim of every Christian to obtain the knowledge which will enable him to be of the greatest service to others. His aim should be to become familiar with the laws of life and health, so that in going into the homes of sickness he may know how to minister to the sick body as well as to the soul. He should be able to give advice and directions regarding the preparation of the most suitable and wholesome foods.

The importance of knowing what and how to do was illustrated at the sea beach of one of our large cities, where the poor were encouraged to go during the extreme hot weather with their little ones. A mother with

*Extracts of talk given at Takoma Park, D. C., Church, April 1, 1916.

a baby that was in distress tried to quiet it. She was tossing it up and down. She meant well, but it was the very worst thing she could have done. A well-meaning Salvation Army girl, seeing the mother in need of help, went to her and tried to comfort her. She encouraged the mother to lift her heart in prayer to God. She did so. She continued to toss the baby and the baby continued to cry. In a short time a nurse chanced to come along, took the little babe out of the mother's arms, and gently laid it on its abdomen across her own arm. In a few moments the little one was quiet and went to sleep. *She knew how.* She was in possession of knowledge the others did not possess. This is what the world stands in need of today. What is needed is *intelligent* Christianity,—Christians who are not merely hearers and teachers, but *doers*. To be the most successful doers, we must learn *how* and what to do. There is much that can be done. The people are perishing for a lack of knowledge. Darkness covers the earth. Wherever we go we should dispel this darkness by imparting knowledge. We say we have so little time to do medical missionary work. Such a statement is based on a wrong conception of what medical missionary work is. The entire life of the "pattern man, the great medical missionary" is wrapped up in the words "he went about doing good." This is what it means to be a medical missionary.

We can be medical missionaries in our homes. The one who lives to be a blessing to his own, revealing the tenderness and love of Christ to his wife and children, is receiving a preparation to do it outside of the home. Jesus says of those who do this work in their homes just as truly as of those who do it outside, "Inasmuch as ye have done it unto one of the least of these, my brethren, ye have done it unto me." Matt. 25:40. The home is in fact the training school for service to our neighbors and friends outside of it. The spirit we manifest there we are to carry with us to those outside.

The Sabbath day should be a blessing to us. To be of the greatest blessing a portion of the day should be set apart to personal ministry. The Sabbath day was never designed merely as a day upon which we should meet together to receive. It was to be a day

upon which we were to impart as well. The law *demand*s that we "do well on the Sabbath day." Jesus healed on that day and went from house to house, proclaiming liberty to the captives. He was accused of being a Sabbath breaker by those who had a wrong conception of Sabbath keeping. He was, in fact, the only true Sabbath keeper.

To be a Christian or a medical missionary is to keep the Sabbath day as He kept it. We are looking forward to the time when we shall be like Christ, when we shall reflect the image of Jesus fully. When that time comes even the heathen will recognize it, and say, "The Lord hath done great things for them." Then will be fulfilled the Scripture, "He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him." Ps. 126:6. When we begin *both* "to do and to teach," we shall speak with "authority, and not as the scribes," who said and did not. "Pure religion" is still what it was when James penned the words, "to visit the fatherless and widows in their affliction and keep himself unspotted from the world."

FROM A PRISONER

"I received my books with great pleasure, and I am very pleased with them. I am going to send you two dollars for the book, the "Cross and Its Shadow." I also want this one for a friend of mine. I am still enjoying reading THE LIFE BOAT and also some of the other boys are doing likewise."

ARE YOU IN THE PARTNERSHIP BUSINESS

We just received the following letter from a Christian farmer in an adjoining state:

"I am sending you by today's freight a few potatoes again for the boys and girls down in the woods. I am sorry that there are no more, but as you know, the potato crop was short this year.

"As you know, I farm the potatoes on shares. That is, I keep just enough for my family use, and send you the rest. We attribute our success this year to this partnership arrangement, for potatoes are very scarce in this locality."

This might be a suggestion for others who would like to go into partnership for the Lord.

Facts Concerning Appetite and Diet

David Paulson, M. D.

PARENTS send their children to art schools to improve their taste for art. They give them superior musical opportunities, to develop their musical taste, but when shall we appreciate the much greater importance of developing a taste for good, natural, wholesome food, which is a thousand times more important from the standpoint of health and happiness?

Alfred W. McCann, the noted chemist who writes for the *Chicago Daily News*, has the following to say about the appetite as a guide to food:

"The appetite, provided it is normal, is undoubtedly the best judge of what foods the body requires. This belief follows from the general theory that every functioning organ serves a useful purpose in the body economy.

"But how many of us have normal appetites? It can be safely said that almost every human being comes into the world with an appetite that is as near to the normal as can be expected.

"How long such an appetite lasts depends largely upon its power to withstand the abuses of an unnatural diet.

"The craving for sweets which children possess is so general that dietitians are prone to declare that the craving is a perfectly natural one.

"Fond parents indulge the 'sweet tooth' instinct of their loved ones by means of candy, jams, jellies, sirup and the never ending list of denatured sweets upon which the happiness of the child is thought to depend so largely.

"In these delicacies such denatured products as refined sugar, glucose and sulphured molasses figure to a considerable extent.

"The more natural maple sugar, honey direct from the comb, and the unrefined natural brown sugar are usually neglected in the preparation of the child's food.

"As a result the appetite for sweets that is undoubtedly an expression of the requirement of the body for the sugary principles of fruit is converted into one which can only appreciate the more concentrated products of

the cane refinery, the sulphur plant and the glucose factory.

"The jaded appetite of the middle aged man or woman has its beginning in the debased appetite of the sugar fed child. Sugar intoxication is as unnatural as whisky intoxication.

"The extensive use of spices by people with crippled appetites paves the way to a condition in which all food is tasteless unless lavishly seasoned.

"Later a condition of affairs is reached in which even highly seasoned food loses its appeal.

"An appetite that has undergone this process can hardly be said to be a normal appetite, and therefore useful as a guide to follow in the choice of food."

Borrowing an Artificial Appetite

There are plenty of people who prefer to *borrow* an appetite rather than earn one, so they resort to condiments and fiery spices, and sometimes to other artificial stimulants, to stir up an *artificial* appetite when the body is already overfed and is frantically demanding rest. On this subject McCann has the following to say:

"Spices, under certain conditions of disease, when consumed in large quantities, are decidedly harmful to the system. There are some authorities, Dr. Sharp of Cornell for instance, who declare that they overheat the blood and are apt to give rise to disorders of the skin. It is also said by others that they are perniciously irritating to the delicate mucous tissue which constitutes the lining of the entire digestive system.

"Spices exercise a remarkable influence on the taste glands. When food that is highly spiced is consumed the spice alone is tasted, and not the flavors inherent in the food. The taste for these subtle but natural flavors soon disappears entirely. Later on no food is appetizing unless it be spattered with enormous quantities of pepper, mustard or any one of the numerous seasonings.

Developing the Taste Buds

"The aim should be to develop the taste

buds instead of deadening them. The importance of this advice from a physiological point of view is greater than is usually realized.

"When food has a pleasant taste the salivary and digestive glands are stimulated into vigorous action. Digestion is thereby enhanced. He who would avoid dyspepsia must learn to enjoy his food. The first step toward developing the capacity for relishing what is eaten is the elimination of artificial seasoning.

"The next step is the development of the taste to an appreciation of the delicate but natural flavor of whole foods."

Wesley's Good Advice

John Wesley, the father of Methodism, gave the early Methodists the following excellent dietetic advice:

"Abstain from all mixed or highly seasoned food. Use plain diet easy of digestion, and this as sparingly as you can consistently with ease and strength. All pickled, smoked or salted food, and all high-seasoned, is unwholesome."

Fletcherism and Appetite

Horace Fletcher, the apostle of Fletcherism, in an article in the *Ladies' Home Journal*, entitled "How I Made Myself Young at Sixty" makes the following observation on appetite:

"First, wait for a true earned appetite.

"Second, select from the food available that which appeals most to appetite and in the order called for by appetite.

"Third, get all the good taste there is in the food out of it in the mouth and swallow only when it practically 'swallows itself.'

"Fourth, enjoy the good taste for all it is worth and do not allow any depressing or diverting feeling to intrude upon the ceremony.

"Fifth, wait, take, and enjoy as much as possible. Nature will do the rest."

The Kitchen a Promoter of the Saloon

Another good authority makes the following splendid remark:

"The tables of our American people are generally prepared in a manner to make drunkards. By the use of tea and coffee, an appetite is formed for tobacco, and this encourages the appetite for liquor."

"Condiments and spices used in the preparation of food for the table, aid digestion in

the same way that tea, coffee and liquor are supposed to help the laboring man perform his task. After the immediate effects are gone, those who use them drop as far below par as they were elevated above par by these stimulating substances. The system is weaker, the blood contaminated, and inflammation is the sure result."

In the matter of appetite, as in all other details of life, it is well to follow the advice of the Good Book. The Wise Man tells us:

"When thou sittest to eat with a ruler, consider diligently what is before thee: thou puttest (Jewish version) a knife to thy throat, if thou be a man given to appetite. Be not desirous of his dainties, for they are deceitful meat." Prov. 23:1-3.

SEED SOWING

ROBERT HARE

You are all familiar with the passage that pictures the laborer going forth to "sow in tears." Ps. 126:6. The picture is one of long ago, when in the disorganized and uncertain state of society the harvest field would sometimes be trampled down by invaders, and sometimes spoiled by the robbers. The tears of the sower were evidence of a subdued, dependent and trusting spirit, and the Lord would always undertake to protect those who thus demonstrated their dependence upon Him.

It is even so still. The bold, defiant, thoughtless spirit will not weep except when stung by the realization of some great loss, while the earnest, trusting spirit may have to weep over possibilities.

Our work is the work of sowing seed—"precious seed." The possibilities linked with that sowing may call forth tears of solicitude. The Divine Christ wept over Jerusalem. He saw the tremendous possibilities, both for good and evil, that lay before that people. In one brief hour the sun of hope would have gone down forever over that doomed metropolis.

Even so now the precious seed of the gospel is to be sent forth as the "savor of life unto life, or of death unto death." We may well weep over the possibilities of our work. Life or death it must bring to the sons of men!

Then again tears symbolize the earnestness of the struggle that always confronts success. See a little boy singing in the storm and then weeping in his helplessness. But those tears

crystallized into a determination whereby Luther shook Germany, and set the world a thinking. The giddy, indolent and irresponsible have no need to weep, but every soul that is great will have its Gethsemane, with all its prayers and tears! The moulding of life's diviner outlines cannot be accomplished without the salt rain from eyes that weep!

Even the path of worldly genius has been flooded with tears. The brave soul, reaching up in the darkness after some unknown height, has often declared in its weeping grief, "I will not let thee go!" How much more should it be so with us when the unattained is a reality and a certainty. A hidden angel

was shrouded in the form that terrified Jacob, but his earnestness prevailed.

Then let not discouragement check our work or opposition prevent us sowing the seed. The harvest of earnest confidence is sure though tears fall thick as the seeds scattered on the unpromising soil. It is the faith that can cling, the trust that can work on though tears dim every horizon, that must finally succeed.

May God help us to continue faithful in the sowing, though the heart ache and the eyes weep. To such the promise is made, "They shall come again with rejoicing, bringing their sheaves with them!"

From Cannibalism to Christianity

F. A. Detamore

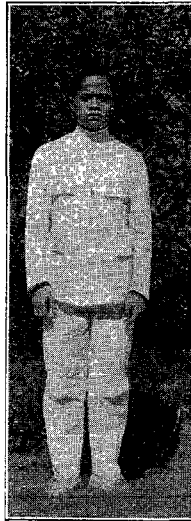
"I AM not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek." Rom. 1:16. In all lands are to be found witnesses testifying to the power of the gospel in transforming the lives of men and women. "The power of God unto salvation" is to be experienced in this world, or it will never be realized in the world to come. It is "to every one that believeth" that the promise is made. This does not restrict the working of the power of God in the gospel to any class or color of people, but it is to be "preached in all the world for a witness unto all nations." Matt. 24:14.

A few centuries ago there were many places where only savage tribes lived, and these preyed upon each other at will, captured vessels at sea, and made certain portions of the earth unsafe for civilized people. Only a few years ago the northern portions of Sumatra were inhabited by wild, uncivilized people, many of whom practiced cannibalism. These people knew naught of the gospel, nor of its saving power. Their one thought was how best they could satisfy the desires of their depraved natures. Restraint of passion,

or self-denial was unknown to them.

Not long ago it was the privilege of the writer to travel through Sumatra and to talk with some of the natives whose parents and grand-parents had eaten human flesh. In that particular place they did not eat their own relations, but when an enemy of some other village was captured, he was killed, his flesh mixed with that of animals, and a great feast was indulged in by the whole village. They worshipped the devil and the hot springs in that locality.

In other sections it is claimed that aged parents were eaten by the children, who thought that they were doing honor to their loved ones by giving them so distinguished a sepulchre. We are told that the victims would have objected to any other kind of death and burial, for they thought that in this way they would gain immortality by becoming a part of the bodies of those who consumed them, and they even had a conception of partial consciousness in their several burying places. At the season of ripe lemons, which must be used in the ceremony, the aged parent would climb a tree, and the family would dance around below and sing,



A Promising Sumatra Convert

"Where the fruit is ripe it falls from the tree." Then he would allow himself to drop to the ground, when he was knocked in the head and killed and consumed according to custom.

All these false ideas and sad experiences came as a result of Satan's deceptions. The Bible tells us that the "dead know not anything". Eccl. 9:5. Then it is impossible for any to continue to think after death. But those who die in Christ are promised a resurrection, and this is the hope of the Christian. 1 Cor. 15:22,23. Immortality can be obtained only through the gospel. 2 Tim. 1:10.

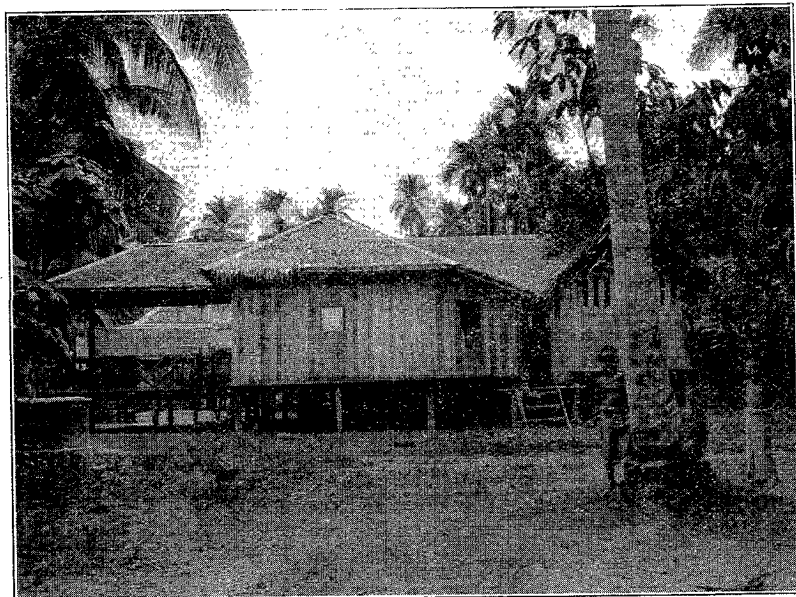
CARELESSNESS OR NEGLECT

BERTHA BRUBAKER

[The following paper was prepared to be read in class by Miss Brubaker, a member of the medical evangelistic class. It contains so many splendid thoughts that we reproduce it here for the benefit of our LIFE BOAT readers.—Ed.]

Carelessness or neglect is one of the most common sins of today, especially the neglect of spiritual things.

Many shall no doubt lose their salvation through neglect. In Hebrews 2:3 it is written: "How shall we escape if we *neglect* so great salvation, therefore we ought to give



A Typical Home in Sumatra

At the present time there are many Christian churches in this land where sin and superstition once ruled, and numbers of the young people are hungering for an education. Some have left their homes and come to our school at Singapore to prepare for the sacred work of preaching the gospel. When one sees such mighty changes, how can he doubt the power of God to save?

If you want to be miserable, think about yourself,—about what you want, what you like, what respect people ought to pay to you, and what people think of you.

the more earnest heed to the things that we heard lest haply we drift away from them."

The five foolish virgins neglected to have plenty of oil with them. Their intentions were not evil, for they desired to see the Bridegroom when He came. But through negligence they lost a place at the marriage feast.

The careless sinner may be classified with the one spoken of in Rev. 3:16 as lukewarm. This type of sinner is common in our churches and among so-called respectable people. Willful sinners, or those who set out to sin, are comparatively few. They may be classed with the cold. Of the two classes, the cold are

preferred. John said, "I would thou wert cold or hot."

It is so easy to be careless and there are so many ways in which we may become so. Carefulness should be a constant, daily discipline with us. We may even spoil the results of long, careful training by a moment of carelessness or neglect.

I have no figures to quote, but I might venture to say there are possibly as many lives lost by accident as from sickness, and I believe we may safely say that more deaths come through carelessness than from any other way. Much of our sickness comes from careless living.

Carelessness may grow upon us and become a habit as other habits, easily formed, but hard to break.

We might enumerate some of the careless habits we are apt to fall into if we do not set a watch upon ourselves. There is the carelessness of prayer. Sometimes when very busy we may feel we haven't time to pray as we should. The habit may easily grow upon us to put off or hasten through our daily conversation with God.

We may be neglectful of our appearance and become untidy or otherwise unattractive. Many times, I fear, we are not careful of our diet. We are apt to eat things merely because they are good to the taste.

Some of us are careless of our words. We allow unwholesome words to be spoken. People of the world realize the virtue of carefulness in business. Carefulness is as essential as shrewdness, to success in worldly business. Much more does God's work require great care.

We are told that we are to be careful even in presenting the truth lest it taste strongly of the dish. We must be wise as serpents and harmless as doves in the Lord's work, and carelessness does not develop either of these gifts. Paul said, "Neglect not the gift that is in thee." It is our gift that makes room for us.

We must not allow our talents to become hidden through carelessness or neglect. We can never hope to shine for God by so doing. We must keep our lamps trimmed and burning by constant care if we would have our lights so shine before men that they may see

our good works and glorify our Father which is in heaven.

"MORE THAN ENJOYED READING IT"

(From the Dannemora, N. Y., Penitentiary)

"I received *THE LIFE BOAT*, which has saved many a heart like mine. I love to read it because I know the power of God is in it. I more than enjoyed reading it this time.

"I am rejoicing in the Lord Jesus Christ and I am so glad that Jesus came into my heart and cleaned all the sin out with His precious blood and made a man of me. I did not know there was a Christ or a God to save till I read *THE LIFE BOAT* and your letters. I was going to hell fast and had no hope. I have been as hard a sinner as any one in the world, and if God can save me I know He has power to save all. I have seen hard times. I have been a drunkard and I have gambled and done wrong. I have seen sick days when I had no one to help me."

THIRTY-FOUR YEARS MISSPENT

(From the Jefferson City, Mo., Penitentiary)

"I have recently been handed a copy of *THE LIFE BOAT* and I wish to thank you for the inspiration and help it has given me in my determination to lead a better life.

"During the five months I have been here I have had ample opportunity to look back over the thirty-four years of a misspent life and have come to the conclusion that there is nothing in it but a lot of hardship."

PRAISE TO OUR CREATOR

(Gen. 8:22; Is. 54:10)

PEARL WAGGONER HOWARD

Just as long as earth remaineth
Shall the seasons likewise be;
Summer, winter, spring and harvest
Come in turn unceasingly.

And the sun within its orbit,
And the planets in their sphere,
Faithfully are too proclaiming
He who made them still is near.

How else could they never weary?
How else could they keep their way,
Had they not a Sovereign Ruler—
A Creator—to obey?

And of all His vast creation
Think you, lesser than the rest
Are His children? Won't He, rather,
Guide them likewise, love them best?

Oh, that men would praise their Maker
For His wondrous mercies shown!
For the love which, never failing,
Keepeth watch above His own!

A Word From Colombia

Mr. and Mrs. B. E. Connerly

Medellin, Colombia, South America

[Mr. and Mrs. Connerly received their medical missionary training in the old Chicago Medical Mission. In later years they have been wonderfully used of the Lord in extending His cause in Panama. They are now located in the heart of Colombia. They find this a very hard district, but they are sowing the seed and trusting the Lord for the harvest.—Ed.]

WHEN you look at the map of Colombia, it does not seem so far away from Chicago in this time when people speak of affairs of the Far East, Japan, and Africa almost as though their affairs belong to the neighbor-

has wrought, our hearts cry out in anguish, and we long for the power of God to lift up a standard here against the great enemy of mankind.

The lusts of the flesh have brought the



Scene in Medellin, Colombia

hood; nevertheless, we *feel* very "far from home" in the center of this republic, practically seven days from port connections.

A little more than six months ago we landed in Medellin, the second city of Colombia, beautiful for situation, as it nestles among the hills at an altitude of six thousand feet, which gives it almost a sub-tropical climate.

Our first impressions were confirmed by our later impressions, that the place, climate, and productions are almost ideal, but, alas, here, as in Chicago,—as everywhere, sin has marred the fair face of nature and corrupted the inhabitants of the land until, as we see what it

people low and there is only one remedy, the gospel.

The Bible Is Almost an Unknown Book

The customs of the people here are much the same as in all Latin-America, though in reality this is one of the most neglected districts of the most neglected republic of all the "neglected continent." There is a great work to be accomplished, a great foe to be overcome, and we are fully convinced that the time has fully come for that work to be done. God's message of healing for body and soul must no longer be delayed, for it belongs to Colombia as well as to India and China.

Many of those who have come to our home have seen here for the first time the Bible. Some ask, as they look at our books, "Is the Bible among those books?" One man asked if our encyclopedia of twenty-five volumes was the Bible, and another asked if our library, of over three hundred volumes, was mostly prayer books. This shows how little they know of the form of the Bible, to say nothing of its precious teachings.

The great majority believe, that as protestants, we protest against religion altogether, and are destitute of all religious thought or convictions, and they honestly lament that, while we appear so good, we are through our infidelity doomed to destruction.

Our hearts go out in love and tender solicitude for this dear people and we greatly desire to labor for their eternal good.

Forever grateful for the true principles of missionary labor which we received in the missionary training school in Chicago in the beginning of our work, nearly twenty years ago, we are glad to be able to devote our lives to the spreading of the life-giving message of God for this time.

THE FIRST ANNIVERSARY

C. L. ROGERS

Saturday night, October 7th, was a landmark in the history of the Life Boat Mission, and the treatment rooms at 34 South Desplaines street, Chicago. It marked the completion of the first year's work in the treatment rooms, and we are thankful for the good accomplished.

About fifteen workers from the sanitarium were present on the occasion, including our string quartet, which rendered two selections.

The mission was crowded and extra chairs were brought in to accommodate the people. About seventy were present, of whom about half were men from the district in which the mission is located.

After the song service, prayer was offered by Pastor Webster of Chicago, and then Mr. Kemp, the proprietor of the treatment rooms, gave his report of their opening, and of the year's work. Mr. Kemp said in part:

"After meeting with countless obstacles, as well as witnessing many special answers to prayer when installing my equipment, it was

two weeks before I began to earn any money, although I had treated several charity cases during that time. However, I was not discouraged, because I had unmistakable evidence that God was in the work. My first pay patient was a young Norwegian who had contracted lumbago up in the woods. After two treatments, with the Lord's help, he was so much better that he 'shipped out' on a railroad job.

"We always ask God's blessing before and after every treatment is given, and the people appreciate that. We never let a patient go without having prayer, and talking with him about the soon coming of Christ. Even people who know nothing about the work we are doing like the idea of having some one pray with them.

"My very first patient was in a terribly neglected condition. He did not seem to appreciate what we did for him and didn't realize that the work was being done for his benefit, but I gave him over ninety treatments. And then I had to let the poor fellow go. I couldn't help it. I gave him every opportunity and I believe when we have done what we can and a man refuses it, it remains with him and his God.

"Another man came to us with a large ulcer on his leg. I gave him some sixty treatments. I had the ulcer nearly all healed up when he left.

"We had a remarkable case whom Dr. Mary Paulson asked me to go and see. I went to see him one Thursday morning and had a talk with him, but he could hardly speak. He had been told he had chronic heart trouble and couldn't ever hope to do a day's work again, or do anything more than sit at a desk and write. I invited him down to the treatment room and gave him a treatment. He had not been able to walk a block without getting all tired out, but after the first treatment he walked home, nearly sixteen blocks from here, and went upstairs two steps at a time. He came the next day and I gave him another treatment. That day he walked both ways. On Saturday evening I dropped in to see how he was getting along and found he had gone out of town on business. I didn't hear anything of him till the next Thursday and then I went to his house and his wife told me he had gone to Joliet. I was afraid

maybe he had gotten tired of the treatments, but he came back later and got another treatment. He had walked something like fifty miles in the week. God greatly blessed those treatments.

"During the past year we have had four conversions in the treatment rooms. Two of them are here tonight. This is not counting the mission converts.

"There is one more case I would like to mention before I close, and that is Brother R——. He had sciatic rheumatism for two years and had not been able to lace his shoes for eighteen months. I have given him eighteen treatments, and today he can put on his shoes and lace them up for the first time for nearly two years. Of course he is still suffering, but today he is nearly well.

"During the year we have treated five hundred and sixty-four pay patients, for which we have received approximately \$564, and we have given nearly one thousand free treatments without money or recompense of any kind. So you see we are not coining money in this treatment room work. We have given the charity cases the same attention that we have the pay cases, and have had as good success with them.

"The men here appreciate the friendly hand shake and the way in which we try to help them. Although some don't respond to the gospel, yet I have had them come to me and say, 'Brother, something has come over us around here since you came here, and we like to have you come and talk to us.'

"I like this work because, having been in the same condition myself, I know how to sympathize with these men. We need your prayers."

After this report Pastor Webster gave the benediction. We are thankful for this good report and trust that the influence for good which emanates from that place may continue to grow and that we may see many souls in the kingdom of God as the result of Brother and Sister Kemp's earnest efforts.

Thy happiness, it is decreed, dependeth upon thy making others happy.

Avoid the fault of being faint hearted and easily discouraged.

NEWS FROM THE LIFE BOAT MISSION

ELIZABETH A. KEMP

34 South Desplaines Street, Chicago

"And I am but a little child; I know not how to go out or come in. Give therefore thy servant an understanding heart to judge thy people, that I may discern between good and bad; for who is able to judge this thy so great a people." 1 Kings 3:7, 9.

As I come in touch with the people of this district, day after day, and realize more fully the darkness in which they live, I feel with Solomon that I am but a little child, and that I need an understanding heart, so that I may deal with these people as God would have me do. Oh, that I might be enabled to teach them how to live, how to eat, so that their bodies would be strong and their minds clear to serve God.

On September 17 a young man who had spent seven years in the Stillwater, Minn., penitentiary called on me. During his stay in prison he learned to know God. He is now a commandment-keeping Christian. His life has been a very sad one. I pray God to keep him faithful until Jesus comes.

Just the other night a very sad accident occurred at 1:30 a. m. We were awakened by a loud knocking at the outside door. Mr. Kemp immediately went to answer the summons. When he reached the sidewalk he found a man lying in a pool of blood, with broken glass all around him. This poor man, while under the influence of liquor, had either fallen or jumped from the third story window of the lodging house. His probation was closed. God has said that no drunkard shall enter the kingdom of heaven, so we know that this poor man is lost.

The other day two women called at the treatment rooms. They had found us by reading the LIFE BOAT magazine. One of the women was very much in need of treatments. I gave her a treatment that day, and at once opened up communication with Mrs. Clough at Hinsdale. I am glad to say that arrangements were made for her to stay at the Good Samaritan Inn. The Good Samaritan Inn is a branch of the Hinsdale Sanitarium, where the worthy poor are cared for.

God is still blessing our work and we are

still preaching the Bible to the men. On September 30 Pastor St. John preached for us. We had a good attendance. We are very grateful to our Father when we can have such a man of God speak to us.

Every Thursday night Sister Mary Moore, of the West Central Church, brings us a message direct from God. On Friday nights her daughter, Sister Julia Moore, speaks to us. We are grateful for the help given us by these two consecrated, Godly women.

At present we have Brother Ford helping us with our meetings. Brother Ford is a young man that loves God. He is taking the nurses' course at Hinsdale and this month he is doing house-to-house work near the mission. I am sure we are glad for his help,

and that these experiences will be a blessing to him.

Winter is coming and we rather dread the thought of it, as there are so many poor men around here—men half clad. What can we do for them? We are praying that God will send us clothing for them. Oh, if you who read this article could but know how much these poor men need help, I am sure you would be instruments in God's hands to provide for them by sending underwear, coats, pants and clothing of all kinds for men.

Just now I am thinking of a poor, hard-working widow woman with three children, all girls from ten years of age down. I wonder if you would like to help them. The children need winter clothes very badly. Let your heart answer this question.

The World in Agony

P. T. Magan, M. D.

WE ARE living in mighty times. Since the days of Noah and the flood there has never been such a fearful judgment visited upon this earth as is being poured upon it at the present time. It is said that over twenty-eight million men have joined the colors in the different European armies since the titanic struggle began. In England alone at the present time over three million men and women are daily engaged from early until late in the manufacture of munitions. There has never been in all the history of our world such systematic and gigantic plans for a colossal killing as at the present time. In some ways the present pentecost of calamity is a more terrible thing even than the flood itself, for in the days of the flood death came quickly; there were no maimed and torn bodies, no broken homes and hearts, no widowed women and orphaned children.

But today it is far different. Never have wounds been more terrible, never have bodies been more mangled, never has more sorrow visited such a number of homes at once. Never in all the history of the world have women and little children suffered so much as in the present holocaust of horror.

And these things are causing men to think

They are causing statesmen to study what it all means. Prior to this war the word Armageddon was but little known or understood. It is a Bible word and means the meeting place of the armed hosts. It occurs only once in the Sacred Book, and then is mentioned in connection with the end of the world. Obstruse Bible terms like this are not often caught up by the great daily newspapers and circulated all over the country, but now we have an exception to the rule. Armageddon has almost become a household word. The minds of men are linking up the events of the present day with the prophecies which in the Bible tell of the end of this world and the coming of our Lord and Saviour Jesus Christ in the clouds of heaven.

One noted British statesman has written a book entitled "Armageddon and After." The Bishop of London has written another noted work entitled "The Day of the Lord." Another author has published a book entitled "The Day of Wrath." And Sir Gilbert Parker has given us a notable chapter entitled "*Dies Irae*." These latter are two Latin words meaning "The Day of Anger."

Away back in the dim dawn of history, Daniel, the Hebrew prophet and Babylonian

prime minister, told how that in the last days the Turkish nation would be driven from Europe and would set up its capital in the city of Jerusalem, and that there it would come to its end and none would help it, and then the prophet added: "And at that time shall Michael stand up, the great prince which standeth for the children of thy people; and there shall be a time of trouble, such as never was since there was a nation *even* to

showing the partition which is to be made of the Turkish territory, and Premier Herbert Asquith of England, in a famous speech in the Guild Hall in London, told how that Turkey had proved her capacity for ingratitude to the nations who had ever been her friends and how these nations—England and France—had decided that she should not only be made to give up all her territory in Europe, but should be "extinguished as an Asiatic



The Greek Army Mobilizing for Battle, Showing Some Mountain Artillery Leaving the Docks at Salonika

that same time; and at that time thy people shall be delivered, every one that shall be found written in the book. And many of them that sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt." Dan. 12:1, 2.

At the present time the public press is filled with forecasts of what will occur when the war ends. On September 30th a notable article appeared in the *Chicago Tribune*, telling how that in the offices of all the allied governments of Europe maps have been hung up

power." In other words, the greatest statesman in the British Empire has voiced that same thing which Daniel the prophet more than two thousand years ago said would ultimately come to pass.

For many years Russia has coveted Constantinople, the Bosphorus and the Dardanelles. England, especially, always blocked her in this and prevented the fulfillment of her designs, but now Great Britain and Russia are fighting side by side and Great Britain has agreed that when the treaties of peace are signed, Constantinople, the Bosphorus and the

Dardanelles must be handed over to the Muscovite.

The Balkan provinces have entered the war not only to protect themselves, but also for the purpose of getting what they can of the Turkish spoil. It has already been decided in the counsels of the allies that Russia is not only to have Constantinople and the straits, but also the Asiatic territory immediately across the straits, so that she can absolutely control them.

The terrible massacres of the Armenians by the Turks have stirred Russia more than ever before and have caused all the allies to take a position from which they will never retreat, that the Ottoman must be wiped out of existence because of his crimes against humanity. Once the Czar is seated on either side of the straits, the Black Sea will become a Russian lake; northern Asia Minor, held at Erzerum and Trebizond on the west and the Scutari and Bigha peninsulas will become nothing short of a Russian protectorate. Both the Armenias will undoubtedly come under Russian influence.

In commenting upon this, the *Chicago Tribune* makes the following striking statement:

"By taking both Armenias and approaching the Mediterranean at Alexandretta, Russia would actually cut off Asia Minor from the rest of the continent, and it is hardly too much to believe that some future day would see the Russian absorption of any morsel of territory left to the Turk."

But the doing of all of this will only be the fulfilling of the words of the prophet that the Turk "shall come to his end, and none shall help him," and that at that time the end of the world shall come.

The God of Heaven in all this blood and strife is giving a mighty sign to all the world to get ready for the final dissolution of this old earth and the coming of our Lord and Saviour Jesus Christ in the clouds of heaven.

"I feel so grateful for what I learn from THE LIFE BOAT. I always feel as though I had been to a revival when I read THE LIFE BOAT."

"O, how I love the LIFE BOAT. I haven't been able to take it the past year, but have felt the loss of a friend. It is inspiring to me."

ARE YOU DISCOURAGED OR DISHEARTENED?

CAROLINE LOUISE CLOUGH

In glancing through the daily paper this evening, my eyes fell on the headlines, "Lake Victim," and I read the oft-repeated story of a young woman who had fallen from virtue, became discouraged, and then of the death of herself and unborn child in the waters of Lake Michigan. The *Tribune's* comment on the situation was:

"She had been discharged from her position. Her money, her job, her honor, and her love, were gone." And so the poor girl, whose parents were dead and who feared to face a cold and unloving and unforgiving world in her disgrace, made an end of it all by jumping into the lake.

How many there are who are going down to destruction and despair for the want of a Christian friend to help. To such we would say, take courage, my sisters. There are some who sit in high places and pretend to be what they are not and cherish a spirit of criticism toward their betters, who are greater sinners in the sight of God than you. You remember when those self-righteous Pharisees came to Christ and with their own hearts and lives full of sin which they thought they had hid under their cloak of self-righteousness, they condemned to death the poor woman whom they said was taken in sin. But what did Christ say to her when those wicked, sinful men withdrew after the Master had said, "He that is without sin among you, let him first cast a stone at her"? "Neither do I condemn thee. Go and sin no more." That is the Saviour we serve. When we go astray His great heart of love goes after us, and, like the good shepherd, has no rest until he brings us back to the fold.

If the Lord should take this magazine and drop it into the hand of some such girl as I read about tonight and impress her to write to me for help, I shall feel that it is truly an answer to prayer. I want to help some other mother's daughter to get back to her mother's God. Let me hear from you. Address me Hinsdale, Ill.

Where one dies of hunger, a thousand die of eating.

FROM THE RESCUE HOME

MISS LEAH CHAFFEE

Matron, Life Boat Rescue Home

Dear readers, could you call at our Rescue Home you would find a very happy family here. The Lord has certainly blessed our efforts in trying to point these poor unfortunate girls to the "Lamb of God that taketh away the sin of the world."

Our hearts are made glad as we read the letters of appreciation received from the girls



One of Our Promising Home Boys

after they have left the home. One dear girl writes:

"There were so many things that I wanted to express to you before I left of my sincere thanks, but a lump in my throat did not permit for fear of a breakdown. I hope you will know that I did appreciate every step taken in my behalf."

This is just an example of the letters received from practically every girl who leaves the home. It is indeed a blessed privilege to

be of some help to these less fortunate sisters. The few short months that I have thus far spent here have been filled with many rich experiences.

As the winter months are coming on our expenses are greatly increased and we are in need of funds to carry on our work here. You who are interested in this good work may have a part in it by adding your mite. Even the smallest donation would be gladly accepted.

HAVE YOU ANYTHING TO INVEST?

CAROLINE LOUISE CLOUGH

Commercial enterprises and corporations of the world are continually calling upon the public to invest their means, promising them one hundred per cent returns and all that sort of thing. You may be induced to invest your money, for instance, in an automobile manufacturing company. It may be a "perfectly safe proposition and legitimate business". But when you get to the end of your journey and face your Master, who is the real owner of your wealth and whose steward you are, what are you going to say when He asks for an account of your stewardship? He may say, "I trusted you with that money to advance my kingdom in the earth," and the only reply you can give is, "Lord, I invested it in making automobiles, and I got so busy making more and more automobiles that I forgot all about you and your work."

You might be tempted to say as did Israel of old, "My power and the might of my hand hath gotten me this wealth, but thou shalt remember the Lord thy God, for it is He that giveth thee power to get wealth that He may establish his covenant which he swear unto thy fathers as it is this day." Deut. 8:17, 18.

John, the beloved apostle, said, "A man can receive nothing except it is given him from heaven." John 3:27.

If you who read these lines have reached the evening of life and desire to have the blessing of Isa. 58:11 poured out on your life, then you must have a part in the blessed work spoken of in the preceding verses. "To loose the bands of wickedness, to undo the heavy burdens and let the oppressed go free, and that ye break every yoke; to deal thy bread to the hungry, and that thou bring the

poor that are cast out to thy house." Verses 6 and 7. The promise is: "The Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones; and thou shalt be like a watered garden (a garden of perfume—Spurrell's Translation), and like a spring of water whose waters fail not."

How You May Do It

Our medical evangelistic students who go from door to door, taking the gospel of health and of salvation to those who sit in darkness, loosing the bands of wickedness and undoing the heavy burdens, are actually fulfilling Isaiah 58. They are also receiving a training which

if the Lord is impressing you to endow this work, let us hear from you.

Just at present about one hundred dollars a month is needed. If you cannot endow the work, will you help it by giving a certain sum, any amount, each month?

TOLD AT MORNING WORSHIP

BESSIE LEWIS

[Every Monday morning our medical evangelistic workers tell at morning worship the experiences of the week before. These are always extremely interesting. We publish herewith a brief report from Bessie Lewis.—Ed.]

Miss Peterson and I are making the second



The Medical Evangelistic Students Who Are Giving Their Time This Month to the Uplift of Chicago. Four of These Workers Are Visiting From Door to Door, Two Are Devoting Their Time to Teaching the Bible, Four are Selling This Magazine and One, Mr. Ford, Is Helping in the Life Boat Mission. These Workers Are Being Wonderfully Blessed of God and Are Learning Valuable Lessons of Faith.

will ultimately fit them for a wider field of usefulness at the completion of their course.

Young women who have sacrificed to the last degree to get here and receive this training gladly go out and labor from door to door to help others, and in the meantime trust the Lord to provide for them. Aside from their personal expenses, it costs a lot of money to keep these workers out in the field. We have asked God for an endowment which can be safely invested and its earnings used for the support of this work. Read the reports from the workers in this number, and

visit to the people in our district, and we find many are anxious to get our literature.

They ask us many times about the health lectures which were held in the neighborhood a few weeks ago. They seem anxious to know when we are going to have more.

We met several people who are sick. One old lady who has lost her two sons is very nervous and seems to have lost her grip on life entirely. She appreciates our work and always shakes hands with us and says, "God bless you."

On our first visit we met a lady who had

heart trouble and was sick in bed. The second time we called she was up. She lives on the second floor. She says she wants to get down where she can see the trees. She wanted to come out here to the sanitarium in the spring. We fear if she waits till spring she probably will not be alive to come, so we hope she can come out this fall.

We had an interesting experience with a Polish woman. We knocked at the door, and as soon as she opened it she closed it again. We didn't know why, so we went to the rear of the house and found a lady hanging out clothes. She said the young Polish woman had a sick baby, that her home had been broken up and the woman was afraid some one would get her baby. So then of course we understood she was afraid we were coming to try to take the child away from her. She didn't want to talk to us for quite a while. When the other lady explained that we didn't want the child, she talked to us.

The next time we called we had learned from Dr. Jamieson what to do for the child. It had a sore mouth and we gave it a treatment. It happened to be the baby's birthday, and we thought if we could do something to win her confidence it would help, so Miss Peterson bought the baby a rubber doll, and when the mother took the package she didn't know what to think of it, but was very much pleased. Miss Peterson felt fully repaid for the trouble in hunting up a rubber doll.

A PERSONAL VICTORY

IDA PETERSON

[The experience of our medical evangelistic students is not always sunshine. Trials creep in occasionally. Miss Peterson, one of the city workers, has recently gotten a victory and we asked her to tell our readers about it.—Ed.]

How much better it would be for us if we would let the Lord have His way with us always. He has promised that He will never leave us nor forsake us, and that "all things work together for good to them that love God," so why shouldn't we trust Him?

The Lord often has to lead us through some seemingly hard experiences just because we are not willing to leave everything to Him.

I started out in my work one morning feeling very much discouraged and out of sorts because some things were not going as I had wanted. This feeling stayed with me and I

knew it would until I asked the Lord to help me overcome it and be willing to do my best, no matter what came. So I told the Lord all about it and asked Him to help me.

The next morning I started my work with a different spirit, and we had good experiences that day. One woman said she knew the Lord sent us to her home, for she had prayed that we might come in when she saw us on the street.

When I returned home that evening I was handed a meal ticket to pay my board for a month, which was provided by a dear old lady.

The Lord is so willing to work for us and would do much more had we only the faith to trust Him more. I know the Lord led me here and that He has a work for me to do. I want to live so near to the Lord at all times that He can bless me in whatever work I am asked to do.

A SINGLE EXPERIENCE

AUGUSTUS C. FORD, JR.

[Mr. Ford, a member of the medical evangelistic class, is spending this month in visiting the homes in the vicinity of the Life Boat Mission and helping with the mission service in the evening. He gives us herewith a brief experience of his work.—Ed.]

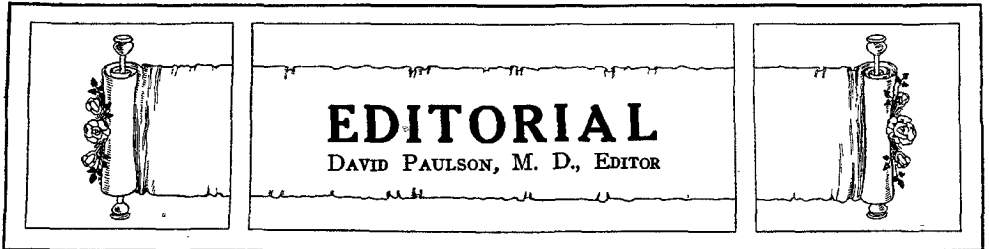
The other night I was inviting men into the mission. I was standing two doors to one side so I could edge them over towards the door and a man came along whom I asked in. He took almost the whole street to walk in. I said, "Just follow me and I will show you a seat." He said, "It looks as though I needed to follow someone."

Before I got to the door he said, "Do you suppose Jesus can do for me what He did for you?" I told him of course He could. He kept asking the question. I put him in a chair and he said, "I am a big sinner." I quoted a few promises and said Christ could forgive him. I had to leave him then because I wanted to get other people in.

He stayed a few minutes and then started for the door. I met him half way and took him back. He said he wanted to go home because he didn't want to disgrace us there. He said he had a pain in the head. I told him that wouldn't disgrace us; that was the kind of men we had there. So I shoved him back into the seat. But I thought afterwards, if he had a pain in his head he wouldn't get much

good out of the meeting, so I took him down to Brother Kemp in the treatment room. He sobered the man up and sent him on his way

rejoicing. He invited me to call on him, so I intend to make this a field of labor and follow it up.



OUR GREAT LOSS AND THE FUTURE OF THE LIFE BOAT

We have lost our editor. His heart to heart, soulstirring messages which have appeared in these columns for more than fifteen years, have electrified thousands of souls, kindled in their hearts a burning desire to get in touch with that same Source of power which made his life a charm, and brought many stars to his crown.

During his long illness, which was practically attended by complete prostration, he dictated from his couch the strong heart-searching editorials and other contributions which have appeared from month to month during this time, some of which appear in this number.

He was such a wise pilot of **THE LIFE BOAT** that now when he falls at his post others are prepared to take hold of the wheel and steer it safely into port.

THE LIFE BOAT work goes on. Will you help us make it a success by extending its influence in your locality?

HAVE WE REASON TO BE THANKFUL?

Ever since the great European War began we have time and time again seen the peace of our own nation about to fall into the great sea of strife, but a kind Providence protected us, and we were saved. Ought we not to be thankful?

We have seen the Mexican situation loom up until it threatened to entirely engulf our national tranquility, but the clouds have scattered and we are still at peace—another cause for being thankful.

Just recently we were face to face with a

calamity in the railroad strike which it was prophesied would have been worse than war, yet we were saved from it. Do we have any reason to be thankful? Most certainly we do. And let us not only be thankful one day in the year, but every day, for we know as we see prophecy fulfilled on every hand that it all points to the nearness of the time when "The Lord Himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God." Then we shall have a thanksgiving worth while, when we shall "Ever be with the Lord." 1 Thess. 4:16, 17.

Unless we are thankful every day now and rejoice in the knowledge of sins forgiven, we shall not be privileged to have part in that glorious Thanksgiving service on the resurrection morning.

May the "very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." 1 Thess. 5:23.

OUR MID-WINTER CONVENTION

We shall hold again this year, as has been our custom for several years, a mid-winter medical missionary convention during the holidays. The exact date will be announced later. These occasions have come to be mileposts in the history of the Hinsdale work, at which times the workers who have gone out from the institution and established similar work elsewhere return to tell of their experiences. Plans and methods are talked over for the advancement of the work. Leading pastors and evangelists attend these conventions and contribute much to their success.

This year Dr. P. T. Magan has promised to be here and we expect others. Every one is invited. If it is convenient for you to be in or near Chicago at that time, be sure and plan to spend the last few days of the holiday week at Hinsdale. More definite information will be given later.

HOW IT IS DONE

"Did not our hearts burn within us . . . while He opened to us the Scriptures?" Luke 24:32. Why may not that be our experience today? We are told that "Only he who receives the Scriptures as the voice of God speaking to himself is a true learner. He trembles at the Word, for to him it is a living reality. He opens his understanding and his heart to receive it." Also, "To those who in humility of heart seek for divine guidance, angels of God draw near. The Holy Spirit is given to open to them the rich treasures of the truth."

So when you open your heart to receive the Holy Spirit, then it opens the Bible for you.

The burning question, then, for each one of us to answer is, "Have ye received the Holy Ghost since ye believed?" Acts 19:2.

Some Christians have a special charm about their lives. The secret is they have received the Holy Spirit since they believed. For "The spell of a stronger, a perfect mind will be over us. . . . We shall no longer live the common life of selfishness, but Christ will live in us," and that is the Holy Spirit.

If you have bought a new Bible since you believed, you have no uncertainty on that point. Are you just as positive that you have received the Holy Spirit?

The Master says that "When he (the Holy Spirit) is come, he will reprove the world of sin, and of righteousness, and of judgment." So when the Holy Spirit begins its work on your heart do not smother it. If it shows you wrongs you have left unconfessed, don't let a day pass until you have humbly confessed them. Non-confessed sins are never forgiven. If you have wronged some one, even though he was twenty times as much to blame as you, go and confess your wrong as though you were the chief offender. Don't stop with half-and-half work.

"All who are not decided followers of Christ are servants of Satan. In the unre-

generate heart there is love of sin and a disposition to cherish and excuse it. In the renewed heart there is hatred of sin and determined resistance against it."

Are you afraid you can't keep your heart right? Then remember this wonderful statement: "But no man can empty himself of self. We can only consent for Christ to accomplish the work. Then the language of the soul will be, 'Lord, take my heart; for I cannot give it. It is Thy property. Keep it pure, for I cannot keep it for Thee. Save me in spite of myself, my weak, unchristlike self. Mold me, fashion me, raise me into a pure and holy atmosphere, where the rich current of Thy love can flow through my soul.'"

The cross was the foundation of Paul's wonderful experience. He said, "God forbid that I should glory save in the cross of our Lord." Gal. 6:14.

So let us go straight to the cross as a foundation for our experience. The sin of the whole world, including ours, was actually laid on Christ. God had such a hatred for sin that He was compelled to turn His face from His own beloved Son; and this broke the heart of Christ and killed Him. Grasp this as far as it is possible for you to do so, and you will begin to comprehend how God hates sin in us, and a new love will begin to spring up in your heart for Christ, who paid such a price for our redemption.

THE SNARE IN THE "TWO-STANDARD" IDEA

A certain Roman governor, in trying to explain to another Roman officer the difference between Paul and the Jews, said it was merely a question of a certain man whom the Jews said was *dead* and whom Paul insisted was *alive*. Yet in that question, which was so trifling to this Roman official, was wrapped up the *destiny* of the world.

Whether we shall follow God's standard *only*, or try to meet *both* God's standard and the world's standard, may not seem very important on the face of it, but in it is wrapped up *either* the glorious success of the work in which we are engaged or its wreckage and ruin.

Those who think they are meeting both God's standard and the world's standard are

only meeting the world's standard. What they *think* is God's standard is only the "Sparks of their own kindling." For the Holy Spirit does not enter into any such *partnership*.

This class will find out in the day of judgment, when they begin to tell the wonderful works they did here in God's work, that Christ will say, "*I never knew you.*"

Moses was told to build the ark and the tabernacle according to the *pattern* shown him in the mount, and not also in accordance with the standard of the Egyptians and the Phoenicians.

Nehemiah built his wall according to God's standard, but refused to meet the standard of Sanballat and Tobiah, who represented the world's standard for that time.

There is not a hint that Christ had two standards before him to meet. Instead, he spoke of the broad road and the narrow way.

The early apostles did not seek to meet God's standard and also the standard of the Jewish leaders up in Jerusalem. The same can be said most emphatically about Paul.

Suppose Luther had endeavored to meet the standard God had set before him, and at the same time the world's standard. What kind of a Reformation would we have had? As it was, he *changed* completely even the world's standard.

The point that the "double standard" people fail to see is that when God helps us to *meet* His standard, we have so far *outstripped* the world's standard that they are compelled to take off their hats to us.

The man who meets God's standard only rules by love instead of authority. He is a fellow *counsellor* to his associates. He is a genuine *leader*. Such a man *inspires* and puts courage into all who come in contact with him. He brings out what is *best* in their lives.

The man who tries to meet the world's standard *gradually* degenerates into a boss, dictator or ruler, discourages and disheartens those he comes in contact with, and then wonders *why* he cannot secure their loyal and complete co-operation. It is all a part of the curse of trying to drag the world's standard *into* God's temple.

Whatever you dislike in another person be sure to correct in yourself.

NEWS HERE AND THERE

Mr. J. H. N. Tindall, evangelist from Indianapolis, Ind., spent a few days in Hinsdale recently.

Dr. P. T. Magan, of Nashville, Tenn., spent a few weeks at the Sanitarium.

Dr. Clara Schunk, of Hastings, Neb., has connected with the Sanitarium for a few weeks.

Mr. H. P. Waldo, of Streater, Ill., was a recent visitor.

Mrs. E. W. Webster, of Chicago, spent a few days at the Sanitarium, accompanied by Mrs. G. K. Winters, of Elkhart, Ind.

Miss Edna Peterson, of Bear Creek, Wis., has recently connected with the sanitarium work, also J. H. Reid, of College View, Neb., who is assisting in the bookkeeping department.

Mr. P. Borg visited his three daughters, the Misses Martha, Mary and Thora Borg, who are nurses in the institution.

Miss Grace Redwine, who graduated from the nurses' course in July, and returned to her home, has now returned to the institution.

Miss Adelaide Dunn, of Earlville, Ill., a former employe of the sanitarium, has returned for a two weeks' visit.

Miss Mildred Inschweiler, of Galesburg, Ill., has recently connected with the sanitarium family of workers.

Dr. E. S. Ball, of Rutland, Vt., was a recent visitor.

A. O. Tait, editor of the *Signs of the Times*, Mountain View, Cal., spent a few days at Hinsdale.

J. G. Childs, C. H. Jones and H. H. Hall, of the Pacific Press Publishing Co., Mountain View, Cal., were recent visitors.

Prof. John D. Shoop, superintendent of public schools of Chicago, and Mrs. Shoop, are guests of the sanitarium.

Mr. and Mrs. Forsythe of Chicago, Pastor G. F. Haffner, Clinton, Mo.; R. A. Underwood, College View, Neb.; R. D. Quinn, South Lancaster, Mass.; J. S. Rouse, College View, Neb.; A. R. Ogden, Nevada, Ia.; Thos. F. Hubbard, Moline, Ill.; G. W. Wells, Anoka, Minn., were recent visitors at Hinsdale, also J. W. Mace of South Bend, Ind.

Miss Martha Kleidon, of Minnesota, a former worker in the institution, called recently.

The Life Boat

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

The Life Boat is published at Hinsdale, Ill., by the Workmen's Home and Life Boat Mission, Incorporated.

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Special discounts when a number are sent to one address.

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

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 Avenue. Phone Douglas 6743.

Illinois Tract Society, 116 North California Avenue. Phone Garfield 8361.

ARE YOU A PUBLISHER?

Has it occurred to you that you can be a publisher without having a printing office? You can. Isaiah says, "How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation."

Paul, in referring to that text, says: "For whosoever shall call upon the name of the Lord shall be saved. How then shall they call on Him in whom they have not believed? and how shall they believe in Him of whom they have not heard? and how shall they hear without a preacher? and how shall

they preach except they be sent?" Romans 10:13-15.

So you see the publishing business is the Lord's ordained plan of reaching the sinners. Do you want a part in it? If so write to us at once. Our workers who are out publish-



The Life Boat Worker Who Has Sold Over Three Thousand Copies a Month

ing the good tidings in THE LIFE BOAT are meeting with marvelous success. One young woman is selling several thousand copies a month. Others are finding that THE LIFE BOAT is received with joy. We need still more to take hold of this work of publishing. Will you write to us if the Lord impresses your heart?

Kind words are like live coals; they kindle other hearts and warm us all.

"THERE'S ROOM IN THE INN"

The Good Samaritan Inn is a small sanitarium for those in moderate circumstances. The sick poor are treated here on such a simple yet effective basis that the expense is within their reach financially. Write for further particulars. Address the Good Samaritan Inn, Hinsdale, Ill.

One of our LIFE BOAT workers is selling on an average more than five hundred copies a week and is of good courage. Would you like to try the work?

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.

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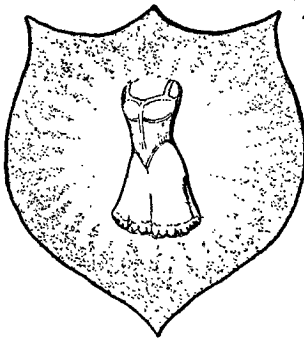
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Specialist in Developing and Finishing for Amateurs
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The PATRICIA — A SHIELD TO HEALTH

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

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

Address **THE PATRICIA GARMENT CO.**
HINSDALE, ILL.

WHAT WOMEN SAY OF THE PATRICIA

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

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

"For comfort, style, saving of time in dressing,

saving in laundry—in fact I have never enjoyed any garment that has brought me so much pleasure. Once in possession means never without them."

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

The Life Boat Practical Health Specialties

From time to time our friends write us that they find it difficult to carry out some of our health suggestions because they can not really procure in their own neighborhoods what we recommend. To accommodate such we have undertaken to carry these things in stock and send them to our readers everywhere by parcel post, express or freight.

PRACTICAL HEALTH SPECIALTY No. 1. Natural Rice.

Eleven-twelfths of all the mineral that God put into rice is scoured off to produce the polished product that is ordinarily eaten. What is more important, the "vitamines," the lack of which, when people are fed on rice exclusively, produces beri-beri, scurvy and perhaps favors pellagra, are also contained in the covering of the rice. But people are so used to the inferior product that grocers do not ordinarily have natural brown rice in stock. We handle the genuine article. Price, ten cents per pound. Transportation additional.

NOTE.—Natural rice requires more cooking than the scoured variety, but it is worth more.

PRACTICAL HEALTH SPECIALTY No. 2. Genuine Graham Flour.

The white flour on the market today has been over-processed by the steel roller milling methods, and, like the polished rice, it has been largely deprived of some of its most valuable ingredients, such as the germ, its most valuable mineral salts, and vitamins. In our vicinity there is an old mill which still grinds wheat with the old-fashioned stone burrs of our childhood days, and for the accommodation of our readers we will furnish this flour in hundred pound lots for \$5.00. Freight charges additional.

PRACTICAL HEALTH SPECIALTY No. 3. Liquid Paraffin.

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

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

Prices

1 Pint	\$0.35	Shipping weight.....	2 lbs.
1 Quart60	Shipping weight.....	4 lbs.
2 Quarts	1.00	Shipping weight.....	6 lbs.
1 Gallon	1.75	Shipping weight.....	10 lbs.

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

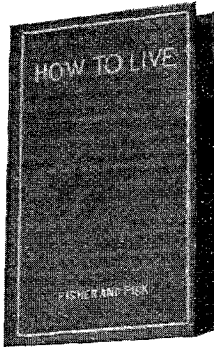
HEALTH SPECIALTY No. 4. A New Health Garment.

So many inquiries are constantly coming to us regarding how to dress healthfully that we have decided to carry in stock a health garment that we can fully recommend. We would direct the attention of our readers to the notice on another page about the Patricia Health Garment.

THE LIFE BOAT, Hinsdale, Ill.

NEW PREMIUM OFFERS

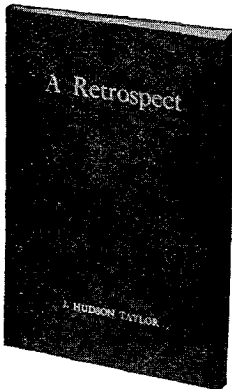
"How to Live, or Rules for Healthful Living, Based on Modern Science"



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

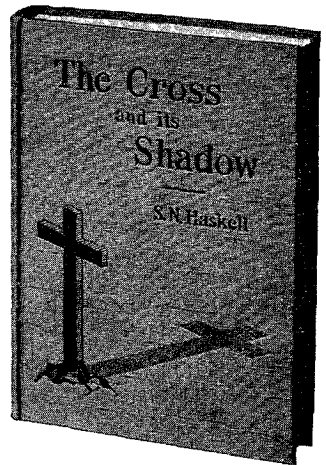
The Cross and Its Shadow

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



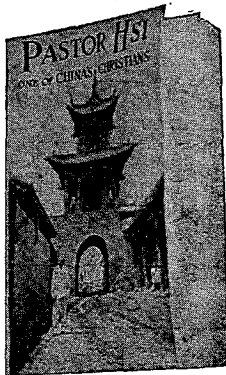
A Retrospect

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

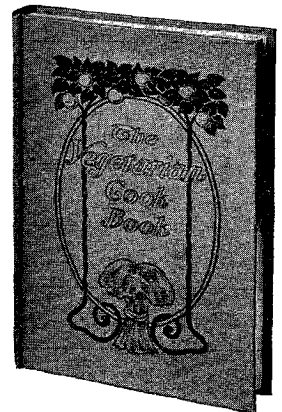


Pastor Hsi

This charming book, "Pastor Hsi," by Mrs. Howard Taylor, daughter-in-law of the late J. Hudson Taylor, founder of the China Inland Mission, has found such a warm reception by The Life Boat readers everywhere that we are offering it again this year.

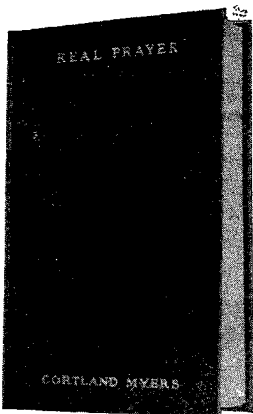


The author gives in a most fascinating manner the remarkable story of the life work of Pastor Hsi, the man who, after his wonderful conversion from heathenism, founded more than forty medical missionary centers in the province of Shan-Si. His remarkable faith and power in prayer has brought his work to the attention of the entire Christian world today. This book is an inspiration, and you can have it by sending us one dollar for your subscription to The Life Boat for one year.



The Vegetarian Cook Book

should be in every Life Boat reader's home. It is a splendid compilation of valuable recipes for a sane and sensible dietary. If you want to learn how to cook for health and not for drunkenness send us \$1.35 for The Life Boat for one year and this useful book. This is an unusual offer.



Real Prayer

By Cortland Meyers. A most inspiring book on prayer. It will make you hungry for a personal experience in the power of prayer. This book will be sent you for only one subscription and fifteen cents. Send us \$1.15 and receive The Life Boat for one whole year and this splendid book.



A New Webster's Pocket Dictionary

for only one subscription or renewal at one dollar. This book is really five books in one. It is not only a dictionary but a complete parliamentary manual, a rapid calculator, a compendium in business and social forms, a letter writer and literary guide, and a pronouncing and statistical gazetteer of the world. Everyone should possess a copy of this handy booklet; bound in Morocco and stamped in gold.

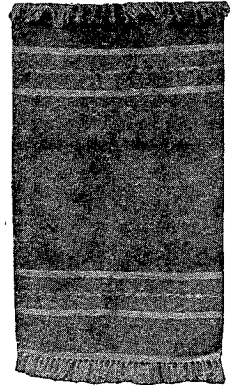
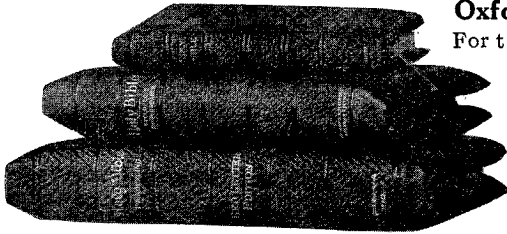
A Fountain Pen

for only one yearly subscription and 25 cents extra. Every pen is guaranteed 14-carat solid gold and will do good service. This is your opportunity to receive a good fountain pen for a quarter and only a few moments of your time in securing the subscription.



Oxford Text Bible

For two yearly subscriptions at one dollar each we offer the Oxford Text Bible, which is just a little larger than the ordinary size pocket Bible; contains six maps; size $5\frac{1}{4} \times 3\frac{1}{2}$ inches, only three-fourths of an inch thick. Beautifully bound in French Morocco, divinity circuit, round corners, red under gold edges.



Genuine Oxford Teachers' Bible

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 Cyclopedic 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.

Red Letter Teachers' Bible

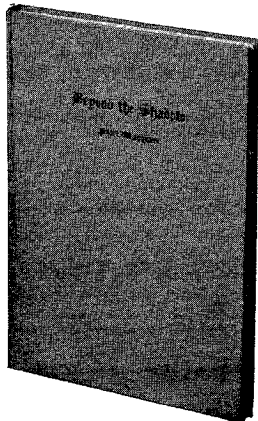
For five new subscriptions or renewals at one dollar each you can secure The International Red-Letter Teachers' Bible; self-pronouncing; contains the words of Christ in the New Testament printed in red, and the prophetic types and prophecies of the Old Testament which refer to Christ, also printed in red. It contains the combination Concordance, in which the helps are all under one alphabet. This Bible is No. 39670, size $6\frac{1}{4} \times 9\frac{1}{4}$ inches. It is bound in French Morocco, has divinity circuit, round corners, red under gold edges and extra grained lining.

A Beautiful Rescue Home Rug

24x52 inches, made from high quality new material which will not fade and is guaranteed to give excellent service, given for only two subscriptions at one dollar each and 25 cents extra.

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 free with two subscriptions to The Life Boat at one dollar each or a paper-covered copy for only one subscription. Subscribe now—before you forget it.



Beautiful Gold or Silver Watch

free with eleven yearly subscriptions and one dollar extra. This is a seven-jeweled watch, gold-filled, with a ten-year guaranteed case and beautiful design. We have placed hundreds of these watches where they are giving the best of satisfaction. You will be pleased with this watch. Send us eleven yearly subscriptions and twelve dollars cash and receive this watch.



Dictate to the Dictaphone

The Dictaphone is the busy man's ideal amanuensis — always there, always ready, invariably accurate, and unlimited in speed.

It saves his time, his money and his nerves.

He dictates just as he talks to the telephone and with no more thought of the instrument.

He does better work and more of it.

His typist writes more letters and better letters and does it more easily.

No office busy enough to find use for a typewriting machine is operating at 70 per cent of its potential efficiency without a Dictaphone equipment.

THE DICTAPHONE[®]

(REGISTERED)

The primary purpose of the Dictaphone is to conserve the costly time of the high-priced man. But the same result applies to the operation of transcription.

The typist does not do more *work* but more *letters*. And the better stenographer she is, the better Dictaphone operator she will become. For skillful stenography is not a product of nimble fingers but of brains. And every quality that has contributed to making a valuable stenographer, will be apparent in her work as a Dictaphone operator.



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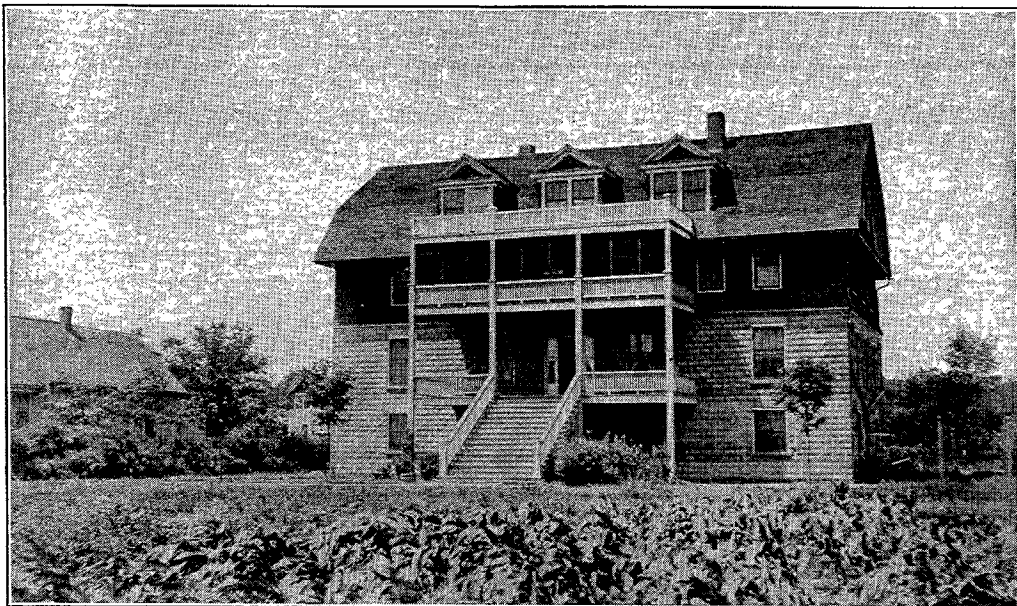
Let Us Show You What the
Dictaphone Will Do for You

The DICTAPHONE

12 N. Michigan Ave.

CHICAGO

THE LIFE BOAT RESCUE HOME



Physicians, pastors and other workers are constantly perplexed as to how to properly extend a helping hand to the unfortunate girl. To meet this pressing need the charitable public assisted in erecting this splendid eleven-thousand-dollar institution.

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.

SUPERIOR HIGH QUALITY RUGS

Made by the Girls in the Life Boat Rescue Home, Hinsdale, Ill.



These beautiful Rescue Home rugs are made from high quality *new* materials which will not fade and are guaranteed to give excellent service. They are made in two sizes; the larger ones are two yards long and one yard wide. The smaller ones are twenty-five by fifty-four inches. They are made of dark blue, trimmed with white, or a rich brown and white, or pink and white, and other light shades for bath room and bed room use. They can be made to order in sizes and colors to suit customer.

In purchasing these rugs you are not only getting a good bargain, but you are at the same time helping the Life Boat Rescue Home and the young women in the home who make these rugs.

If you are in need of rugs for your own home, why not purchase them of us and thereby help this good work along? These rugs will also make splendid gifts to your friends.

Prices: Larger size \$2.25, weight for shipping 3 lbs.; smaller size \$1.25, 2 lbs. Parcel post extra. *Address*

**Mrs. C. L. Clough, Supt., Life Boat
Rescue Home, Hinsdale, Ill.**

VISIT HINSDALE FIRST



The Main Building

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

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

A work cure department.

Musical entertainments and lectures.

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

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



The Main Parlor

Let Us Send You Our Booklet "Visit Hinsdale First"

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

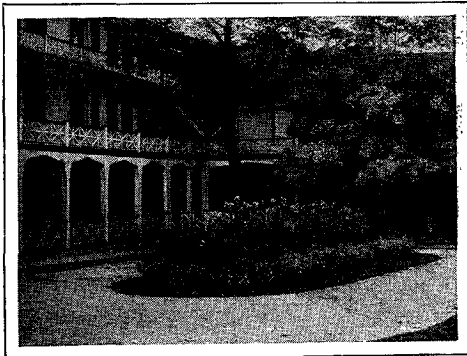
The Hinsdale Sanitarium

Phone
Hinsdale 645

Hinsdale, Ill.

Endowed by Nature Equipped by Science

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



The Driveway

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

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



A Glimpse of the Lawn