

tried to impress upon the young mind that the body is a sacred temple, that every part, every organ of it, was planned by the Creator, and should be revered.

Our boys and girls of to-day are to be the men and women of tomorrow. How important, then, the teaching of those first few years in the home, that there may ever be a truer living in the future. We have not thought too much of the moral, but we have thought too little of the physical. In perfection they go hand in hand. We seem to have forgotten that God is interested in our body; that it is as truly His work as the soul is; that there is nothing affects it that does not affect its Creator. The body is the dwelling-place of the eternal Spirit on earth, and from our earliest childhood we should be taught this, that we may not in any way make our bodies less perfect than it is in our power to have them. Disease is the most unlovely thing in the world, whether it be of body or of mind. Health is inspiring; health is beautiful, and from our childhood we should aspire to possess it.

If the little talks which follow are the means of lessening in some degree the pain and suffering which touches us on every hand, and of inspiring our boys and girls with a longing to be perfect in body as well as in soul, the author will feel that she has been bounteously rewarded.

THE AUTHOR.