

TAKE CARE OF YOUR HEALTH.

The following good advice is given in *The Christian*: One of the most foolish things that men and women can do is to kill themselves, or to exhaust their energies and wreck their health. No one is benefited by such imprudence; nor does any one ordinarily thank them for their pains. What you *are* is more important to ordinary minds than what you have *done*. You may have performed immense labors, but if you are sickly, and sour, and dyspeptic, and querulous, people will forget your services, and be attracted by the superior personality of others who may have accomplished far less than yourself.

But imprudent and exhausting endeavors do not promise the best results even in the accomplishment of needed labors. The man or woman who labors moderately and judiciously, does more in a year and more in a lifetime than the person who rushes on with unreasoning haste, and, without the rest and recreation which his physical nature demands, does two weeks' work in one, and is sick a fortnight to pay for it; or accomplishes two years' work in one, and is then permanently disabled and becomes a useless burden on the industry of others.

Take care of yourself. If you do not take care of yourself, no one will take care of you. No wife or husband or child will thank you for killing yourself for them. No employer will bear your aches and pains, or pay your doctor's bills, or support you in the sickness which you have brought on yourself by overwork for his benefit. You are to remember that the body is the temple of the Holy Ghost, and that

you are not your own, but are bought with a price. You have no more right to abuse your body and overtax your energies than you have to whip and abuse an overworked and borrowed horse; and yet there are persons who will work themselves twice as long as they would think it right to work a dumb beast, and will urge their jaded energies to utter exhaustion and paralysis, and after all will accomplish less than they would had they labored carefully, and preserved clearness of mind, vigor of body, and fitness for careful and successful endeavor.

Work is Heaven's ordinance, but they who work without food, or intermission, or rest, violate the divine arrangement, and doom themselves to unknown and incalculable evils. The very persons who have profited by their unwise exertions will call them fools for their pains, and they will be obliged reluctantly to admit the appropriateness of the designation. On the other hand, those who are careful of health and strength, who provide things needful for the body, and who treat themselves as well as sensible men would treat a horse or an ox, will find in the end that they can do *more* work and *better* work than by the opposite plan; and that they will be prized and loved and honored not only for what they have *done*, but for what they *are*; for their vigorous manhood and womanhood, their healthful personality, which images forth the likeness of Him who had made them.

RELATIONS OF SANITATION TO CHRISTIANITY.

At the Sanitary Convention held under the Management of the