

PERFECT WOMANHOOD

PART I

THE HUMAN BODY

CHAPTER I

THE BODY THE TEMPLE OF THE SOUL

ONE of the most significant sayings of the Bible is the following:
"The spirit of man is the candle of the Lord."

Let us think about this candle: We place it on a table. It is not yet lighted. We do not know just what amount of circle it will reclaim from darkness. We apply the match. It is soon settled. We now know how much it will do for a dark room.

That light represents man's spirit—his sphere of influence. As the candle burns down the quality of the elements are brought into view. If pure, the light shines steadily, without noise or agitation. If by chance foreign substance gets into the wick or tallow the light grows dim, splutters, and finally goes out. No impurities are allowed if the light is to shine. The candle is a symbol of life—it is the soul.

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The temple of the soul is the body—it is the home of music, of high thought, of kindly deed and noble example. Sunlight falls on its roof and windows; storms beat on its transept and nave, and yet it stands.

No human architect, however famous, can build a temple, even though of gold and precious stones, which can for a moment equal in mechanism one tiny human body. No hinges of bronze or glass