



QUESTIONS FOR GIRLS.

BY JOSEPHINE POLLARD.

DO YOU CARE FOR YOUR BODY?

THE body has been fitly styled the tenement of the soul, the house in which it lives; and He who gave this precious jewel into our keeping surely intended that we should take suitable

care of the casket. All the rich people in the world do not live in brown-stone palaces; but those who have the means usually take pains to have the exterior of their dwellings afford some indication of the wealth and refinement there is inside.

The glass is nicely polished, the shutters kept clean, the fixtures on the door are brightly burnished; and, if it is in the country, the door-yard and garden are kept in such order that the passer-by takes in at a glance the position of the owner.

God made all souls after the same pattern; but for some wise reason of his own he did not put them all into

handsome houses. "A homely face is no disgrace," but a dirty one is, as God has prevented the necessity of any such defilement by a liberal supply of water; and no matter how poor a man is, how unclean may be his occupations, there is no excuse for his failing to find *a time to wash*.

It is as much your duty to attend to your person as it is to attend to any of the Christian ordinances; and there is moral efficacy in a bath, as well as physical enjoyment.

Hold your person sacred. Study to know its requirements; how best to conserve its health and happiness, and how to fortify it against disease. Have

your appetites under control, and avoid experimenting with yourself. There are certain things it is absolutely necessary you should know, and there are other things you do not require to know any thing about.

The food you take into your stomach not only affects that organ, but indirectly acts upon the heart, the brain, and indeed the whole nervous system; strengthening or impoverishing according to the nourishment you provide.

One need not refuse material food in order to increase his spirituality; but he must not expect that continued indulgence in the good things of this life

will be any sort of preparation for the life which is to come.

“To be carnally minded is death;” spiritual death is meant, and the suggestion is that a mind wholly given up to carnal enjoyment is in no condition to receive spiritual support or consolation.

All the windows of our house must look toward heaven. That is the way it was originally built; but we are apt to spoil God’s handiwork by closing spiritual outlooks, and opening windows that give us only terrestrial views.

We are not to be the slaves of our bodies, but rulers instead; guiding, controlling, and educating our tastes,

so that we may not lose altogether the semblance of Him in whose likeness we were created. The body is the vehicle of the soul, and if we are continually going through miry places, and following after that which is evil, we must expect that the occupant of the carriage will be stained with the mud, and soiled with the dust of our degradation. If the body is guilty the soul suffers. There is no law we can transgress without paying a penalty; and there are some sins the remembrance of which cannot be washed out by repentance, however greatly we might desire it.

You cannot bid the right hand do

evil and keep the left innocent. You cannot give one foot to paths of vice and the other to ways of righteousness. You cannot give any one member of your body to sin without receiving the disease into your whole system; and the poison spreads rapidly. The gratification of a moment may seriously affect your eternal interests. Pause, then, ere you commit your body to a flame the waters of Jordan alone can quench. As you wish to keep unsullied the jewel of your soul, avoid all contaminating influences, all that is calculated to dim the luster or depreciate the value of your choicest possession.

Let your face be remarkable for its beauty of expression, the outward shining of the inward flame; and your body, however unsymmetrical it may be, recognized as the habitation of a lovely spirit.

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