

Keep Your Body Strong and Clean

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David O. McKay



“Womanhood should be intelligent and pure, because it is the living life-fountain from which flows the stream of humanity. She who would pollute that stream by tobacco, poisonous drugs, or germs that would shackle the unborn is untrue to her sex and an enemy to the strength and perpetuity of the race.”

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“It is the will of God that man should repent and serve him in health, and in the strength and power of his mind, in order to secure his blessings.” *Joseph Smith*

This week I will: _____

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