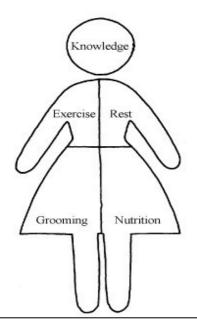
Keep Your Body Strong and Clean

"The healthy woman who takes care of her physical strength being, has vitality; her temple is a fit place for her spirit to reside. Bodily ailments deprive us of the full exercise of our faculties and privileges and sometimes of life itself. It is necessary, therefore, to care for our physical bodies and to observe the laws of physical health and happiness." 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."

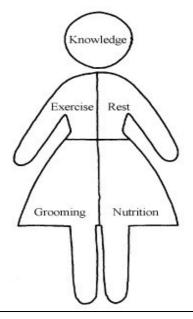
David O. McKay

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This week I will:		
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