

keeping it as an instrument and as such it is our duty to take care of it. I have heard it said that if a person wishes to be in good health at 90 the best way to do it is to have a complete nervous breakdown at 20. The reason for that is that the person who has a breakdown at 20, provided it is not too bad, learns to take care of himself and to get the rest he needs and handle himself in such a way he will last. While the person who seems to have <sup>limitless</sup> limited strength in the 20's and simply goes ahead, very often at 40 or 50 he dies or is <sup>becomes</sup> a complete invalid. The Lord wants us to study these matters and learn how we can use the body and mind He has given us for His purposes and glory, and it is sinful to throw it all away at once.

It is like the horse the man taught how to get along without eating, and just when he had it well trained how to get along without eating, the horse died on him. He wants us to learn to use the instrument He has given us. It is not a bad thing; it is a good thing, but it becomes a bad thing if it becomes a master.

Now you might say that at this point we have covered all that our first title requires. But there are other things related to this I think are very important, and I'm going to speak briefly on

VIII The Origin of the Spirit. The spirit comes from God and I-<sup>am</sup> very convinced that the spirit is a direct creation of God, and <sup>that</sup> ~~if~~ God creates the spirit <sup>when and as</sup> ~~if and when~~ He chooses. There are those who taught that all the spirits were created at one time. We have no proof of that, neither do we have proof that they all were created at different times. It ~~s~~ is one of the things God has not told us, but I do believe that God has created our spirits. Now how ~~we~~ he made our bodies is a different problem. He put the spirit into the body. The Scripture says He assigned to the spirit a body as it pleases Him. So the one to whom God assigns a wonderful body with great physical and mental prowess and not much tendency toward that which is very harmful, we may say is fortunate, but God has His purposes and His reasons and the one to whom God assigns a body that seems to be inferior