

## Choice Thoughts on Dress

From the Writings of Mrs. E. White.

The correct model for physical development is to be found, not in figures displayed by French modistes, but in the human form as developed according to the laws of God in nature. God is the author of all beauty; and only as we conform to His ideal shall we approach the standard of true beauty.

By the things of nature Christ illustrates the beauty that Heaven values, -- the modest grace, the simplicity, the purity, the appropriateness, that would make our attire pleasing to Him.

"Above all things," God desires us to "be in health,"--health of body and soul. And we are to be workers together with Him for the health of both soul and body. Both are promoted by healthful dress.

Our clothing, while modest and simple, should be of good quality, of becoming colours, and suited for service. It should be chosen for durability rather than display. It should provide warmth and proper protection.

Every article of dress should fit easily, obstructing neither the circulation of the blood, nor a free, full, natural respiration.

The devices of fashion weaken the body, as well as enfeeble the mind and belittle the soul. True dress reform regulates every article of clothing worn upon the person. Our Creator made no mistake in fashioning the human form.

Many a woman, forced to prepare for herself or her children the stylish costumes demanded by fashion, is doomed to ceaseless drudgery. Many a mother with throbbing nerves and trembling fingers toils far into the night to add to her children's clothing ornamentation that contributes nothing to healthfulness, comfort, or real beauty. For the sake of fashion she sacrifices health, and that calmness of spirit so essential to the right guidance of her children. The culture of mind and heart is neglected. The soul is dwarfed.

Children hear more of dress than of their Saviour. They see their mothers consulting the fashion plates more earnestly than the Bible. The display of dress is treated as of greater importance than the development of character.

If women make the customs of the world their criterion, they will become unfitted, both mentally and physically, for the duties of life. Let women have courage to dress healthfully and simply.

Simplicity of dress will make a sensible woman appear to the best advantage. Here is the secret of contentment and peace and happiness: Obedience to the laws of nature and of God.