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1

First Lesson

Notes given us by Sister Ruth that she took in Sister Sorensen class.

Sister S. our teacher felt we were greatly blessed in being called to see the necessity of coming to the class we can better understand this work by being taught Scientificly coupled together with religion. These Lessons will be about Women's Physical condition, and their object is to being about reformation, among Women that misery and suffering may be abolished and Woman be restored to what they were in the beginning though we may not reach it in our day those who came after us will be made more pure and healthy than we now are if we make a good beginning. We are responsible for our acts and can make ourselves what we will. We must not excuse ourselves an a county of ignorance for now we have the opportunity of improving ourselves in regard to our physical condition and learn to love life and we must know what life is before we can love it. We must magnify our sphere as women for much is required of us in marking a reformation as the foundation can be laid for every self by Woman but not so with man to so great an extent. The adversary is seeking to keep Woman in the dark in regard to these things and no noble pure man will oppose this work as he will rejoice to see his wife the happy possessor of that knowledge that will help to elevate him and his children. We were requested to be humble as the proud receive no benefit these instructions our class is the foundation for reformation and unless a grand foundation is laid in