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Book of Mormon Gems of Truth: Lesson 20

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Abstract: Monthly Book of Mormon lessons for adult women (Relief Society). Each month a verse of Book of Mormon scripture is presented with accompanying quotes from General Authorities and writers of the Church.

Visiting Teacher Messages

Book of Mormon Gems of Truth

Lesson 20—"And Ye Will Not Have a Mind to Injure One Another, But to Live Peaceably, and to Render to Every Man According to That Which Is His Due" (Mosiah 4:13).

Leone O. Jacobs

For Tuesday, January 5, 1954

Objective: To show the importance of refraining from injuring one another.

WHAT a place of rejoicing this world would be if no one at any time injured another! The goal of Christianity would be realized in that the children of men would love one another and think of their brethren as themselves.

There are many ways in which it is possible to injure one another. It may be through gossip, through dishonest business dealings, through hasty judgment, by angry words, by neglecting to give spiritual or material aid in time of distress, and in numerous other ways.

To cast any reflection on a good name or character is a serious matter. Sheridan says of gossip:

Believe not each accusing tongue,
As most weak persons do;
But still believe that story wrong,
Which ought not to be true.

Honesty will always be one of the cardinal moral virtues, but today it needs re-emphasizing. In this day of keen competition there is a tendency among some to regard "sharp" business practices as imperative for survival. But we should be scrupulously honest in all our dealings. If one finds himself in a position where he may take advantage of another's ignorance or neglect, it would be decidedly dishonest to do so.

Angry words often cause untold sorrow and remorse. Once uttered, they can never be recalled, nor can the ill effects be completely erased.

How may we discipline ourselves so that we do not even thoughtlessly injure one another? Someone has coined the phrase "kindness therapy." Surely the world is in great need of "kindness therapy." Suppose all of us determined to administer this healing balm to those with whom we come in contact, what would be the result? We would show appreciation of each other; we would give generous amounts of encouragement and praise; we would rejoice in the righteous accomplishments and success of others. We would refrain from passing judgment on others; we would be strictly honest; we would control our tempers; we would not act impulsively, but would first ask ourselves the question: "Will this that I am about to do harm anyone?" or "Will this that I feel like saying be unfair to any person?" This attitude should be the measure by which we act.

Brigham Young said:

To conquer and subdue, and school ourselves until we bring everything into subjection to the law of Christ, is our work

. . . The thousands and tens of thousands of incidents that make up the sum of human lives, whether for good or evil depend on a momentary watchfulness and care.

. . . Let each person be determined . . . to be the master of himself (*Discourses of Brigham Young*, pp. 265, 267, 1946 edition).

Work Meeting—Family Money Management

(A Course Recommended for Use by Wards and Branches at Work Meeting)

Lesson 4—Spending the Clothing Dollar

Rhea H. Gardner

(For Tuesday, January 12, 1954)

THE average American family spends about fifteen per cent of its annual income for clothing. It is second or third in cost among family expenditures. The greater part of it is spent by women. Their buying skill will, therefore, greatly affect the kind and quantity of clothes the family has and the degree of enjoyment that is derived from their use.

In the days of our grandparents, every homemaker was familiar with the type of materials available and their performance. Today, the situation is quite different. The multiplicity of fabrics, weaves, fibers, and the "dos" and "don'ts" in handling materials present a complex problem to even the most highly skilled shoppers.

This complex situation warrants serious consideration of ways in which the clothing share of the family income can most profitably be used in the interest of all family members. In no other division of family expenditure is long-time planning more essential.

Plan Before You Buy

Minimize the buying of non-essentials and an overtaxing of the current budget by making a long-

time plan of clothing needs. In periodic family councils, have each family member, mother and father included, make a list of "must haves" and "would like to haves" or "wishes." Careful planning can often show the way to make wishes come true. A clothing buying plan will help you anticipate most of your needs and avoid snap judgments.

Before deciding what you are going to buy, check over the clothes you have. What is the condition of them? Can they be made wearable with repair or alteration, or remodeled for one of the children? What colors, types, and quality of materials and specific kinds of wearing apparel are needed to complete your wardrobe?

In your planning you will likely be confronted with the decision as to whether to buy yard goods, for certain pieces of wearing apparel, or ready-made garments. Definite decision will perhaps be determined only after sources of supply and costs in both departments are studied. Home sewing can be a real dollar stretcher for anyone who has the skill, time, and physical capacity, satisfactorily to make needed