well-being. It is when we carry them beyond the normal point that they be-
come wicked. Those who try like some of the monks to get along without eating
or eating practically nothing, those who try to whip the body and put the body
down as if it was worthless, we do not believeare carrying out the true teaching
of the Scripture. We believe the body God gave us is a m marvellous mechanism
and it has natural instincts which are good. But these instincts may easily be-
come perverted.

C. S. Lewis has a very interesting statement. He said that the present
tremendous emphasis on sex was good evidence that that particular instinct was
quite perverted in our present world. Now, he said, let us suppose that a similar
perversion occurred in the case of the instinct for food. Let us suppose that a
great crowd of people would be gathered together, and that up in front ofthem
there is a dark stage. Gradually it is lighted and flashing lights shine on it
and there is a table. On that table there is a big piece of steak. How ridiculous
it would be. I think it brings out very clearly the fact that these instincts
which are good when properly used can become, and often do become, perverted.
                proper
. The poper desires ofthe flesh should have a proper satisfaction. When they be-
come an end in themselves, they become evil.

The same is true of the lust of the eye. I've never been 100% sure what
the lustof the eyes means. I used to be afraid that it meant the enjoyment of
seeing beautiful scenery. I love to look at the great paintings in the great
galleries of Italy. After seeing them I really feel quite unhappy with most of
the galleries in this country. Because most of the painting you see nowadays
is just dashes of color and very little sense to it as far as I can see. I don't
                                recognize real
think it requires any training to be able to recogniserrallfirst-class art.
It may require considerable training to recognize the difference between fourth-
class art and third-class art. I thought I knew a little about art, but I found