7653. 'A Way of Life'; 1913.
MS. of no. 5255. At end: pencil notes—probably the first outline—with title 'The medical student aet. 16 to aet. 70: a way of life—depicted in letters to students of all ages'.

Notes and Material for and
final draft of
A Way of Life, Lond. 1913,
Constable & Co. H. 62. 24°.

Checking Catal (in press) V. 109 is "typescript
with author's MS notes." It looks as if
ours was the carbon copy with W.D's
corrections copied in in Hill's hand
1943. W.W.F.

The Philosophy of Life

Yale Lectures to young men

1. Life in a day – light compartments
2. The Prayer of Themistocles
3. The Riddle of Theagis
4. The gamester Aphrodite

Some one will say that is a miserable Epicurean philosophy, you are preaching hedonism is it better than the carpe diem of Horace
Gaude Dryden's lines
But we have the highest reason
I did not say it was a good philosophy, I only say I have found it useful, helpful in my work, helpful in my play

Put that & mumble the body for the best & hold heaven trembling in his hand, & by & at & & mix & the collies off, all & be well

The Reactions of life - Defects & Virtues a study of
a ~~study of~~ human relations

From the amoeba to man the reaction means life - action is ~~not necessarily~~ common to dead and to living things - body and the soul
The type of reaction characterizes the being -

2

1 Depression - waves
2 lack of confidence

~~If you ask me~~ To the question what advantages of this way of life offers I am sure that an answer should be given. For low material considerations no plan of life can be followed with set deliberation without weakening the moral fibre of man and yet there are certain immediate & remote results of which I may speak. The immediate benefits are three
In the first place a man learns ~~the control~~ ~~the~~ his machine
Wisdom into the heart of all that are
unchearted (numbers 31

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

The Reactions of Life — Defends & vindicates a study of

a ~~study of~~ Force ~~human relations~~

From the anecdote, man the reaction means life — action is ~~not necessarily~~ common to dead and living things — body cut in the U.
The type of reaction characterizes the being —

5 The buried experiences that [illegible] little occurrences of the day but that surge into memory in the silent watches of the night

Rid of Them

What should we forget? nearly all the impressions of each day, the trivalities, the petty annoyances, the disagreeable incidents, the unpleasant sights, the newspaper horrors, the unkind words, the jars & disputes - wipe them all from the slate and leave a clean slate for tomorrow. Have a dust heap in the back yard of our mind into which each day you cast the useless trivalities of life in fact a waste paper basket into which as shed almost automatically the useless sheets blotted with the annoyances & miserable mumbo jumbo get and disfigured with useless jawbreaks, sheets which get slipped in with life's record and the seasoning sweet silent thought they come falling like dead leaves from the past

Like many other primary & precious faculties that of memory has disadvantages and all of us need at times to pray the prayer of Themistocles for forgetfulness. Yet it is as hard to forget as it is to remember - often harder. The processes are so entangled together. Though we speak of them as separate, with one an active process, the other a ~~negative~~ a passive, more or less, negative. My thesis is that a large part of the worry & trouble of life is associated with an useless exercise of the faculty of memory against which we should battle by cultivating the art of forgetfulness.

1 Memory - what it is
2 How do we forget (a) the natural process (b) methods
3 What should we forget
4 How can we forget
5 The buried experiences that we cover with the little cares of the day but that surge into the memory in the silent watches of the night

Dear Tom

What should we forget? Nearly all the impressions of each day, the trivialities, the toilets, the petty annoyances, the disagreeable incidents, the unpleasant sights, the newspaper horrors, the unkind words, the jars & disputes – wipe them all from the ~~slate~~ record and leave a clean slate for tomorrow. Have a dust heap in the back yard of your mind into which each day you cast the useless trivialities of life or better still a waste paper basket into which is shed almost automatically the useless sheets blotted with the annoyances & miserable mumbo-jumbo ~~that get~~ and disfigured with useless perforations, sheets which get slipped in with life's record and ~~when~~ the seasons of sweet silent thought that by come falling like dead leaves from the tree

Life [illegible] I felt the infection and I at the microscope for the ~~first time~~ ~~I began~~ I know the true delights of study. But even then the limitations of my interest were deplorably – chemistry never appealed to me as did physiology or materia medica as did pathology. Nor did I ever acquire a very retentive memory, tho I gradually got a good working one for important facts never for dates or figures. The great point ~~for the~~ to reader's early – that man is a bundle of habits and that the gods sell everything to the industrious. Set out deliberately to control your mental machinery as you would a bicycle. If you have been a desultory careless reader at school – as most of us are decade one hour – there are 24 in the day

Is anything forgotten? Really? Theoretically no! practically yes. Could we give a pal a search warrant he could find in the lumber room of our brain traces of every impression ever received, films not ~~fit~~ capable of giving a clear record but only making impressions, memory pictures as hard to decipher as some of the old Greek coins. Practically we forget much more than we remember. How few incidents of early childhood remain. I was nine years old when my father left his post necessary charge in the back-woods of Canada. The incidents of those years which stand out in my memory are really very few and those are very general character. ~~I could not bring up~~ Of about twenty specific events which I can recall the majority are associated with mischief & tricks and then

1280

How to study. Some are born students, ~~others~~ some achieve — the habit but some even have studiousness thrust upon them. It is not every child that takes to books ~~that~~ naturally as we say that becomes a student. For me Erasmus or Walter as great students at 5 as at 50 there are hundreds of who never fulfil the promise of the early days. It is useless to give advice to the born student, always there & ready, with a quick & retentive mind which has the left in check. ~~It is~~ A law unto himself ~~or~~ or to ~~no good~~ wisdom words on him. But the average man who has the ~~mental~~ of the average man the first essential is to get an interest in the subject. ~~This was~~ May serve as an incentive. My own case. I never cared for my school or college studies — Mathematics I loathed ~~classics~~ the poetry in the classics appealed to me but the grammar I never understood but when I came in contact with the realities of life and began to study geology & bacteriology at the microscope I felt the inspiration and for the ~~first time~~ first time I knew the true delights of study. But even then the limitations of my interest were distressing — chemistry never appealed to me as did physiology or materia medica as did pathology. Nor did I ever acquire a very retentive memory tho I gradually got a good working one for important facts never for dates or figures. The great point ~~for the~~ to realize early — that man is a bundle of habits and that the gods sell everything to the industrious. Set out deliberately to control your mental machinery as you would a bicycle. If you have been a desultory careless reader at school — as most of us are decade one hour — there are 24 in the day

Is anything ever forgotten wholly? Theoretically no! practically yes. Could we give a seal a search warrant we should find I believe found in the lumber room of our brains traces of every impression ever received, films not ~~fit~~ capable of giving a clear record but only making impressions, memory fabulous as hard to decipher as some of the old Hieroglyphics. Practically we forget much more than we remember. How few incidents of early childhood remain. I was nine years old when my father left his post nursing charge in the back-woods of Canada. The incidents of those years which stand out in my memory are very few and those of a very general character. Of about twenty specific events which I can recall the majority are associated with mischief & brats and their approvable punishment. Built all in a misty and vague as in the wood of forgotten lofty Myfell & Tell, in the Blue Bird, reach the grandfathers cottage. Of such as longest, the only one of my childhood, the death of a little sister only a thousand pathetic remains of my mother carrying her in what ~~seemed~~ might have been good byz - a pale face, the white robes the black - but stone in the middle of the room ~~with~~ drops the funereal hang in the picture - and then no tears. ~~Poor~~ Though seven years old I have no recall ~~of~~ of the funeral but memories remain of visits with my mother to the grave of this dear ~~little~~ lass whose memory remained fresh in the mothers heart as she sained me my. When 100 years old - I shall some from hill crown. Perhaps ~~happy childhood is free~~ it is because my childhood was so happy that it is so free from memories. Nothing in life death, mother, life life fa by is a gift should remain graven, it should be written in wax but ~~only~~ the acids & corrosive ~~of the not~~ of hard usage & unhappy days eat into the tablet never the travel. a

ground. I told of my [illegible] when under a year old with my weaning ~~at 9 mos~~ when under a year old. Still lives still sprawling in the memory there was not much room for Mo 9 so I was ~~put~~ left and a bit ~~with caffeine~~ - the bills ~~apple orchard~~ pasturing close to the stable when the calves were left. My pail of milk was put out with the others & I could not get up and drink my fill. The day a bundled bull calf who had dined cowed me much humble, having punished his pail came up behind ~~me~~ as my head was deep in the pail & butted me into it. That is from the bull calf I knew or just before the accident I ~~could see~~ caught a stumble of the stair in his forehead. Naturally an incident of the sort would make a deep impression on a baby's mind, and since that I have loved the sleigh & sleigh. I have come to believe it to be true & I recall no event of my first five years with greater clearness.

In the silent watches of the night back into consciousness comes ~~the~~ unbidden the thought of the secret sins of long ago, the unhappy incidents of childhood, the foolish rumbles, the unkind word to one near and dear, gone in the spirit land, the ~~dead~~ up from graves little selves they peer at us as they pass. In vain one burns the handle + puts in other films on which are recorded the happy incidents, but no! some fiend has changed them and there a new procession long as Banquo's ghosts. Then suddenly, the peace of oblivion like a curtain, ~~that rolls~~ falls upon the scenes

distinguished physician said to me once. 'Oh you must have had a happy time as a boy. You are always happy, + go where I will ~~the~~ I walk in the shadow of a childhood full of wretched memories.

How far back in childhood are the legible? ~~Here~~ again. There is no reason why the very earliest should not remain ~~bad~~ one thing the one but few of us have many memories before the 5th year. I am sceptical of these infantile fables such as toddling + then of events happening before the 2nd year. I have not seen Lord Herbert referred to mentioned in his autobiography.

It reminds me of Lock-Lampson well known verse nearly always the incident is not what the child has heard repeatedly and in adult life if we hear a story often enough we come to believe it. Some in a company one when the conversation turned on this subject the usual years were given and one lady gravely told of an incident she remembered when only a little more than 12 months old. The usual contradiction was given & she that there was no possibility of such a thing. Still greater grounds I told of my earliest recollection - occurred with my weaning at 9 mos when quite a grown old. Still lives still speaking in the morning there was not much room for mo 9 so I was ~~had~~ lifted + a bit ~~with satisfaction~~ - the ~~apple tree~~ ~~pasturage~~ close to the kitchen when the calves were kept. My pail of milk was put out with the others & I could only get up and drink my fill. One day a brindled bull calf who had already caused me much trouble, having provided him pail came up behind ~~me~~ as my head was deep in the pail & butted me with it. That it was the bull calf I know as I sit before the accident I ~~could see~~ caught a stumble of the stair in his forehead. Naturally an incident of that sort would make a deep impression on a ~~stay~~ young mind, and now that I have told the story so often I have come to believe it to be true & I recall no event of my first five years with greater clearness

Notes — Dr of Thews

In the silent watches of the night back into consciousness comes ~~the~~ embolden the Thought of the secret sins of long ago, the unhappy incidents of childhood, the foolish muddle, the unkind word to one near and dear, yours in the spirit land, ~~the~~ ~~back~~ up from graves more even little selves they peer at us as they pass. In vain one turns the handle & puts in other films on which are recorded the happy incidents, but no! some fiend has changed them and flash a new procession long as Banquo's ghosts. Then suddenly, the peace of oblivion like a curtain, ~~shuts out all~~ falls upon the scenes

"The glory of the days will whether with arm or brain,
have bred

"To exalt the present & the real
To teach the average man the glory of his daily work
& toil"

Confidence of youth and youth was the best running, and the best and the best friend this is as it should. Why should you let back the shoulders of the frowsiness, dullness & commonplace of the students of the 20th century even of the 50th. It is not mushroom growth & chalfying — it only worries you to feel sad for their lot. Are for your peace of mind cast no thought forward less it regards in the day when you & your successors will present the same aloofness of clothes & brain that now shackles your own. You know on the pages you illustrated may argue of the 20th

Future! you have no future! Anything this you be & no opinion all matter — the future belongs to youth —
"Happiness must be shared to be true
must be unselfish to be wise"?

to of life

Let the dead past bury its dead –

Two selves. – the one in which you for the outer world
Have ~~over~~ built the covenant, a holy of holies into
which no man enters –
the hidden life – Ma

In these distant scenes we may write the shadows
'persons which flit like ghosts'

– We must have Lucians & Voltaires to savour with
salt – the

Habit and Aristotle see DNB.
art on land

~~Say after day~~ Let the dead past bury its dead –

May you have the crowning blessing of life – to have
a strong bias towards ~~an~~ pursuit in the pursuit of which
heart & head are equally involved

– Not intellect, not fame but by character alone is
the world won

– you must be like the angler "Hoping much & feeling
little, content with less"

– In these days of dissolution and disintegration
many hearts are apt to fail, lost in a sea of doubt
relentless & without compass, but no one need
despair who harbors generous impulses & keeps
alight the fires of enthusiasm

– Walt Whitman never spoke to me much of
his poems, tho occasionally he would make a pro-
tation but I remember late one summer afternoon as I
sat in his room there passed a group of workmen
to whom he spoke in his friendly way – "Ah" he said
"the glory of the days work whether with arm or brain"
have tired

"To exalt the present & the real
To look the average man the glory of his daily work
& toil"

Confidence of youth and – by none is the best running, and the
best and the best prevail this is as it should. Why should you will
fall the shoulder of the feeblest, dullest & commonplace & have
the students of the poets in even the poets. It is not mastering
nor is it chargeing – it only worries you to feel sad for them but this
for your peace of mind cast no thought forward less it
in the day when you to your successors will present the
same drawbacks of clothes & brain that now at times
you upon the pages you illustrated may argue of the poets

Future! you have no future by this you be a mere
ville machine – the future belongs to youth –
"Happiness must be shared to be true
must be unselfish to be wise"?

Happy the man — and happy he alone —
He who can call today his own,
He who, secure within, can say
Tomorrow do thy worst, for I have lived today
Dryden Trans. Horace, Imitat. I. Macenas

to of life

11

Let the dead past bury its dead –

Two selves. – the one in which you for the outer world
Have ~~one~~ built the covenant, a holy of holies into
which no man enters –
the hidden life – Vita

From the distant scenes we may write the shadows
'fevers which flit like ghosts

– We must have Lucians & Voltaires to savour with
salt – the

Habit and Aristotle see DNB.
art on land

~~Day after day~~ Let the dead past bury its dead –
the petty annoyances, the fancied or real slights
the trivial mistakes, the disappointments, the
sins, the sorrows, even the joys – ~~have~~ lay them deep
~~all away~~ in the oblivion of the night, and
~~for the day~~ wake a free man to face the new
life which each day is an epitome. I say
again it is a matter of habit & custom. To
look back, except in rare occasions, is a sheer
folly to run the risk of the fate of Lot's
wife. Many a young man have I known
arrested in a successful career by ~~his~~ a
curious ~~[illegible]~~ combination of retro- &
intros-pecting, the mistakes of yesterday, past
years, his efforts of today, the worries of the
past hanging to his destruction, the ~~[illegible]~~
of ~~[illegible]~~ regrets allowed to cumber the very
heart of his life. "The shattered Vandalia
of W. H. favorite poem" "This I write to myself

of hurry & having no time, in that breathlessness
& tension, that anxiety of feeling & that attitude of
results, that lack of inner harmony & ease in short
by which the world will not be is apt to be accompanied
and from which a Carlyle who would do
the same work, would give out of his time be free"
Walter Jones

– The fittest conquest yourselves

– The Gibelin Lapsline – wonders – look in the world with

– ~~as~~ George Herbert says "in dressing your soul at night"
~~put~~ put by ~~[illegible]~~ ~~[illegible]~~ bath by shedding as you do
your garments – the sins of one's company.

– add to morning ~~[illegible]~~ & the good body
makes you ~~[illegible]~~

The beauty of the soul is the essence of character

– Moral atmosphere is

Love hope fear faith, these make humanity

Browning

A way of life - "Rules"

What! you will say - no visions - no dreams no delicious fantasies - nothing so transitory as youth -

This way of life ~~need of~~ will prevent the burden of life, mystery of life from pressing too heavily on your spirits. The dark before and after, not, the deep problems of fate force yourself dealing, all the not even the inherited ~~load~~ burden of a new England conscience. ~~fit away little ghosts at cock crow~~ can phase ~~face~~ the ~~young~~ on an ~~assured~~ who comes ~~with~~ this talisman in his heart. Religious doubts - ~~the fantasies~~ little ghosts at cock-crow from a man whose ~~life~~ days are full of work. This is the fairies stove

That turned all to gold of Herbert

A Way of Life. Respice finem!!

method of work - Plato somewhere tells the story of the young man who made such haste that he never reached the goal. I have often debated in my heart of the tragedies of life which I have seen - which struck deepest - It is not easy to say when the heart is soft - all seem so pitiable. But there is a class of tragedies which ~~that~~ wrecked life - the avoidable - the C.B.

Take an illustration - See the boat crew - - - 4 mile. - minutes. - - pretty well done at the end - all the crew can do. wonderful working. - 25 - 30.

- Human efficiency - (see Prof Bell Scott "On Inefficiency Human Efficiency & Business" MacMillan & Co) & Editorial Spectator March 2. 1912. On Human Working - No hurry, no tension, no hustle, no fuss etc.

Exhibit our talent such in our skills, "neither the nature nor the amount of our work is accountable for the frequency & severity of our breakdowns but that there came his rather in those absurd feelings of hurry & having no time, in that breathlessness & tension, that anxiety of feeling & that attitude of results, that lack of harmony & ease in short by which the world will not so apt to be accompanied and from which a European who would do the same work, would run out of the house to be free" William James

- The fairest conquest yourselves

- The Gibelin legend - warbler - look on the world with

- as George Herbert says "undressing our soul at night" not by self-analysis but by shedding as you do your garments - the cares of our economy.

- add to morning prayer & that of geniality & the good body makes you step free

The beauty of the soul is the essence of character

- Moral anaphylaxis

A way of life - Notes

What? you will say - no visions - no dreams no delicious fantasies

— nothing so transitory as youth.

This way of life ~~Guard of~~ will prevent the burden of ~~life~~ the mystery of ~~life~~ life from pressing too heavily on your spirits. The not
dark before and after, nor the deep problems of
fate face you and desting, all the not even the
inherited ~~load~~ phantom of a new England conscience. ~~fit~~
~~away little Ghosts at cockcrow~~ can ~~pass~~ face the ~~young~~
man ~~assaul~~ ~~with~~ who comes this talisman in his heart. Reli-
gious doubt - ~~the fear of his~~ little Ghosts at cock-
crow from a man whose ~~life~~ days are full
of work! This is the famous stone
that turneth all to gold & likewise

everlasting mystery that ...

Hands are ~~better~~ heard ~~are turned~~ ~~are~~ castles in the air

What shall I think of life is the question which fills
the heart of the earnest young man - and the answer is
plain - don't think of it - act it. - The whens and
hows are ? of what sense the order & the date - Bad & bad luck for which
that are ? the eyes are not so sharp with seeing, nor the ears
filled with hearing, but without a touch of the weariness of
which all things are at times full - like the preacher.
— a Philosophy, which at last has the only answer to the
unanswerable questions of life & bring you in touch with
the real values & enables you to grasp the hidden meanings
It is a plain way, in which the wayfaring man, though a
fool cannot err, it calls us softly over the sleepy of
despond, delivers you from fear & and distrust & set you on the
straight & narrow way
— whence falls heavily the burden of the mystery of existence

e talent + purpose is the only equipment necessary
to backward glances towards at the past & then as
Goethe says
What each day needs, that shalt thou ask,
Each day will set to fashion task
The soul is clyed by the thoughts it saturated
each day with the

But pass one of these terrible amphibious lacks though may
may stir you only of a mental &
moral atrophy – a reeling brain a chilling soul
has made a David or a St Augustine

– To get your mental & moral actions in
the same automatic control as your muscular & secretory
in the summum bonum of education and you will

Consciously & with ~~principal~~ effort, always will set 14
purpose and mind fixed to follow after righteousness
means that you will never allow the true measure.
The essential life Our mental & moral machinery are cast in the same
formula with our bodily, and the essence of self
~~education~~ is to get them to work in the same
automatic way. and it is possible. just as the
highly complicated action of walking, ~~through~~ learned
by the child with difficulty, becomes simple so do the equally
complicated
The hell-tight clarity of vision of Plato you may realize
you can gradually acquire a refined and
cautious common sense which little charcoal
will clarify the turbid effervescence of life
– Dream your dreams, see your visions but let them
be dreams of the living soul, visions of life as you will and
upon the results you a beautiful – and
No other correction so valuable to the weariness the
pain & the fret; no other reflection so absolute a solution of the
everlasting mystery that surrounds us.
Hearts are ~~better~~ heard ~~are turned~~ ~~are~~ castles in the air
What shall I think of life is the question which fret
the heart of the sweet young man – and the answer is
plain – don't think of it – act it. – The where are I
what am I? what sense the other or the dead – Bah! a bubble upon foaming
the tides is not so hopeless with seeming, nor the sun
follow with tearing, but without a touch of the weariness of
who do all things are all written full – like the preacher.
– A Philosophy which does the only answer to the
unanswerable questions of life & bring you in touch with
the real values & enables you to grasp the hidden meanings
It is a plain way, in which the wayfaring man tho' a
fool cannot err, it calls us softly over the struggle of
despond, delivers from the giant despair & sets you on the
steep & narrow way
– when we falls heavily the burden of the mystery of life

One talent & purpose is the only equipment necessary

No backward glances towards at the past & then as

Goethe says

What each day needs, that shalt thou ask,
Each day will set to proper task

As the soul is clyed by the thoughts it is saturated
each day with the

But ~~pain~~ one of this: terrible anaphy taché ~~though~~ though many
~~pain may~~ many other you ~~[illegible]~~ only of a mental &
moral although – a searing pain a chilling sin
has made a David or a St Augustine

– To get your mental & moral ~~[illegible]~~ activities in
the same ~~[illegible]~~ activities as your muscular & secretory
in the summer term of education and you will
have missed the chief aim of your student
life of you leave without a capacity to discharge
every mental & moral obligation ~~[illegible]~~ with
as little active participation as you take in
telling your legs a walking. Only of there is
some obtuse, or

~~This~~ Not what you do but what you are is the
gauge of your efficiency. – The subtle element of
personality comes in and the moral radium of
the world is largely stored in lives the world's
coarse thought & finger current plunt – in the
silent great workers, who neither shriek nor cry ~~but~~
~~who~~ the nameless saints

– The double self – so many powers to. alone
solitude tends dangers for the giving. – Be not
solitary – be not idle

– Thought – in time – appalling waste by giving vent
in talk in aimless discussion. Put out at
least 2 hours a day in writing.

Essentials & non essentials

Not in flight, not in conventional seclusion not in a
[illegible] but in the ~~free~~ fellow service of men & women
is to be found the solution ~~[illegible]~~ problems that
have confronted humanity

That you may learn to draw the straight furrow &
so come to the true measure of a man (Theventus)

– "Many in sad faith sought for her – (Lowell)

~~a way of life~~

The head draws us one way – the heart another

As the current of our lives broaden & deepens that
will be but the echo & fathers

Get in tune with the infinite – waste no precious time
in yearning after the ~~distant~~ vague infinite

Adaptability, ~~comes with~~ the capacity to fit your
environment, with come ~~with~~ the ~~daily~~ exercise &
many functions – sweat, weeping, colour &
of the day – you may not like the nature but you are
here to get standardized as essential part of the
social machine, and you have to get ~~worked & fashioned~~ worked
into form. The alternative is the scrap heap. But
fortunately the social machine has many parts – steel, iron,
wood, ~~rubber~~ & ~~cotton wool~~ linen, ~~cotton~~ wool & silk
& the important & many fabric

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We wander out here in a great forest for 70 years.

Life is a great forrest in which we wander for 70 years
the way in midnight, nice in pebbles, the way out a
mystery –

I cling to the conclusion of the wallow & pull
since there is a language ~~not expressed~~ to that has no relation
to your years, to ~~in~~ that which kindle at
spontaneity in the ~~heart of~~ child, the language of ~~the~~
heart as natural and as joyous as

Equally obscure in his origin & his Destiny we
have no certain knowledge how man originated
on the earth

The gospel of salvation of this life, of this miserable
body or it is fashed called of this flesh in whose one
mesh our soul is woven is the one which it is my
business to preach. The way ~~is~~ no longer is strait & the gate is
no longer narrow but you trample it

What is the meaning of life – what is its message.

Not in flight, not in conventional seclusion, not in a
secluded mediaeval but in the ~~free~~ fellow service of men & women
is to be found the solution ~~provide~~ problems that
have confronted humanity

That you may learn to live the straight furrow &
so come to the true measure of a man (Theventus)

– "Many in sad faith sought for her – (Lowell)

~~a way of life~~

The heart draws us one way – the heart another

– as the current of our lives broaden & deepens that will be but the coasts & fathers

– Get in tune with the infinite – waste no precious time in yearning after the distant infinite

Adaptability, ~~comes with~~ the capacity to fit your environment, with come ~~out~~ the ~~daily~~ exercise & many functions – sweat, weeping, colours of the day – You may not like the pattern but you are here to get standardized as essential part of the social machine, and you have to get worried into form – the alternative is the scrap heap. But fortunately the social machine has many parts & many fabrics – cotted wool, worsted, & ~~cotton wool~~ linen, cotton wool & silk & the important

– Youth & the time light

– It is the same in public life, not your vote but your life counts in the community – your alma mater incarnate assesses with wisdom of 2½ centuries – care not a fig how you vote but she does care & it is her duty to care that you are so guided your mind that all parties in the state feed

– You may say here is a colorless milk-livered mollusc, a flippy slippy – it

You must be – lover of life wherever you find it – the insolence of material prosperity

– The past "Oh Gods could I enclose my mind
And clasp it with a clasp

Shut out the yesterdays – they have helped form the way to day's – death, & have no concern for you personally – L.C. consciously – It is there all night – in us, working daily but we live & we do not feel it – Let it work unconsciously – in us it get

The Hall-mark

Phrases

But the western mind is a poor receptacle for such a faith, particularly the passive contemplative introspective faculty which Budda inculcates and which reaches its climax in the Lamas of Thibet – the unmarried hermits who seek Nirvana walled from the

Faith is one of the great miracle workers of modern which science is as ready to accept as it is to study its marvellous effects

When we reflect on its vast assets in human history the part played by faith in the healing art seems very insignificant and yet there is no [illegible] manifestation more favorable

Concentration is an art of slow acquisition – Little by little you may train your mind to habits of slow calling a careful deposition. You remember what Lowell said –

Limit your hand reading to half an hour

It depends what you want – & what you are working to pay – If it is success, influence, wealth, position they are yours but at a price. There is no fairy godmother – no magical wand – the self denial, self mastery concentration is the secret of strength, Emerson says

Habit – by to bullion you start – with the left hand

Renunciation –

Physical morality –

Independence of external conditions

your brothers keeper

You are walking bundles of habits

"Side by side with hearts cast in this world
The faded night shade grows & bitter one"
Lowell

The Hall-mark

A – Little ~~[illegible]~~ the vast?

Phrases

But the Western mind is a poor ~~reaplant~~ transmitter of faith, particularly the passive contemplative introspective faith which Buddha incubates and which reaches its climax in the lamas of Thibet – the unmarried hermits who seek Nirvana walled from the

Faith is ~~[illegible]~~ one of the great miracle which science of modern is as ready to accept as it is to study ~~[illegible]~~ its marvellous effects

When we ~~look~~ replace at its vast assets in human history the part played by faith in the healing art seem very insignificant and yet there is no department yet manifestation more favorable for an unbiased study

~~mind & body so~~ Interlaced & interwoven in ~~the~~ a one mesh. as Browning calls it that "soul & body" mind & body

The brute in them are gibbering – they are chattering Baldams so selfish & sodden that he seems half brother to Caliban at the other those fine spirits, only a little lower than the angels & must work with

We who work at the turnstiles of life ~~should be~~ ~~look to cannot look askance~~ helping eyes at our poor helpless fellow creatures who stretch blind blind hands of faith & navigate the most of the great into the darkness of the future. We may deplore ~~the~~ vagaries of faith ~~that make its~~ which have run red & blood-red so many manifestations ~~a dark~~ pages in history we may deride the puerile trivialities with which the sanctuaries of life have been darkened in ~~the~~ modern bastard substitute for the worship of the ancient God of our Guild. We have a clear and definite mission – to our work to make men better, to lighten the ~~[illegible]~~ burden of the unfortunate ~~of our fellow~~

Utilize your waste products

The three faults – first that which may be
on the supernatural &c
The second relation of man relations with his
fellows.
The third has dealings with the man himself
his relations as a personality with

men, to relieve their sufferings, to stay their
sorrow. ~~and if we~~ In all our wanderings
faith has followed us – a pillar of cloud by
day, a pillar of fire by night.

21

the bow in our life when more & more the burden of life grows
in us to poetry in literature — poetry
It will relieve from each man of you the burden of
the mystery of life. Pay no heed to the ~~[illegible]~~
babbling ~~[illegible]~~ who are crowing ~~[illegible]~~ of
about the ~~[illegible]~~ forest of life in which
we wander for 50 years, the way in which
we are faithless the way not a
man would
If here mysteries about life, but life
itself for you is no mystery at all, but a
plain straight business. The way is ~~[illegible]~~
clear blazed for you by generations of
strong men into whose labors you enter &
whose ideals must be your inspiration
You remember Lowell's lines
[illegible]

20

~~Life is~~ Day light compartments offer the best
guarantee for a safe voyage on the ocean of life
a condition in which ~~and~~ the ordinary accidents are met without loss
of the ship but as the tragic story of the Titanic reminds
us that there are mishaps that rip open a ship
with hands like as much paper so ~~the~~ every day
experience tells us that no man, however well
regulated his machinery & however well equipped
is accident proof. ~~David, St Peter~~ But happily
to founder, to plunge headlong to destruction is
rare in a man whose ~~life~~ day light compartments
are in good order. From David & St Peter to Wolsey
and history is full of the regrets of men who
have repelled often ~~shortly~~ more accidents, and I
would urge upon you not to be discouraged, if
~~caught unawares~~ stumbling you stand you grievously fall
unfortunately is
Help you to avoid the tragedies of life

1 Loss of trust in yourself
2 loss of faith in your fellow
3 loss of hope for the future

Utilize your waste products

The three faults — first that which may be
on the supernatural &c
The second relation to man relation with
fellow
The third has dealings with the man himself
his relation as a personality with

We have an age & place where music & verse the pattern of life force 21
in into poetry in literature in painting

It will release from each man & woman the burden of
the mystery of life. Pay no heed to the ~~[illegible]~~
babbling ~~[illegible]~~ who are croaking ~~[illegible]~~ of
about the ~~[illegible]~~ forest of life in which
we wander for 50 years, the way in unknown
nice in footless the way not a
[illegible] around

If here mysteries about life, but life
itself for you is no mystery at all, but a
plain straight business. The way is ~~[illegible]~~
& clear blazed for you by generations of
strong men into whose labors you enter &
whose ideals must be your inspiration
If you remember Lowell's lines
It's clear I am one who

There is no horrible crisis which this country
cannot face with a light heart of ~~[illegible]~~ your valley,
man will know to drive the strongest from
the weak & the vile. It is not your ~~[illegible]~~ character
life, not your vote that counts. ~~[illegible]~~
It is your life in the community in which you live. You
alone make, incarnate essence of a culture of
unknown causes not by your ~~[illegible]~~ but she does
come & dwell here & use that, in her order, you
lives that ~~[illegible]~~ quite perfect fill, in the effort
available life & [illegible] [illegible] those you in
way, & to bring honor duty in the

way The things that bring a man place at the
last ~~[illegible]~~ unveiling of Gods

When with a good conscience & pure heart
you battle sweet word

Do not hesitate you have reasoning high
of Providence &

A Way of Life

1. Introduction. Gale. a Gale man
2. The need for philosophy in life
3. The advantage of talking once from an average man whose philosophy is on your level – Hark back to Philosophers
4. The Philosophers – Ideals. a Reminder.
5. Two ways – before every man. – a choice – no longer the vita. contra a the vita activa
6. Take philo. which I preach to the. – a way of life, Each makes

Every generation has its own interpretation of the way.
Elias Ashmole – a name still famous in Oxford
In 16
And the way will help you in that eternal war of the
[illegible] and a body the interactions of which

Evolution from Psalm

Bruised with a rod of iron, broken in pieces like
a potters vessel

In those days when there be many who say who
will show us any good
Ordained strength out of the mouth of babes & sucklings
What is man that thou art mindful of him &
the son of man that thou so considerest him

You may hear the deep sighing of the poor

If my lot is fallen in a fair ground you go to large
a goodly heritage
out of many waters
One day telleth another
Day unto day uttereth speech – night unto night
sheweth knowledge

The stone rejected as a stumbling stone has become
Cravish thee thy heart desire & fulfill all thy mind
Clean forgotten as a dead man out of mind
Among The things that bring a man peace at the
end of wandering of body

When with a good conscience & fair fame
Gentle sweet mind

Do not trade you have reasoning high
of Provoker &c

A Way of Life

1 Introduction. Gale. a gale man

2. The need for philosophy in life

3 The advantage of talking once from an average man whose philosophy is on your level – Hash any Philosopher

4 The Philosophers – Ideals. a Reality.

5. Two ways – before every man. – a choice – no longer the vita. contra a the vita activa

6 Taking philosophy which I present as the. – a way of life, Gaskoden

Every generation has its own interpretation of the way.
Elias Ashmole – a name still famous in Oxford in 16

And the way will help you in that eternal battle of the Roses – tolerance and a body the interaction of which worry so many opposites to destruction. If you may take one of those views – with Plato regarding
with St Paul the orientals or make a compromise
and with Browning so have that. Plato &
We live in an age in which more & more the problems of life press upon us in Poetry, fiction general literature the
a then partition divides saint & sinner and it may be a question whether St Augustine or
Abelard or St Francis

hidden & take no thought – when tomorrow where today will take care of all there, tomorrow shall take thought for the things of itself.
– See Koran & Anthr. Omar
a great secret of success ~~in life is to~~ limit your horizon and then carry out there can only be done when life is in day-tight compartments. But I would urge it ~~may~~ not on account of the uncertainty, life cannot offer all the attraction of life for you young fellows is good – only about a year out of 3000 dies. Hamlet on Hamlet lower but I urge it as a philosophy – a habit – the life of the present, of today, hard & worthy, interesting without thought of the future, but in such a way as to make it the best preparation for the future. Get the horizon limited, your big iron bull heads in good order – and of the best type, worked by electricity from the bridge so that any time you can shut out the past or the future and enjoy the

In the book of the wars of the Lord there is a story of a man called Rebelli

of to day.
Go to now ye that say To day or tomorrow we will go into such a city, and continue there a year and buy and sell and get gain: whereas ye know not what shall be on the morrow" + the coming - For what is your life? - And I urge it in no morbid spirit of Ecclesiastes or in the spirit of the cup of wine & thou of Omar but for the modernest spirit of these men who wish to quit themselves like men & who have strength enough to resist both the subtle mysticism of the East which pervades and the the voluptuous fatalism of Omar

The Future - that wretched tomorrow plagues the life out of some of us. There is no certainty in tomorrow except this today. What a day may bring forth who can say? no one we are told - But yes there is one man who alone

a way of life

Lifes - Philosophy - day - light compartments.

Man and a big ocean steamer - under - light compartments.

1 The day - The uncertainty of time - hourly sleek & sleek.
carpe diem - The fleeting moment - the hour. The day
the least of the unfolded day - ephemeral - ephemerides - & the
spiritual ~~the ... of Christ~~. ~~To each day an day than~~
~~The Crescendo~~
Give me a day & I will tell you the man as clearly as
Prof Marsh would tell you the habits & structure of a
pleistocene animal from a few bones.

3 Phil of the day was the philosophy of Christ - Only
day by day are we to ask for bread. - not for
tomorrow. But no more comfortable verse exist
in Holy writ than Take no thought for the morrow
for the morrow shall take thought for the things
of itself. The stress laid upon tomorrow im-
plies that that the thought must be taken for
today and for bread. The fear of contingencies of
tomorrow which may never exist ~~have~~ in our
imagination, the anxieties & worries ~~of~~ possible
difficulties the encumbrent, the things that
may happen - for there were are expressly
bidden to take no thought - ~~when~~ tomorrow
where today will take care of all there, tomorrow
shall take thought for the things of itself.
- See Koran & Arthur. Omar
A great secret of success ~~in life is~~ is to limit your
horizon and this can only be done when life
is in day-light compartments. But I would
urge it ~~though~~ on account of the uncertainty, life can
offer all the exhilaration of life for you young fellows
is good - only about a year out of 300 Hamlet in habit lives
dies. but I urge it as a philosophy - as a habit - the
life of the present, of today, lived earnestly, intensely
without thought of the future, but in such a way
as to make it the best preparation for the future.
Get the horizon limited, your big iron bull heads
in good order - and of the best type, worked by electricity
from the bridge so that any time you can shut
out the past or the future and enjoy the

In the book of the wars of the Lord there is a story of a man called Rebelli

I came across in the Olympic – a great monster of the deep, alive in every plate, a huge organism with a brain & nervous system, an immense stomach & kitchen, a wonderful heart & lungs, ~~and~~ a splendid system of locomotion, and ~~the~~ ~~crude~~ ~~wonderful~~ monster entirely for the mutuality of certain thoughts. Calamed in accumulated ~~little~~ creatures which swarmed about the decks and are known in Philosophy as man. Frail little pygmies for this great monster, itself but a speck on a vast ocean, itself as a dew drop of the universe to the universe to this earth. ~~I asked of~~ I asked the chief engineer one day – the man who has charge of the heart & lungs & muscles what was in the ~~chief~~ most importance single element of people – & he said the water-tight compartments in which the ship is built. and to wall in the bridge & the

– McAuid. hygiene – Univ. the ship & man all the same construction.

The anesthetic fall

Get on the bridge & see that the two great bell heads of your brain are working well. Test the bulkheads and ~~keep~~ on every level the iron gates close on your pride – Test the bulkheads again and shut off with the same strong the future. Then you are safe for the day – safe for today. Whether safe for tomorrow depends on how well you know the machinery is working well and at any moment.

No necessity to keep them permanently close – It is a great curse to have them open at certain levels. Shut off all the time at certain levels – the sense of time

~~Extend~~ on the bridge at times & open wide at all hours & get away out the past – & with wings of fancy see the future

of to day.
Go to now ye that say To day or tomorrow we will go into such a city, and continue there a year and buy and sell and get gain: whereas ye know not what shall be on the morrow" & the conclusion - For what is your life? - and I urge it in no morbid spirit of Ecclesiastes or in the spirit of the cup of wine & song of Omar but in the modernest spirit of there men who crush to quit themselves like men & who have enough enough to resist both the subtle mysticism of the East which pervades and the the voluptuous fatalism of Omar

- The Future - that wretched tomorrow plagues the life out of some of us. There is no certainty in tomorrow except there today. What a day may bring forth who can say? not one we are told - But yes there is one man who can know tomorrow. & who carries his secret in the hollow of his hand. He has gone down with Ulysses to the dead and has made the magic circle and has wrung the knowledge from the reluctant Tiresias - The Future is To day. Nothing that Tomorrow may bring in the way of ills

his heart & who holds

In Each day you may see as in a mirror your life
- The round the dull. - see Robertson Sermons.
morning is youth - bright & sunny, or overcast &
noon.. - The night cometh - man is μεμετρημένος θεοῦ -
- seductions of the morn - sense - - idle. - the
lures. The bitter pangs of misspent low.
In collision with leaders & fellows - the tempters
the pestilence, the bad language. - sloth, too much
Pure - losing in mind & morals that fetters which
keeps a man in bondage. all the fever & the
fret & the fret of life.
noon. - Eve. Be the day weary, be the day long & c
Get in tune with the Finite
The old proverb - Take care the days & the years will
take care of themselves".

escape
but your days will move the eyes from the horizon
to the solid ground under your feet - The truth
is not there happiness is not there, certainty
is not there - but the falsehoods, the frauds, the
the quackeries, the errors, the ignes fatui
which men have followed in every generation
lie in the horizon and only the men who are
not content to look for truth & happiness &
certainty at their feet - the men who have never
sung that great refrain out their souls - "One
step enough for me"

- Farrar's address - Education of the Judgment.
Sufficient for the day is the goodness thereof - look
at the rose.

Job dayman - you should hearn - be your own
dayman

the old motto Respice, circumspice, prospice
I would change for:

— Do not waste time beating your little hammers upon the anvil that such sledge wielders as Jonathan Edwards & only know

Get a trebles for your voice — the the sound without it bears but few fruit —

certain great ideas flow thro the ages and dominate men today as strongly as in the age of Pericles — but each age has its peculiar pleasures, its special sport and its peculiarities in manner, in speech — in thought & in the little ways of life. The things that stir your souls are not the same as called out the strong emotions of your grandfathers. & — to generalize — about each class

"Since more brains reflect but the crown of a hat"

The double life of reason & of intuitive belief — may cure the dual but anomalous character of Descartes & have the fault of his name.

— nothing passes away so rapidly as genius

— Erasmus in the student life

— Hope which Ruskin calls the Testing virtue (5 of them), is never absent from the man who lives the happy busy day absorbed in its duties, in its pleasures, in its trials in its disappointments

— That there's a world of capability
For joy spread round about us, meant for us
investing us" (Browning. Clem)

— and the morning's lazy leisure
ushered in a useless day. Goethe. Werther & Aylt Tasso
p. 162

"Das allbelebende wolle wieder die eisernen angsteng glieder & deckte brechen — Sedgwick's Life p. 269 —

The anesthetic pill

Get on the bridge & see that the two great bell heads of your live are working well. Touch the bulbs and hear on every level the coin Sets close on your past — Touch the bulbs again and shut off with the same easy the future. Then you are safe for the day — safe for today.
Whether you have time or not will you know the machinery is working well and at any moment.

No necessity to keep them permanently close — It is a great comfort to have them open at certain levels. Shut off all the time at certain levels — the sense

Stand on the bridge at times & open wide at all times & get away out the past — & with wings of fancy see the future

o you remember that most touching of all the incidents – Christ's reminding when the anxious ruler Nicodemus came to Jesus by night worried lest the things that really pertained to his academic peace were not part of his busy & successful life. Christ's message to him "ye must be born of the spirit" is his message to the world, never more needed at the present time on them by this generation. You wish to be with the leaders – as a male man it is your birthright, then you must join the processions of great souls who have made up the moral redeemers of this world. – You must be born of their spirit, initiated into their fraternity – whether the spiritually minded souls, or followers of the Nazarene or of that larger & company elect from every nation where – see St Peter's mate

The motives that take their rise in moral or spiritual sense control the development of man & of his nation or they could be actors individually & collectively

[illegible] stay here for a years to [illegible]

I had some bark every day – See that withering tree..

Erasmus said "I have wasted my life laboriously in doing nothing at all"

Get in touch with the finite at once and join the whole creation of animate things in a deep heart-felt joy that you are alive – that you see the sun that you are in this glorious world which is so beautiful, the souls of which is the mystery of which it is your destiny to conquer & control. Set your face towards Jerusalem – Join the two – Join the processions of great souls – start the day with Christ & on the Christ-life; towards peace – put up that morning – turn in the work of the dust & mud of the day – Pick up the wheels of the road is very rough – One daily – make each day of the Christ-life your life

Look heavenward if you wish but never to the horizon – that way danger lies. Once or twice in a life climb a peak & take a survey of the land & escape but your days will be spent the eyes from the horizon to the solid ground under your feet – The truth is not there happiness is not there, certainty is not there – but the falsehoods, the fraud, the the quackeries, the errors, ~~all~~ the ignes fatui which so men have followed in every generation all lie on the horizon and souls of the men who are not content to look for truth & happiness & certainty at their feet – the men who have never sung that great refrain unto their souls – "One step enough for me"

– Faraday's address – Education of the Judgment.

Sufficient for the day is the goodness thereof – – look up the verse.

Job daysman – you do not understand – he is our daysman

the old motto Respice, circumspice, prospice
I would change for.

Do not waste time beating your little hammers
on ~~that~~ your anvil. Get that such sledge wielders as
Jonathan Edwards & ~~only bear~~
get a trebles for your wine - the the ground with
it bears but poor grist -

certain great ideas flow thro the ages and dominate
men today as strongly as in the age of Pericles - but each
age has its peculiar pleasures, its special sport and
its peculiarities in manner, in speech, in thought,
in the little ways of life. The things that stir your souls
are not the same as called out the strong emotions
your grandfathers. & - the generation - almost each class

"Since more brains reflect into the crown of a hat".

[illegible] intended behalf - may come

a hand to mouth existence - always ready for
the problem of the day - the lamps trimmed, the armour
on

End of all study is to make a good
judgment (Descartes

You must feel that test for existence that makes
each day a life - that must delicious of all sensations
when the young man feels the power of the machine
ever fast yet that works smoothly & noiselessly.
But should you ever get to that state in which you feel
life is a thing to be put off until - a bore, a burden
~~Either your digestion is out of~~ you may think the machine
is not working well - the digestion is out of order, you have
been ~~reading~~ too much, or studying too much - or
you have ~~allowed~~ been feeding your gulf - the younger Aphrodite to you have been
get that Hellenic idea of life ground into your Puritan dealt with the Puritans
souls.

"These" (Theatre-Ben) are messengers of strong prevailment
on unhardened youth" (M.N.D. I.1)
I am sure you are spirits of another sort.

The extraordinary length of a day - only 8 hours in
Oberon. - 16 long long hours.
Voltaire's Candide "We must cultivate our gardens" p 346 of life

"a book that still has its ancient power

Perhaps some casual word may stick, perhaps some of
you may catch the secret & learn so to number your
days that you may apply your hearts unto wisdom.

Do you remember that most touching of all the incidents in Christ's ministry when the anxious ruler Nicodemus came ~~to Jesus~~ by night worried lest the things that really pertained to his eternal peace were not part of his busy & successful life. Christ's message to him ("ye must be born of the spirit") is his message to the world, never more needed at the present time or than by this generation. You wish to be with the leaders – as a male man it is your birthright, then you must join the procession of great souls who ~~[illegible]~~ have made up the moral redeemers of this world. – You must be born of their spirit, initiated into their fraternity – whether the spiritually minded souls, who followers of the Nazarene or of that larger company elect from every nation where – see St Peter's acts

The motives that table their use in moral or spiritual sense control the development of man & of the nation – they control his actions individually & collectively. The great object of your stay here for a years is to supplement the moral training of the home by ~~[illegible]~~ others which give the under estimate

Over

Ode Commandment

philosophy. Did not the great Stagyrite say that young men were unfit students of philosophy – they will hear as though they heard not, and to no profit. Why then should I trouble you? Because I have a message that may be helpful. ~~to some of you~~ It is not philosophical nor is it strictly moral or religious – one or other aspect of it, I guess, may be called in a way and yet it is all three. It is the oldest & the freshest, the simplest and the useful[illegible] – so simple indeed is it that some of you may turn away ~~from~~ in disgust as did Naaman when told to go wash in Jordan & be clean. You all know those composite tools

The day is long, an hour is ~~[illegible]~~ only an hour is very long
Take early counsel with your hearts as to titles & [illegible]
Find out what subjects of study allure you most powerfully
Your destiny is law but there Wordsworth teaches wonders
a cord in your heart and ~~[illegible]~~ a desire to be sealed
of the "Orbs of Men" – Your destiny is medicine but
~~[illegible]~~ Shelley sly-lark sings in your heart
Your destiny is the church – but the story of Daniel
in your Pasture fires your imagination
Your destiny is business – but the slaves in their cinnamon
appeals to
~~[illegible]~~ Murdoch their deserant grove, keep a
corner in the garden of your mind for them & the day
will come when it ~~[illegible]~~ be your chief delight. I do
not remember who made the remark that ~~[illegible]~~ one of the
tragedies of life is getting what you want. a man may
never know ~~[illegible]~~ failure – until success is assured.

Take your work seriously never yourself

a heaven to keep sweet the days of prosperity. He gave
them their heart desire but sent leanness withal into their
souls.

The realization that life is a serious affair comes to
the young at different periods & in diff ways
I sat in ~~[illegible]~~ nursery complained that I had no
~~[illegible]~~ your no daysman to hear – be your own
daysman with a ~~[illegible]~~ heavy hand on the past &
in the future

You are all of the Hundred of Rome, sons of Clitus
peacemakers in the Crusade – who so bold, so and
there is a spirit in man & it is your spirit.

been waiting [illegible] for you to be [illegible] – or
you have ~~[illegible]~~ been forking guilt – the younger Aphrodite to you have been
got that Hellenic idea of life grafted into your Puritan
souls. dealt with the Future

"There" (Death-Den) are messengers of strong prevailment
in unchastened guilt" (M.H.C.)
I am sure you are spirits of another sort
–
The extraordinary length of a day – only 8 hours in
Uranus – 16 long long hours.
Voltaire's Candide "We must cultivate our gardens" p 346 of life
"a touch that still has its ancient power
Perhaps some casual word may steal, perhaps some of
you may catch the secret & learn so to number your
days that you may apply your hearts unto wisdom

the bought for 50cts with the one handle to fit a score or more of instruments. The workmanship is often bad, so bad as a rule that you will not find an example in any respectable carpenter shop, — but the boy has one, the chauffeur slips one under his box & the sailor into his kit, and there is one in the odds & ends drawer of the pantry of every well regulated family. It is simply a handy thing about the house to help over the many little difficulties of the day. If this sort of thing I wish to make a present to [illegible] handle to fit the

A way of Life

an address to Yale Students

by

Wm Osler

Fellow students. A man must have a philosophy of life, in thought, in words, in deeds. He must work it out for himself, unconsciously. He may have the very best and not know of its possession, he may have the very worst & pride himself as a paragon. It cannot be taught. What have bright eyes, red blood, quick breath, and taut muscles to do with philosophy? Did not the great Stagirite say that young men were unfit students of philosophy & they will hear as though they heard not, and to no profit. Why then should I trouble you? Because I have a message that may be helpful. It is not philosophical nor is it ethical, moral or religious — one aspect only, my address would table — and yet it is all three. It is the oldest & the freshest, the simplest and the useful est — so simple indeed is it that some of you in many turn away in disgust as did Naaman when told to go wash in Jordan & be clean. You all know those composite tools

The day is long, and brief is ~~[illegible]~~ and life is very long.
Take early counsel with your hearts as to what is
Find out what subjects of study attract you most strongly
Your destiny is law but there literature teaches lessons
a card in your heart - and ~~[illegible]~~ a desire to be seated
at the "Lake of Ben" - Your destiny is medicine but
~~Travelling is~~ Shelley sky-lark sings in your heart
Your destiny is the church - but the story of a Daniel
or yet Pasteur fires your imagination
Your destiny is business - but the slaves in their cabins
appeal to
~~Encourage~~ Nourish these deserant germs, keep a
corner in the garden of your mind for them & the day
will come when it shall be your chief delight. I do
not remember who made the remark that ~~the~~ one of the
tragedys of life is getting what you want. A man may
never know ~~that~~ failure - until success is assured.

Take your worth seriously never your self

to be bought for 50 cts with ~~the~~ one handle to fit a score or more instruments. The workmanship is often bad, so bad ~~that~~ as a rule that you will not find an example in any respectable carpenter shop — but the boy has one, the chauffeur slips one under his box & the sailor into his kit, and there is one in the odds & ends drawer of the pantry of every well regulated family. It is simply a handy thing about the house ~~I have as~~ to helping over the many little difficulties of the day. If this ~~is the~~ sort of thing I wish to make a present to each one of you — a handle to fit the life tools of the average man — I care not ~~whether~~ whether the workmanship is Sheffield or shoddy ~~this~~ helve will fit ~~any~~ thing from a hatchet to a corkscrew

My message is but a word, a way, an easy expression of the experience of a plain man whose brain has never been worried by any philosophy higher than that of the Shepherd in "as you like it". I wish to point out a path of life in which a wayfaring man tho. a fool cannot err, not a system to be worked out painfully only to be discarded; no formal scheme — simply a habit as easy of adoption, as any other habit good or bad.

Even the feathers often [illegible] power. Put your finger in a baby's mouth and he sucks away at it in blissful anticipation of a response to a mammachan

habit ^ and we can deliberately train millions of years old parts of our body to perform complicated actions with unerring accuracy. Watch that musician playing a difficult piece on the piano. Ballances, commutators, multipliers, switches, wires innumerable control those nimble fingers, the machinery which may be set in motion as automatically as in a pianola. The player all the time chatting as if he had nothing to do in controlling the apparatus

Habit again – the gradual acquisition of power by long practice. The same great law reaches through the mental and moral states. ~~Good~~ ~~are often~~ "Character", which partake like of both is in Plutarch's words "long standing habit." Now ~~the~~ way of life that I preach is a habit to be acquired gradually by ~~long & steady~~ 2nd habit ~~practice~~ – it is the practice of living for the day only, for the day's work – Life in day-tight compartments. Ah! I hear you say that is an ~~simple~~ easy matter – simple as Christ's advice. ~~Most as~~ I shall weigh it, in words which fail to express the depth of my

a few years ago a ~~Xmas card~~ went the round with the legend "Life is just one d'amned thing after another", which in more refined language is the same as saying "Life is a habit" – a succession of actions that become more or less automatic. This great truth which lies at the basis of all actions, muscular or ~~ethical~~ ~~as~~ is the key stone of absolute teaching "In a word habits of any kind are the results of actions of the same kind and so what we have to do, is to give a certain character to these particular actions" (Ethics). Lift a 7th month-old baby to his feet. See him tumble on his nose – ~~at~~ do he same 12 months he walks, at two years he runs.. The muscles & the nerve centres have acquired the habit – one trial after another even one failure after another has given him power. Put your finger in a baby's mouth and he sucks away at it in blissful anticipation of a response to a mammachan

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day in Hospital, and I was much worried as to the future, partly about the final examination, partly as to what I should do afterwards. I picked up a volume of Carlyle, ~~and it proved a sudden virgilliance~~ and on the page I opened there was the familiar sentence "Our main business is not to see what lies at a distance but to do what lies clearly at hand." ~~That has been~~ A sudden virgilliance – could not have been more fortunate. It was a commonplace enough sentiment, but it hit and stuck & helped and was the starting point of ~~[illegible]~~ a habit that enabled me to utilize to the full the one talent entrusted to me.

The workers in christs vineyard were hired by ~~the~~ ~~Go work today in my vineyard, was the com-~~ ~~mand of christ~~ the day; only from this day are we to ask for our daily bread, and we are expressly bidden to take no thought for the morrow. To the modern world these commands ~~savour of~~ have an Oriental savour and are regarded as counsels of perfection, ~~like the~~ akin to certain of the Beatitudes, stimuli to aspirations, ~~but~~ not to action. I am prepared to urge the literal acceptance of the advice, the contrary ~~not in the Epicurean spirit~~ in the mood of Ecclesiastes "Go to now ~~go~~ ye that say, To day or tomorrow we will go into such a city and continue there a year and buy and sell and get gain:- whereas ye know not what shall be on the morrow:" Nor in the Epicurean spirit ~~to well effect~~ of Omar who ~~writes~~ says "cup of wine & Thou", but in the

Dr Johnson remarks upon the trifling circumstances that influence a mans life (over) ~~Let me mention two~~ This was my case I was diverted to the Trinity College School - then at Weston, and, by a passage in the circular that the senior boys would go into the Drawing Room in the evenings & learn to sing & to dance. - vocal & pedal accomplishments for which I was never designed, but like Saul seeking his asses found something more valuable, a man of the Benjamin Silliman type who knew nature & who knew how to get boys interested in it. The other happened in the summer of 1871 when I was attending the Montreal General Hospital. It was hot, I had had a long day in Hospital, and I was much worried as to the future, partly about the final examination partly as to what I should do afterwards. I ~~picked up~~ picked up a volume of Carlyle, ~~and it proved a sorter Virgilliance~~ and on the page I opened there was the familiar sentence "Our main business is not to see what lies at a distance but to do what lies clearly at hand" ~~that~~ ~~is~~ A sorter Virgilliance - could not have been more fortunate. It was a commonplace enough sentiment, but it hit and stuck & helped and was the starting point of ~~my prudence in~~ a habit that enabled me (utilizing the little one talent entrusted to me.

"not by an ascendant planet or predominating humour but by the first book which they read, some early conversation which they heard, or some accident which excited ardor & enthusiasm"

The workers in christ's vineyard were hired by ~~the~~ ~~Go work today in my vineyard, was the cry~~ ~~word of christ~~ the day; only ~~from~~ this day are we to ask for our daily bread, and we are expressly bidden to take no thought for the morrow. To the modern world these commands ~~sounds~~ have an Oriental savour and are regarded as counsels of perfection, ~~like the~~ akin to certain of the Beatitudes, stimuli to aspirations, ~~but~~ not to action. I am prepared on the contrary to urge the literal acceptance of them as a force, not in the ~~[illegible]~~ spirit ~~in~~ the mood of ecclesiastes "Go to now ~~go~~ ye that say, To day or tomorrow we will go into such a city - and continue there a year and buy and sell and get gain:- whereas ye know not what shall be on the morrow:" Nor in the Epicurean spirit ~~so well expressed~~ of Omar ~~[illegible]~~ "Here's cup of wine & Thou", but in the modernist spirit as a way of life, ~~a~~ a habit ~~[illegible]~~ a strong encouragement of you will against the mysticism the East and the voluptuous fatalism of Omar. ~~and said you like man~~

I stood on the bridge of ~~one~~ of the great liners ploughing the ocean at 25 knots an hour. "She is alive said ~~the captain~~ my companion in every plate - a huge monster with brain & nerves, an immense stomach ~~[illegible]~~ a wonderful heart & lungs and a splendid system of locomotion". Just at that moment a signal ~~was~~ sounded and all over the ~~ship~~ the water-tight compartments were automatically closed. "Our chief factor of safety" said the captain. "In spite of the Titanic" I said. "Yes he replied in spite of the Titanic. Now each one of you is a

father may have mental & moral constituents in your make up. Generations of ~~[illegible]~~ ~~New~~ England ancestors brooding over "Providence, Foreknowledge, Will & Fate - Fixed fate, free will, foreknowledge absolute" may have given you a New England conscience morbidly sensitive, to heal which you ~~prefer~~ had rather sing the 91st Psalm that follow christ into the slums. Shut out the yesterdays, which have lighted fools the way to dusty death and have no concern for you personally - that is consciously. They are there, all right - in us working daily but so are our livers & stomachs. And the past in its unconscious action on our lives should bother us as little as they do. The petty annoy-

ances, the real & fancied slights, the trivial & insolent
the disappointments, the sins the sorrows, even the
joys buried deep in the oblivion of each night. Ah!
but ~~the disappointing~~ it is just there that so many
pass the ghosts of the past –

Night riding Incubi
Troubling the fantasy

come in troops ~~each bearing some sin or~~
~~sorrow~~ and they pry open the eyelid ~~until~~
~~we see~~ ~~usually about 4 a.m.~~ and each one
presents a sin, a sorrow, a regret. It is bad
enough ~~when you are~~ in the red and seasoned but ~~so~~ in
~~many~~ the young may mean these ~~condemning~~ of the worm regrets
~~condemn~~ demons of the past, may be a terrible

much more marvellous organism than the great
liners, & bound on a longer voyage. ~~Your~~ What I ask
is that you should learn to ~~know~~ control the
machinery as to live ~~with~~ day tight compart-
ments, as the most certain way to ensure
safety in the voyage. Get on the bridge & see that
~~the~~ the two great bulkheads are in working order
Touch the button and hear at every level of your
life the iron doors shutting out the past – Touch
the button again, and shut off with the ~~same~~
metal curtain the future. Then you are safe &
safe for today!

Shut off the Past!
Let the dead past bury its dead – so easy
to say so hard to realize! The truth is the
past haunts us like a shadow. ~~Learn~~ to
disregard it is not easy. That blue eye of
your grandmother, that weak chin of a grand-
father may have mental & moral counter-
parts in your make up. Generations of ~~consci-~~
~~Puritan New~~ Englanded ancestors brooding over
"Providence, Foreknowledge, Will & Fate –
Fixed fate, free will, foreknowledge absolute."
may have given you a New England conscience
morbidly sensitive, to heal which you ~~prefer~~ had rather to
sing the 53rd Psalm ~~that~~ follow Christ into the
slums. Shut out ~~the~~ yesterdays, which have
lighted fools the way to dusty death and have
no concern for you personally – that is consciously
They are there, all right – in us working daily
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ances, the real & fancied slights, the trivial & mistaken
the disappointments, the sins the sorrows, even the
joys burry deep in the oblivion of each night. Oh!
but ~~the suffering~~ it is just there that so many
pass the ghosts of the past –

Night riding Mambi
Troubling the fantasy

come in troops ~~and bearing some sin or~~
~~sorrow~~ and they pry open the eyelid ~~until~~
~~it opens~~ ~~usually about 4 a.m.~~ and each one
presents a sin, a ~~sorrow~~, a regret. It is bad
enough ~~when you are~~ in the old and seasoned but ~~to~~ in
~~many~~ the young may mean these ~~countless~~ ~~of the worm regrets~~
~~countless~~ demons of the past, ~~has~~ may be a terrible
affliction and in the bitterness of ~~the~~ heart many
a one has cried with Eugene Aram

Oh God, could I so close my mind
and clash it with a clasp
to a ~~bare~~ ~~racing~~ against all morbid poisons ~~left~~ in the system
~~To this end~~ ~~offer a way of life a tried~~
~~& valued remedy well known to and approved~~
~~of by the Faculty~~ ~~passing from~~ by the infections of
yesterdays I offer a way of life, a cure
guaranteed by the faculty if the directions
are faithfully carried out. Only by burying
deeply each day in the oblivion of the night
can you awaken a free man, with a new life
To troll back, & at rare occasions for stroll taking
is to ~~another~~ ~~with~~ the fate of Lot's wife. Many a
man is crippled in his course by a curved com-
bination of retro- & introspection, the sniveling
(over)

the present of today lived entirely intently
without a forward looking thought ~~of the future is~~ is the only
insurance for the future. Limit your horizon
to a 24 hour circle. On the other hand the great
books of science, the Discours sur la Methode
of Descartes (1637) is a vignette showing a man
with digging with his face towards the
earth ~~to~~ at which rays of light are
streaming from the heavens; – the legend
is Fac et Spera. 'Tis a good attitude a
good motto. Look heavenward if you
wish but never the way danger lies ~~the~~ truth
is not there, happiness is not there, certainly
is not there, but the falsehoods, the fraud

of yesterday paralyzing the efforts of today
the worries of the past hagged to his destruction
and the worm regret allowed to canker
the very heart of his life. To die daily, after
the manner of St Paul, ensures the a resurrec-
tion of new man, and each day a the epitome
of a life. Treat yourself as you would a motor
car in the hire at the end of a long day - wash
off the mud & dust, and if the road has been very
rough, add oil to the wheels

the quackeries the signes future which have deceived each generation - all be blown from the horizon & have the men who are not content to look for truth and happiness at their feet. ~~Perhaps~~ Once ~~to~~ sit at College climb a mountain and get a general outlook in the land, and make it the occasion perhaps of that careful & accumulative ~~yourself~~ inquisition which Descartes urges every man should ~~hold~~ once in a life time, ~~but~~ not oftener.

~~This is a falling the~~ waste of energy, the mental distress, nervous ~~apprehension~~ worries ~~hound~~ dog the steps of a man who is ~~always~~ anxious about the future. Shut ~~close~~ them the bull head towards tomorrow and prepare

The load of tomorrow, added to that yesterday ~~and~~ is carried to day ~~makes~~ men fallen ~~disponded~~ in the way. Get the other ~~bull head in order and purpose~~ as the crab, ~~and~~ Shut off the future as tightly. ~~that~~ No dreams no visions ~~fantasies~~ no delicious fantasies, no castles in the air into which as the old song truly says ~~poetic~~ 'heads are broken, heads are turned'. To quote we are told belongs the future - but ~~that~~ the wretched tomorrow that so plagues some of us has no certainty except this today. What a day may bring forth who can ~~tell~~ - its uncertainty is a proverb. But ~~a~~ a man may carry the secret in the hollow of his hand. Make a pilgrimage to Hades with Ulysses, draw the magic circles, perform the rites and then ask Teiresias the question. I have had the answer from his own lips - The future is today - There is no tomorrow. The day of a man's salvation is now - the life of the present of today lived earnestly intently with a forward looking, ~~of the future~~ is the only insurance for the future. Let the limit of our horizon be a 24 hour circle. Or, one of the great books of science, the Discours sur la Methode (1637) of Descartes is a vignette showing a man with his face towards the earth, ~~to~~ at, which rays of light are streaming from the heavens; - the legend is Fac et Spera. 'Tis a good attitude a good motto. Look heavenward if you wish but never that way lie the danger, the truth is not there, happiness is not there, certainty is not there, but the falsehoods, the fraud

the smallness the ignes fatui which have deceived each generation - all be left from the horizon & have the men who are not content to look for truth and happiness at their feet. ~~Perhaps~~ Once ~~a~~ while at College climb a mountain top and get a general outlook in the land, and make it the occasion perhaps of that careful & accumulative ~~of yourself~~, ~~an~~ that inquisition which Descartes urges every man should ~~make~~ once in a life time, ~~but~~ not oftener.

~~This is a falling the~~ Waste of energy, the mental distress, nervous ~~apprehension~~ worries ~~based~~ dog the steps of a man who is ~~always~~ anxious about the future. Shut ~~Close~~ then the bulkhead towards tomorrow and prepare to cultivate ~~the habit~~ the habit of a life in day tight compartments. Do not be dis~~appointed at first~~ courraged - like every other habit, the acquisition takes time & the way is one you must find for yourselves. I can only give you some general directions & encouragement, in the hope that while the green grass are ~~yet~~ in your heads you may have the courage to persist - now for the day itself!

What first? Get into touch with the finite and realize in full enjoyment that sense of capacity in a machine ~~that~~ worthy or unworthy, ~~& with~~ join the whole creation of animate things in a deep heart-felt joy that you are alive, that you see the sun, that you are in this glorious world which nature has made so beautiful though ~~it may be in a cloudy~~ [illegible] circumstance may be - but it is in yourself - in something which enables you to enjoy the vital day. That fine poem of Henley's is always an inspiration to young men - "I am the master of my fate - I am the captain of my soul"

mutual helpfulness of flesh & soul.
(leave two lines for evolution)

There is built in Voltaire's mot C'est l'Estomac qui fait les heureux – no dyspeptic can inherit the Kingdom of heaven

Now prepare for the 1000 touches of the day, one a minute – (that will mould your plastic clay) fellow students, teachers, books + journal + the best of all the subtle atmosphere of the place but whether to turn you out ~~potters hands~~ ~~a vessel~~ ~~[illegible]~~ of beauty, or for use or a broken pitcher fit for the scrap heap is not for the potter to say, ~~not for the environment~~ – potent though ~~it may be~~ the dance of plastic circumstance may be – but it is yourself – in something which enables you to control the vital clay. That fine poem of Henley's is always an inspiration to young men – I am the master of my fate – I am the captain of my soul"

A WAY OF LIFE.

AN ADDRESS TO YALE STUDENTS.

Sunday Evening. May 20th, 1913.

by

William Osler.

A WAY OF LIFE.

AN ADDRESS TO YALE STUDENTS.

Sunday Evening. May 20th, 1915.

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What each day needs that shalt thou ask
Each day will set its proper task.
Goethe.

Fellow Students - Every man has a philosophy of life in thought, in word, or in deed, worked out in himself unconsciously. In possession of the very best, he may not know of its existence; with the very worst he may pride himself as a paragon. As it grows with the growth it cannot be taught to the young in formal lectures. What have bright eyes, red blood, quick breath and taut muscles to do with philosophy? Did not the great Stagirite say that young men were unfit students of it - they will hear as though they heard not, and to no profit. Why then should I trouble you? Because I have a message that may be helpful. It is not philosophical, nor is it strictly moral or religious, one or other of which I was told my address should be - and yet in a way it is all three. It is the oldest and the freshest, the simplest and the most useful, - so simple indeed is it that some of you may turn away disappointed

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as was Naaman the Syrian when told to go wash in Jordan, and be clean. You know those composite tools to be bought for 50 cts. with one handle to fit a score or more of instruments. The workmanship is ~~often~~ usually bad, so bad, as a rule, that you will not find an example in any good carpenter's shop, but the boy has one, the chauffeur slips one into his box, and the sailor into his kit, and there is one in the odds and ends drawer of the pantry of every well regulated family. It is simply a handy thing about the house, to help over the many little difficulties of the day. Of this sort of philosophy I wish to make you a present - a handle to fit your life tools. Whether the workmanship is Sheffield or shoddy, this helve will fit anything from a hatchet to a corkscrew.

My message is but a word, a Way, an easy expression of the experience of a plain man, whose life has never been worried by any philosophy higher than that of the shepherd in "As You Like It". I wish to point out a path in which the wayfaring man, tho' a fool, cannot err, - not a system to be worked out painfully only to be discarded, not a formal scheme, simply a habit as easy - or as hard! - of adoption as any other habit, good or bad.

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in controlling the apparatus. Habit again - the gradual acquisition of power by long practice and at the expense of many mistakes. The same great law reaches through mental and moral states. "Character", which partakes of both, in Plutarch's words, is "long-standing habit". Now a way of life that I preach is a habit to be acquired gradually by long and steady repetition. It is the practice of living for the day only, and for the day's work, - Life in day-tight compartments. Ah! I hear you say, that is an easy matter, simple as Elisha's advice. Not as I shall urge it, in words which fail to express the depth of my feelings as to its value. I started life in the best of all environments - in a parsonage, one of nine. A man who has filled chairs in four Universities, has written a successful book, and has been asked to lecture at Yale, is supposed popularly to have brains of a special quality. A few of my intimate friends really know the truth about me, as I know it! Mine, in good faith I say it, are of the most mediocre character. But what about those Professorships etc? You cannot fool all of the people all of the time! - Habit, a way of life, the philosophy of the day's work, the vital importance of which I wish to impress upon you with all the force at my command.

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Dr. Johnson remarked upon the trifling circumstances that influence men's lives - "not by an ascendant planet, a predominating humour, but by the first book which they read, some early conversation which they have heard, or some accident which excited ardour and enthusiasm". This was my case in two particulars. I was diverted to the Trinity College School, then at Weston, Ont., by a paragraph in the circular, that the Senior boys would go into the Drawing Room in the evenings, and learn to sing and dance - vocal and pedal accomplishments, for which I was never designed; but like Saul seeking his asses, I found something more valuable, a man of the ~~Benjamin Silliman~~ White of Selborne type, who knew nature, and who knew how to get boys interested in it.(1) The other happened in the summer of 1871, when I was attending the Montreal General Hospital, ~~and I was~~ Much worried as to the future, partly about the final examination, partly as to what I should do afterwards, I picked up a volume of Carlyle, and on the page I opened there was the familiar sentence - "Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand". A commonplace sentiment enough, but it hit and stuck and helped, and was the starting point of a habit that has enabled me to utilize to the full, the single talent entrusted to me.

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(1) The Rev. W.A. Johnson, the Founder of the School.

Dr. Johnson reserved upon the startling circumstances that influences work lives - "not by an overbearing pleasant, a predominating humour, but by the first book which they read, some early conversation which they have heard, or some accident which excited ardour and enthusiasm". This was my case in two particulars. I was diverted to the Trinity College School, then at Weston, Ont., by a paragraph in the circular, that the Senior boys would go into the Drawing Room in the evenings, and learn to sing and dance - vocal and physical accomplishments, for which I was never designed; but like Saul seeking his asses, I found something more valuable, a man of the While as Saul type, who knew matters, and who knew how to get boys interested in it. (1) The other happened in the summer of 1921, when I was attending the Montreal General Hospital. Much worried as to the future, partly about the final examination, partly as to what I should do afterwards, I picked up a volume of Carlyle, and on the page I opened there was the startling sentence - "Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand". A commonplace sentiment enough, but it hit and stuck and helped, and was the starting point of a habit that has enabled me to settle to the task, the single talent entrusted to me.

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II

The workers in Christ's vineyard were hired by the day; only for this day are we to ask for our daily bread, and we are expressly bidden to take no thought for the morrow. To the modern world these commands have an Oriental savor, ~~and are suggested as~~ counsels of perfection, akin to certain of the Beatitudes, stimuli to aspiration, not to action. I am prepared on the contrary to urge the literal acceptance of the advice, not in the mood of Ecclesiastes - "Go to now, ye that say to-day or to-morrow, we will go into such a city, and continue there a year, and buy and sell and get gain; whereas ye know not what shall be on the morrow"; not in the Epicurean spirit of Omar with his "jug of wine and Thou", but in the modernist spirit, as a way of life, a habit, a strong enchantment, at once against the mysticism of the East and the ~~voluptuous fatalism~~ pessimism that too easily besets us. ~~of Omar.~~ Change that hard saying "Sufficient for the day is the evil thereof" into "the goodness thereof"; since the chief worries of life arise from the foolish habit of looking before and after. As a patient with double vision from some transient unequal action of the muscles of the eye finds magical relief from well-adjusted glasses, so returning to the clear binocular vision of to-day, the over anxious student finds peace when he looks neither backward to the

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The workers in Christ's vineyard were hired by the day; only for this day are we to ask for our daily bread, and we are expressly bidden to take no thought for the morrow. To the modern world these commands have an Oriental savor, ~~and are impracticable~~ capable of perversion, akin to certain of the Beatitudes, although to aspiration, not to action. I am prepared on the contrary to urge the literal acceptance of this advice, not in the mood of Ecclesiastes - "Go to now, ye that say to-day or to-morrow, we will go into such a city, and continue there a year, and buy and sell and get gain: whereas ye know not what shall be on the morrow"; not in the Epicurean spirit of Omar with his "jug of wine and Thou", but in the moderate spirit, as a way of life, a habit, a strong amendment, at once against the crystallism of the Best and the worst ~~of human nature~~. Change that hard saying "Sufficient for the day is the evil thereof" into "the goodness thereof"; since the chief worries of life arise from the foolish habit of looking before and after. As a patient with double vision from some trifling unequal action of the muscles of the eye finds marvelous relief from well-adjusted glasses, so returning to the clear binocular vision of to-day, the over anxious student finds peace when he looks neither backward to the

past nor forward to the future.

I stood on the bridge of one of the great liners, ploughing the ocean at 25 knots an hour. "She is alive," said my companion, "in every plate, a huge monster with brain and nerves, an immense stomach, a wonderful heart and lungs and a splendid system of locomotion". Just at that moment a signal sounded, and all over the ship the watertight compartments were closed. "Our chief factor of safety", said the Captain. "In spite of the Titanic", I said. "Yes", he replied, "in spite of the Titanic". Now each one of you is a much more marvellous organization than a great liner, and bound on a longer voyage. What I urge is that you so learn to control the machinery as to live with "Day-tight compartments," as the most certain way to ensure safety on the voyage. Get on the bridge, and see that at least the great bulkheads are in working order. Touch a button and hear, at every level of your life, the iron doors shutting out the Past, the dead yesterdays. Touch another and shut off with a metal curtain, the Future, the unborn tomorrows. Then you are safe, - safe for to-day! Read the old story in the Chambered Nautilus so beautifully sung by Oliver Wendell Holmes, only change one line to "Day after day beheld the silent toil". Shut off

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I stood on the bridge of one of the great liners, ploughing the ocean at 25 knots an hour. "She is alive," said my companion, "in every plate, a huge monster with brain and nerves, an immense stomach, a wonderful heart and lungs and a splendid system of locomotion". Just at that moment a signal sounded, and all over the ship the watertight compartments were closed. "Our chief factor of safety", said the captain. "In spite of the Titanic", I said. "Yes", he replied, "in spite of the Titanic". Now each one of you is a much more marvellous organisation than the great liner, and bound on a longer voyage. What I urge is that you go learn to control the machinery as to live with "day-tight compartments," as the best certain way to ensure safety on the voyage. Get on the bridge, and see that at least the great buttresses are in working order. Touch a button and hear, at every level of your life, the iron doors shutting out the past, the dead yesterdays. Look another and shut off with a metal curtain, the Enemy, the modern Tomorrow. Then you are safe, - safe for to-day! Read the old story in the Canterbury Pilgrims so beautifully sung by Oliver Herford Holmes, only change one line to "Day after day behold the silent toll". Shut off

the past! Let the dead past bury its dead. So easy to say, so hard to realize! The truth is, the past haunts us like a shadow. To disregard it is not easy. Those blue eyes of your grandmother, that weak chin of a grandfather have mental and moral counterparts in your make-up. Generations of ancestors, brooding over "Providence, Foreknowledge, Will and Fate - Fixed fate, free will, foreknowledge absolute", may have bred a New England conscience, morbidly sensitive, to heal which some of you had rather sing the 51st Psalm than follow Christ into the slums. Shut out the yesterdays, which have lighted fools the way to dusty death, and have no concern for you personally - that is, consciously. They are there all right, working daily in us, but so are our livers and our stomachs. And the past, in its unconscious action on our lives, should bother us as little as they do. The petty annoyances, the real and fancied slights, the trivial mistakes, the disappointments, the sins, the sorrows, even the joys, bury deep in the oblivion of each night. Ah! but it is just then that to so many of us the ghosts of the past -

Night-riding Incubi
Troubling the fantasy,

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the past! Let the dead past bury its dead. - So easy to say, so hard to realized! The truth is, the past haunts us like a shadow. To disregard it is not easy. Those blue eyes of your grandmother, that weak chin of a great-father have mental and moral counterparts in your mind - generations of ancestors, brooding over "Prewtdenos, Foreknowledge, Will and Fate - Fixed fate, free will, Foreknowledge absolute", may have bred a few degrees consciously, morbidly sensitive. To that which some of you had rather shun the blat paths than follow Christ into the slums. Shut out the yesterdays, which have lighted fools the way to dusty death, and have no concern for you personally - that is, consciously. They are there alright, working daily in us but as are our livers and our stomachs. And the past, in its unconscious action on our lives, should bother us as little as they do. The petty annoyances, the real and fancied slights, the trivial mistakes, the disappointments, the sins, the sorrows, even the joys, they deep in the oblivion of each night. Ah! But it is just then that to so many of us the ghosts of the past -

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seasoned, in the young these demons of past sins may be a terrible affliction, and in bitterness of heart many a one cries with Eugene Aram - "Oh God! Could I so close my mind, and clasp it with a clasp". As a vaccine against all morbid poisons left in the system by the infections of yesterday, I offer "a way of life" "Undress", as George Herbert says, "your soul at night", not by self examination but by shedding as you do your garments, the daily sins whether of omission or of commission and you waken a free man, with a new life. To look back, except on rare occasions for stock-taking, is to risk the fate of Lot's wife. Many a man is handicapped in his course by a cursed combination of retro- and introspection, the mistakes of yesterday paralysing the efforts of to-day, the worries of the past hugged to his destruction, and the worm regret allowed to canker the very heart of his life. To die daily, after the manner of St. Paul, ensures the resurrection of a new man, who makes each day the epitome of a life.

III The load of to-morrow, added to that of yesterday, carried to-day makes the strongest falter. Shut off the future as tightly as the past. No dreams, no visions, no delicious fantasies, no castles in the air, with which, as the old song so truly says, "hearts are broken, heads

possessed, in the young these demons of past sins may be a terrible affliction, and in bitterness of heart many a one cries with Eugene Aram - "Oh God! Would I so close my mind, and clasp it with a clamp": as a vaccine against all morbid poisons left in the system by the infections of yesterday I offer "a way of life". "Undress", as George Herbert says, "your soul at night", not by self examination but by shedding as you do your garments, the daily sins whether of omission or of commission and you waken a free man, with a new life. To look back, except on rare occasions for stock-taking, is to risk the fate of Lot's wife. Many a man is handicapped in his course by a cursed combination of retro- and introspection, the mistakes of yesterday paralysing the efforts of to-day, the worries of the past dragged to his destruction, and the worse regret allowed to corrupt the very heart of his life. To die daily, after the manner of St. Paul, ensures the resurrection of a new man, who, each day the beginning of a life.

The load of to-morrow, added to that of yesterday, carried to-day makes the strongest falter. Shut off the future as tightly as the past. No dreams, no visions, no delusions fantastic, no castles in the air, with which, as the old song so truly says, "castles are broken, hearts

are turned". To youth, we are told, belongs the future, but the wretched to-morrow that so plagues some of us has no certainty, except thro' to-day. Who can tell what a day may bring forth. Though its uncertainty is a proverb, a man may carry its secret in the hollow of his hand. Make a pilgrimage to Hades with Ulysses, draw the magic circle, perform the rites, and then ask Teresias the question. I have had the answer from his own lips. The future is to-day, - there is no to-morrow! The day of a man's salvation is now - the life of the present, of to-day, lived earnestly, intently, without a forward-looking thought, is the only insurance for the future. Let the limit of your horizon be a twenty-four hour circle. On the title page of one of the great books of science, the Discours sur la Méthode of Descartes (1637) is a vignette shewing a man digging in a garden with his face towards the earth, on which rays of light are streaming from the heavens; beneath is the legend Fac et Spera. 'Tis a good attitude and a good motto. Look heavenward, if you wish, but never to the horizon, that way danger lies. Truth is not there, happiness is not there, certainty is not there, but the falsehoods, the frauds, the quackeries, the "ignes fatui" which have deceived each generation - all beckon from the horizon, and lure the men not content to look for the truth and happiness that tumble

are turned". To youth, we are told, belongs the future, but the warbling to-morrow that so plagues some of us has no certainty, except thro' to-day. No one can tell what a day may bring forth. Though its uncertainty is a proverb, a man may carry its source in the hollow of his hand. Make a pilgrimage to Hades with Ulysses, draw the magic circle, perform the rites, and then ask Tiresias the question. Have had the answer from his own lips. The future is to-day, - there is no to-morrow. The day of a man's salvation is now - the life of the present of to-day, lived earnestly, intently, without a forward-looking thought, is the only insurance for the future. Let the limit of your horizon be a twenty-four hour circle. On the title page of one of the great books of science, the discourse sur la Méthode of Descartes (1637) is a vignette showing a man digging in a garden with his face towards the earth, on which rays of light are streaming from the heavens; beneath is the legend Ne et Spera. 'Tis a good attitude and a good motto. Look heavenward, if you wish, but never to the horizon, that way danger lies. Truth is not there, happiness is not there, certainty is not there, but the falsehoods, the frauds, the quackeries, the "lignes fatal" which have deceived each generation - all beckon from the horizon, and lure the man not content to look for the truth and happiness that humble

out at their feet. Once while at College climb a mountain top, and get a general outlook of the land, and make it the occasion perhaps of that careful examination of yourself, that inquisition which Descartes urges every man to hold once in a lifetime, - not oftener.

Waste of energy, mental distress, nervous worries dog the steps of a man who is anxious about the future. Shut close then the great fore and aft bulkheads and prepare to cultivate the habit of a life of Day-Tight Compartments. Do not be discouraged, - like every other habit, the acquisition takes time, and the way is one you must find for yourselves. I can only give ~~you some~~ general directions and encouragement, in the hope that while the green years are on your heads, you may have the courage to persist.

IV Now, for the day itself ! What first? Be your own daysman! and sigh not with Job for ~~that~~ any mysterious intermediary, but prepare to lay your own firm hand upon the helm. Get into touch with the finite, and grasp in full enjoyment that sense of capacity in a machine working smoothly. Join the whole creation of animate things in a deep heartfelt joy that you are alive, that you see the sun, that you are in this glorious earth which nature has made so beautiful, and which is yours to conquer and to enjoy. Realize, in the words

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Waste of energy, mental distress, nervous worries dog the steps of a man who is anxious about the future. Put clean then the great fore and aft bulkheads and prepare to cultivate the habit of a life of day-tight compartments. Do not be discouraged, - like every other habit, the acquisition takes time, and the way in question must lead for yourselves. I can only give you general directions and encouragement. In the long run the green years are on your heads, you may have the courage to wait.

Now, for the day ahead! Put right in your own dayroom! and sign not with job for master, but interpretary, but prepare to lay your own time hand upon the plan. Get into touch with the reality, and grasp in full enjoyment that sense of capacity in a modern working capital. Can the whole creation of antiquity things in a deep heart-tight joy that you are alive, that you see the sun, that you are in this glorious earth which nature has made so beautiful, and which is yours to conquer and to enjoy. Realize, in the words

of Browning, "That there's a world of capability for joy spread round about us, meant for us, inviting us".
What are the morning sensations for they control the day? Some of us are congenitally unhappy during the early hours, but the young man who feels on awakening that life is a burden or a bore, has been neglecting his machine, driving it too hard, stoking the engines too much, or not cleaning out the ashes and clinkers. Or he has been too much with the Lady Nicotine, or fooling with Bacchus, or worst of all with the younger Aphrodite - all "messengers of strong prevailment in unhardened youth". To have a sweet outlook on life, you must have a clean body. As I look on the clear-cut, alert, earnest features, and the lithe active forms of our college men, I sometimes wonder whether or not Socrates and Plato would find the race improved.
I am sure ~~Socrates~~ they would love to look on such a gathering as this. Make their ideal ~~must be~~ yours, ~~of~~ the fair mind in the fair body. The one cannot be sweet and clean without the other, and you must realize, with Rabbi Ben Ezra, the great truth that flesh and soul are mutually helpful.
The morning outlook which really makes the day, is largely a question of a clean machine - of physical morality in the wide sense of the term. <u>C'est l'estomac qui fait les heureux</u>, as Voltaire says - no dyspeptic can have a sane outlook on life, and a man whose bodily functions are

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impaired has a lowered moral resistance. To keep the body fit is a help in keeping the mind pure, and the sensations of the first few hours of the day are the best test of its normal state. The clean tongue, the clear head, and the bright eye are birth-rights of each day. Just as the late Professor Marsh would diagnose an unknown animal from a single bone, so can the day be predicted from the first waking hour. The start is everything, as you well know, and to make a good start you must feel fit. In the young sensations of morning slackness come most often from lack of control of the two primal instincts - biologic habits - the one concerned with the preservation of the individual the other with a continuance of the species. Yale students should by this time be models of dietetic propriety, but youth does not alway reck the rede of the teacher, and I dare say that here, as elsewhere, careless habits of eating are responsible for much mental disability. My own rule of life has been to cut out unsparingly any article of diet that had the bad taste to disagree with me, or to indicate in any way that it had abused the temporary hospitality of a lodging which I had provided. To drink nowadays but few students become addicted, but in every large body of men a few are to be found whose

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incapacity for the day results from the morning clogging of nocturnally flushed tissues. As moderation is very hard to reach and as it has been abundantly shown that the best of mental and physical work may be done without alcohol in any form, the safest rule for the young man is that which I am sure most of you follow - abstinence. A bitter enemy to the bright eye and the clear brain of the early morning is tobacco, when smoked to excess as it is now by a large majority of students. Watch it, test it, and if need be, control it. That befogged, woolly sensation reaching from the forehead to the occiput, that haziness of memory, that cold fish-like eye, that furred tongue, and last week's taste in the mouth - too many of you know them - I know them - they often come from too much tobacco. The other primal instinct is the heavy burden of the flesh which nature puts on all of us to ensure a continuation of the species. To drive Plato's team taxes the energies of the best of us. One of the horses is a raging untamed devil, who can only be brought into subjection by hard fighting and severe training. This much you all know as men - once the bit is between his teeth the black steed Passion will take the white horse Reason with you and the chariot rattling over the rocks to perdition.

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With a fresh sweet body you can start aright without those feelings of inertia that so often, as Goethe says, make

"The morning's lazy leisure usher in a useless day".

Control of the mind as a working machine, the adaptation in it of habit, so that its action becomes almost as automatic as walking, is the end of education - and yet how rarely reached! It can be accomplished with deliberation and repose, never with hurry and worry. Realize how much time there is - how long is the day - that you have 16 waking hours, three or four of which at least should be devoted to making a silent conquest of your mental machinery. Concentration, by which is grown gradually the power to wrestle successfully with any subject, is the secret of successful study. No mind however dull can escape the brightness that comes from steady application. There is an old saying "Youth enjoyeth not for haste"; but worse than this - the failure to cultivate the power of peaceful concentration is the greatest single cause of mental breakdown. Plato pities the young man who started at such a pace that he never reached the goal. One of the saddest of life's tragedies is the wreckage of the career of the young collegian by hurry, hustle, bustle and tension - the human machine driven day and night, as no sensible fellow

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would use his motor. Listen to the words of a master in Israel, William James: "Neither the nature nor the amount of our work is accountable for the frequency and severity of our breakdowns, but that their cause lies rather in those absurd feelings of hurry, and having no time, in that breathlessness and tension, that anxiety of feature, and that solicitude of results, that lack of inner harmony and ease in short, by which the work with us is apt to be accompanied and from which a European who would do the same work would nine out of ten times be free". Es bildet ein Talent sich in der Stille - but it need not be for all day. A few hours out of the sixteen will suffice, only let them be hours of daily dedication - in routine, in order and in system, and day by day you will gain in power over the mental mechanism just as the child does over the spinal marrow in walking, or the musician over the nerve centres. Aristotle somewhere says that the student who wins out in the fight must be slow in his movements, with voice deep, and slow speech, and he will not be worried over trifles "which make people speak in shrill tones and use rapid movements". Shut close in hour-tight compartments, with the mind directed intensely upon the subject in hand, you will acquire the capacity to do more and more, you will get into training, and once the mental habit is established, you are safe for life.

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Concentration is an art of slow acquisition, but little by little the mind is accustomed to habits of slow eating and careful digestion, by which alone you escape the "mental dyspepsy" so graphically described by Lowell in the Fable for Critics. Do not worry your brains about that bugbear efficiency, which, sought consciously and with effort, is just one of those elusive qualities very apt to be missed. The man's college output is never to be guaged at sight; all the world's coarse thumb and finger may fail to plumb his most effective work, the casting of the mental machinery of self-education, the true preparation for a field larger than the college campus. Four or five hours daily - it is not much to ask; but one day must tell another, one week certify another, one month bear witness to another of the same story, and you will acquire a habit by which the one-talent man will earn a high interest, and by which the ten-talent man may at least save his capital.

Steady work of this sort gives a man a sane outlook on the world. No corrective so valuable to the weariness, the fever and the fret that are so apt to wring the heart of the young. This is the talisman as George Herbert says

"The famous stone
That turneth all to gold",

and with which, to the eternally-recurring question, What is

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Life? You answer, I do not think - I act it; the only philosophy that brings you in contact with its real values and enables you to grasp its hidden meaning. Over the Slough of Despond, past Doubting Castle and Giant Despair, with this talisman you may reach the Delectable Mountains, and those Shepherds of the Mind - Knowledge, Experience, Watchful and Sincere. Some of you may think this to be a miserable Epicurean doctrine - no better than that so sweetly sung by Horace:-

Happy the man - and Happy he alone
He who can call to-day his own,
He who secure within can say
Tomorrow do thy worst - for I have lived to-day.

I do not care what you think, ~~nor did I say it was a good philosophy.~~ I am simply giving you a philosophy of life that ~~my experience and~~ I have found ~~\\~~ helpful in my work, useful in my play. Walt Whitman, whose physician I was for some years, never spoke to me much of his poems, though occasionally he would make a quotation; but I remember late one summer afternoon as we sat in the window of his little house in Camden there passed a group of workmen whom he greeted in his usual friendly way. And then he said, Ah the glory of the day's work whether with hand or brain. I have tried

To exalt the present and the real
To teach the average man the glory of his daily work or trade.

Life? You answer, I do not think - I act it: the only philosophy that brings you in contact with the real values and enables you to grasp the hidden meaning. Over the Slough of Despond, past Doubting Castle and Giant Despair, with this talisman you may reach the Delectable Mountains, and those Shepherds of the Mind - Knowledge, Experience, Watchful and Sincere. Some of you may think this to be a miserable Epicurean doctrine, - no better than that so sweetly sung by Horace:-

Happy the man - and happy he alone

He who can call to-day his own,

He who secures within can say

Tomorrow do thy worst - for I have lived to-day.

I do not care what you think, ~~[illegible]~~ simply a philosophy & sign that ~~good philosophy~~. I am giving you ~~[illegible]~~ I have found it helpful in my work, useful in my play. With Whitman, whose physician I was for some years, never appeals to me much of his poems, though occasionally he sound such a quotation; but I remember late one summer afternoon as we sat in the window of his little house in Camden there passed a group of workmen when he greeted in his usual friendly way. And then he said, Ah the glory of the day's work whether with hand or brain. I have tried

To exalt the present and the real

To teach the average man the glory of his daily work

or trade.

With this way of life each one of you may learn to drive the straight furrow and so come to the true measure of a man.

With body and mind in training what remains?

Do you remember that most touching of all incidents in Christ's ministry, when the anxious ruler Nicodemus came by night, worried lest the things that pertained to his everlasting peace were not a part of his busy and successful life. Christ's message to him is his message to the world, never more needed than at present - "Ye must be born of the spirit". You wish to be with the leaders - as Yale men it is your birthright, - know the great souls that make up the moral radium of the world. You must be born of their spirit, initiated into their fraternity, whether of the spiritually-minded followers of the Nazarene or of that larger company, elect from every nation, seen by St. John.

Begin the day with Christ and his prayer - you need no other. Creedless, with it you have religion; - creed-stuffed, it will leaven any theological dough in which you stick. As the soul is dyed by the thoughts, let no day pass without contact with the best literature of the world. Learn to know your Bible, though not perhaps as your fathers did. In forming character and in shaping conduct, its touch has still its ancient power. Of the kindred of Ram and

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sons of Elihu you should know its beauties and its strength. Fifteen or twenty minutes day by day will give you fellowship with the great minds of the race, and little by little as the years pass you extend your friendship with the immortal dead. They will give you faith in your own day. Listen while they speak to you of the fathers. But each age has its own spirit and ideas, just as it has its own manners and pleasures. You are right to believe that yours is the best University, at its best period. Why should you look back to be shocked at the frowsiness and dulness of the students of the seventies or ever of the nineties? And cast no thought forward, lest you reach a period when you and yours will present to your successors the same dowdiness of clothes and times. But while change is the law, certain great ideas flow fresh through the ages, and control us effectually as in the days of Pericles. Mankind, it has been said, is always advancing, man is always the same. The love, hope, fear and faith that makes humanity, and the elemental passions of the human heart, remain unchanged, and the secret of ~~greatness~~ inspiration in any literature is the capacity to touch the cord that vibrates in a sympathy that knows nor time nor place.

The quiet life in day-tight compartments will help you to bear your own and others burdens with a light heart.

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The quiet life in day-light compartments will help you to bear your own and others burdens with a light heart.

Pay no heed to the Batrachians who sit croaking idly by the stream. Life is a straight, plain, business, and the way is clear, blazed for you by generations of strong men, into whose labors you enter and whose ideals must be your inspiration. In my mind's eye I can see you twenty years hence - resolute-eyed, broad-headed, smooth-faced men who are in the world to make a success of life; but to whichever of the two great types you belong, whether controlled by emotion or by reason, you will need the leaven of their spirit - the only leaven potent enough to avert that ~~tragic and~~ only too common Nemesis ~~of material prosperity~~ to which the Psalmist refers - 'he gave them their heart's desire but sent leanness withal into their souls.'

I quoted Dr. Johnson's remark about the trivial things that ~~may~~ influence ~~a man~~ - perhaps this slight word of mine may help some of you so to number your days that you may apply your hearts unto wisdom.

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Outline Notes for 'The Medical Student'
aet 16 to aet 70
a way of life - depicted in letters to students
of all ages' — [not published]

[evidently written at some time as A Way of Life and perhaps
Sir William's first outline]

a way of life - depicted in letters
addressed to The Medical Student
at 16 to at 70

a way of life - depicted in letters to student of all ages

The art is long, the time is fleeting

I To the Rev John Hunter.

II To John Hunter Jr. To Trotula Bagshaw
To Ed. H. Trudeline.

III To Thomas Adams. Bauchop, N.B. Gen Pr.

IV To Matthew Baillie MD. assist. Phy. Westm. Gen Hs

V To Ambroise Paré Lecturer Lecturer in Anatomy Surgery

VI To John Sharpey. Best Resent. Fellow

VII To T Inman. Latham. Professor of Med.
Sleeping Sleep for eyes. You can't afford
the luxury of Indolent habits -

VIII To Dunden Graefe. Ass. Surg. Moorfields Eye Hosp Ph

IX To Austin Flint Jackson Professor of Med.

X To William Tuke Pery.

XI To ~~Morgagni~~ Jacob Bigelow. Holyoke.

XII To Antony Ashton Smith - Islander
Gen. & Sur

Peace
There cometh the end
What is Truth
The House of Rimmon
The Wilderness of Old age

70
(with)

Osler niche