The Durable Longevity of Life

By CHARLES W. ELIOT

For educated men what are the sources of the solid and durable satisfactions of life? I hope you are all inclined to think, durable satisfactions of life, not primarily of the gratifications of the moment of or to-morrow; but the satisfactions that you will take with you to the grave. As far as I have seen, there is one indispensable foundation for the satisfaction of life worth saving to youth. A young man ought to be a clean, wholesome, vigorous animal. That is the foundation for everything else, and I hope you will all be that, if you are nothing more. We have to build everything in this world of domestic joy and professional success, everything of a useful, honorable career, on bodily wholesomeness and vitality. This being a clean, wholesome, vigorous animal involves a good deal.

We must continue the men, what is human life really worth? Is it long? Is it short? Is it safe? Is it enjoyed? Is it all one thing or another? The whole question is simply this: are you going to live or not? The question of living is not whether you live or not; it is whether you live well or not.

There is nothing more important than the health of the body. The health of the body is the foundation of all other things. If you are not healthy, you cannot think, you cannot study, you cannot work, you cannot enjoy life.

There is nothing more important than the health of the body. The health of the body is the foundation of all other things. If you are not healthy, you cannot think, you cannot study, you cannot work, you cannot enjoy life.