

**IF I WERE A  
COLLEGE STUDENT**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649165520

If I were a college student by Charles F. Thwing

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Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

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**CHARLES F. THWING**

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STUDENT

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NEW YORK  
THOMAS Y. CROWELL & CO.  
PUBLISHERS

Ednc 3519.02.15

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*Jul. 10, 1933*

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TO THE  
**College Men**

OF THE UNITED STATES

THIS LITTLE BOOK IS WITH HONOR AND REGARD

DEDICATED





## IF I WERE A COLLEGE STUDENT

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If I were a college student I would —

(1.) Care for my health.

In 1880 Mr. Froude wrote to Hallam Tennyson, saying:

"Your father has two existences. Spiritually he lives in all our minds (in mine he has lived for nearly forty years), in forms imperishable as diamonds which time and change have no power over. The mortal case of him is of frailer material, and, as I believe he takes extremely little care of it himself, the charge falls on you, and the world will expect an account of it at your hands. Centuries will pass before we have another real full-grown poet. The seeds of time I suppose are sown and grow for a bit, and the

reviews clap their hands. But they come to nothing. The moral atmosphere is too pestilential. The force which there is in the world is all destructive and disintegrating, and heaven knows when any organizing life will show itself again.

"We must keep what we have got to the latest moment and be thankful for him."

Each of us also has two existences, but we have no Fronde to warn a son of ours to take care of his father. Each man of us must take care of himself, and must take care of that existence which, if we call it the lower, is still the nurse of the higher, and which, if we call it material and temporal, is yet a condition for the fostering of the spiritual and the eternal.

Health is both an agent and a condition for enjoyment or for service. It is, in college as well as out of college, nourished by three simple methods: food, sleep, exercise. College men usually eat too much of ill-prepared food, and eat it too fast; they usually do not sleep