

**THE STRENUOUS LIFE:
ESSAYS AND
ADDRESSES, PP. 1-330**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649714605

The Strenuous Life: Essays and Addresses, pp. 1-330 by Theodore Roosevelt

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THEODORE ROOSEVELT

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George W. Howard, R. F.

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ADDRESSES**

**BY
THEODORE ROOSEVELT**



**NEW YORK
THE CENTURY CO.
1902**

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THE STRENUOUS LIFE

**SPEECH BEFORE THE HAMILTON CLUB,
CHICAGO, APRIL 13, 1899**

THE STRENUOUS LIFE

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IN speaking to you, men of the greatest city of the West, men of the State which gave to the country Lincoln and Grant, men who preëminently and distinctly embody all that is most American in the American character, I wish to preach, not the doctrine of ignoble ease, but the doctrine of the strenuous life, the life of toil and effort, of labor and strife; to preach that highest form of success which comes, not to the man who desires mere easy peace, but to the man who does not shrink from danger, from hardship, or from bitter toil, and who out of these wins the splendid ultimate triumph.]

A life of slothful ease, a life of that peace which springs merely from lack either of desire or of power to strive after great things, is as little worthy of a nation as of an individual. I ask only that what every self-respecting American demands from himself and from his sons shall be demanded of the American nation as a whole. Who among you would teach your boys that ease, that

peace, is to be the first consideration in their eyes—to be the ultimate goal after which they strive! You men of Chicago have made this city great, you men of Illinois have done your share, and more than your share, in making America great, because you neither preach nor practise such a doctrine. You work yourselves, and you bring up your sons to work. If you are rich and are worth your salt, you will teach your sons that though they may have leisure, it is not to be spent in idleness; for wisely used leisure merely means that those who possess it, being free from the necessity of working for their livelihood, are all the more bound to carry on some kind of non-remunerative work in science, in letters, in art, in exploration, in historical research—work of the type we most need in this country, the successful carrying out of which reflects most honor upon the nation. We do not admire the man of timid peace. We admire the man who embodies victorious effort; the man who never wrongs his neighbor, who is prompt to help a friend, but who has those virile qualities necessary to win in the stern strife of actual life. It is hard to fail, but it is worse never to have tried to succeed. In this life we get nothing save by effort. Freedom from effort in the present merely means that there has been stored up effort