

**THE DURABLE
SATISFACTIONS
OF LIFE**

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The durable satisfactions of life by Charles W. Eliot

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CHARLES W. ELIOT

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THE DURABLE SATISFACTIONS
OF LIFE

*An address given to the new students at Harvard
University, on October 3, 1905*

THE
DURABLE SATISFACTIONS
OF LIFE

FOR educated men what are the sources of the solid and durable satisfactions of life? I hope you are all aiming at the solid, durable satisfactions of life, not primarily the gratifications of this moment or of to-morrow, but the satisfactions that are going to last and grow. So far as I have seen, there is one indispensable foundation for the satisfactions of life — health. 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.