

Letters to His Son (1749)

LETTERS TO HIS SON 1749

The Earl of Chesterfield

DEAR BOY: Your distresses in your journey from Heidelberg to Schaffhausen, your lying upon straw, your black bread, and your broken berline, are proper seasonings for the greater fatigues and distresses which you must expect in the course of your travels; and, if one had a mind to moralize, one might call them the samples of the accidents, rubs, and difficulties, which every man meets with in his journey through life. In this journey, the understanding is the voiture that must carry you through; and in proportion as that is stronger or weaker, more or less in repair, your journey will be better or worse; though at best you will now and then find some bad roads, and some bad inns. Take care, therefore, to keep that necessary voiture in perfect good repair; examine, improve, and strengthen it every day: it is in the power, and ought to be the care, of every man to do it; he that neglects it, deserves to feel, and certainly will feel, the fatal effects of that negligence.

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area. 4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor. 5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say. 6. Attention: A good trainer should be targeted only during your sessions on you. 7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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