

Beating The Game

IMMEDIATELY

By DR. G. C. CREELMAN.

on leaving college, my first appointment was in the far south, near the Gulf of Mexico.

Owing to the great difference in climatic conditions, I consulted my family physician before leaving. He questioned me as to my habits, and when he was through, his only advice was "to keep on as you have been doing." This meant **plenty of work, regular hours and eight hours' sleep out of every twenty-four.** This

was nearly thirty years ago, and ever since then when I feel irritable, have no appetite for food, or begin looking for trouble, I usually find I have broken the doctor's rules. I then find the best medicine I can take is that prescribed by the doctor, namely, get back to normal conditions.

Drinking liquor is only one form of intemperance. Irregular hours; too many continuous hours of work; wasting time in idle gossip, and then having to work hard to make up for it; getting into the habit of going to bed late; taking only a half-hour or less for meals and continuous smoking during the day-time—these are the things that make a man irritable, and while a man is irritable he is not a success.

The Boys Who Come to College.

It has been my observation that

character is pretty well formed before students enter college—and college is a poor place to reform wayward boys. Such young men will always find congenial spirits with whom to pursue their careless ways, and no rules can be made to prevent such boys from wasting their time.

On the other hand, the same rule applies—boys who come to college with ambition and appreciation of a better education will not allow distractions of any kind to interfere with their work.

Young men, therefore, who get through college are generally men of good habits, who have gotten their money's worth during the whole four years.

It is to such men—men who have finished creditably one, two or three or four years' work

and have then gone out into the world of agriculture, that I want to say a word or two regarding their future success.

Essentials to Success.

Besides following the doctor's orders, specified above, I should think one of the most important things to do at once is to make good friends. Naturally, such persons would be about the same age and of the same occupation. Find out who are the

All men long for success, some think of it, a few work for it. Success is the finest part of a man's character shown to the world in terms of work. Young men will not find success in bar-rooms, nor in pool-halls, nor yet at the side doors of theatres, nor in clothing establishments where their fathers' credit is good. Dr. G. C. Creelman tells in this article how a young man may prepare for his life's work. Dr. Creelman never gives advice that a sissy-boy will take much pleasure in following. He writes for men. Read what he has said.