

## ADDRESS.

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**GENTLEMEN—**

My object in this Address is to point out the connection betwixt a healthy piety and the cultivation of the intellect. In order to store the mind with knowledge, and invigorate and sharpen its powers, many things are found useful, while some should be regarded as indispensable. Professors in such an Institution as this, ought not only to communicate Science and Literature to their Students, but should also point out the various appliances which are auxiliary to intellectual improvement.

Bodily health is one of the most obvious, and not the least important of these. For, be it as it may, as to mental improvement in the conditions of being, it is plain, in our present mixed condition, this depends not a little on the health of the body. That blind enthusiasm for learning, which, in aiming at temporary triumphs, forgets this, is almost certain to fail in the higher attainments and more solid acquisitions of mind. The fruits of precocious attainment, gathered at the expense of a ruined constitution, cost far too high a price, and, on the whole, are seldom of much worth. We must beware of overlooking the relation which God has established betwixt body and mind. But, while the claims of health for intellectual growth, as well as for other purposes, must be held sacred, yet do not suppose that to indulge in sloth is to preserve health. Sloth is nearly as injurious to health of body, as it is to mental improvement. If ill-timed and excessive labor impairs our powers and faculties, by overworking them, sloth, by inaction, never fails to paralyze them. Experience furnishes a simple rule, viz.: that in order to secure the largest amount of intellectual labor, which shall on the whole be profitable, we must keep the body in the highest condition of health. Let no one, from thoughtlessness or an unwise ambition, forget this.

But a little reflection will show you, that there are other instrumentalities which, although not so immediate as bodily health, are, nevertheless, highly subservient to intellectual improvement.