Jan. 6, 1906.

My dear Sam:

I hope you will realize that this letter merely springs from a desire to perform my duty, urged to it by every impulse of affection and interest.

In thinking back over the last two months the advice of Dr. Vittoz suddenly came into my head. I did not remember whether you or Mrs. Mc Clure had written me about him, but I looked the matter up and found Mrs. Mc Clure's letter of last April. This man is evidently one of the wisest doctors with whom you have consulted, and his words seem to come from knowledge and to coincide with your own conclusions. I just want to recall to you what he said. It seems to me that you ought to think about it occasionally. He said, as Mrs. Mc Clure puts it: "His only salvation is to realize that he must work, and work with sufficient moderation and self-control so as not to break down with it." That "He is not to stay long in the office and work mightily, but only one hour at a time to begin with." "He is to school himself to learn to work with perfect self-mastery and this is his object more than to accomplish the work." "He must have his chance to learn to remember by sound and inflexible purpose and by reason, no longer by impulse." And "He knows that on his success in this self-mastery his usefulness in the future depends."

These words, as I read them again, are so impressive and seem so significant that I felt that I had to put them before you again.

Please do not think I do this with any special feeling of apprehension or alarm or that I see any special occasion at this time to do so; but I believe that you must bear them in mind; that your course in the last two months will lead to another breakdown unless you take very rigorous precautions, and that these great plans will not be carried out unless you try to achieve the spirit and end of this advice. It is the most important matter and task, I believe, that you have to undertake. I know how difficult it is to make a course such as is suggested by these words compatible with the

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plans you are now working upon; but they must be made compatible or there is no hope either way, for your prolonged health or for the success of the plans.

I presume that in your present state of mind and body you feel that these warnings are very far away and have little application, but I cannot believe that the more impressive warnings of your past experience are to be entirely disregarded; or that there has been such an absolute rejuvenation that such warnings, either from this doctor or from recollection, are to be disregarded. That does not seem within the possibilities of nature's powers.

I am going up to Goshen this morning and shall probably stay over Monday. If you are here then I may not see you. I cannot tell from your letters whether you intend to return at that time or not. I have asked Miss Van Ness to make two copies of this letter, the one to be mailed to you and the other to be handed to you in case you come in, for I feel that I must say this and it is easier to say it this way than by word of mouth.

Believe me, with affection,

Faithfully yours,

JBP

S. S. Mc Clure, Esq.,
Montreal, Canada.

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