

--General State of Health

Student life is sometimes an impoverished life. Lack of finances may have a student working strange hours, neglecting nutrition, and not maintaining proper health. Poor health does not make study impossible as you can see from the number of great scholars who did not have good health (Calvin, for example), but it easily becomes a contributing factor to poor study. A wise student will maintain good practices in exercise and nutrition and moderate living. The scholars who knew poor health, as a rule, were people who had the health problems throughout life and therefore learned to live with them and to discipline themselves in the weakness. Most of our students do better work with good health.

--Proper rest, avoid fatigue

Fatigue is bad news. It is hard to study well when one is worn out or just weary. A tired state does not easily make for study accomplishments. (It is true that some people get too much rest..we have other names for it, but that is not the problem at hand.) Try to establish regular habits of sleep and rest. You will have to determine what practices are best for you but when you learn what they are, stick with them. This factor is complicated if one has small children, works nights, etc. But trying to study without proper rest is a losing proposition.

--Diet

A healthy mind does best in a healthy body and diet is important. Overeating is very hard on effective study but, on the other hand, starvation is no help! The wise student will consult a book of foods and nutrition to suit his/her needs and, respecting one's budget,