

RAY SANTOS  
SEP. 24, 2015  
THURSDAY

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AGE 18 AT THE TIME  
FUTURE HUSBAND OF  
JEFFERSON'S ELDEST  
DAUGHTER, MARTHA

To Thomas Mann Randolph, Jr. Paris, Aug. 27, 1786

The Letters of Thomas Jefferson

DEAR SIR,

16TH OF THE MONTH?  
AUG. 16, 1786. OR IS IT  
REFERRING TO  
SEP. 27, 1786?

-- I am honoured with your favour of the 16th instant, and desirous, without delay, of manifesting my wishes to be useful to you, I shall venture to you some thoughts on the course of your studies, which must be submitted to the better choice with which you are surrounded. A longer race through life may have entitled me to seize some truths which have not yet been presented to your observation & more intimate knowledge of the country in which you are to live & of the circumstances in which you will be placed, may enable me to point your attention to the branches of science which will administer the most to your happiness there. The foundations which you have laid in languages and mathematics are proper for every superstructure. The former exercises our memory while that and no other faculty is yet matured & prevents our acquiring habits of idleness. The latter gives exercise to our reason, as soon as that has acquired a certain degree of strength, and stores the mind with truths which are useful in other branches of science. At this moment then a second order of preparation is to commence. I shall propose to you that it be extensive, comprehending Astronomy, Natural Philosophy (or Physics), Natural History, Anatomy, Botany & Chemistry. No inquisitive mind will be content to be ignorant of any of these branches. But I would advise you to be contented with a course of lectures in most of them, without attempting to make yourself master of the whole. This is more than any genius joined to any length of life is equal to. You will find among them some one study to which your mind will more particularly attach itself. This then I would pursue & propose to attain eminence in. Your own country furnishes the most aliment for Natural History, Botany & Physics & as you express a fondness for the former you might make it your principal object, endeavoring however to make yourself more acquainted with the two latter than with other branches likely to be less useful. In fact you will find botany offering it's charms to you at every step -- during summer & Physics in every season. All these branches of science will be better attained by attending courses of lectures in them. You are now in a place where the best courses upon earth are within your reach and being delivered in your native language -- you lose no part of their benefit. Such an opportunity you will never again have. I would

WIKIPEDIA: "NATURAL HISTORY"  
IS THE RESEARCH & STUDY OF  
ORGANISMS INCLUDING PLANTS  
OR ANIMALS IN THEIR ENVIRONMENT,  
LEARNING MORE TOWARDS OBSER-  
VATIONAL THAN EXPERIMENTAL  
METHODS OF STUDY

WHAT EXACTLY ARE  
THESE?  
"NATURAL HISTORY"  
NATURAL PHILOSOPHY  
BACK THEN "PHYSICS"  
IS ARISTOTELIAN PHYSICS.  
WHICH IS NOT THE SAME  
AS MODERN PHYSICS  
YOU CAN'T MASTER  
ALL OF THESE  
SUBJECTS. BEST  
TO GET A BROAD  
KNOWLEDGE.  
HOWEVER,  
BECOME AN  
EXPERT IN ONE AREA

BEFORE THE  
DEVELOPMENT  
OF MODERN  
SCIENCE.  
WIKIPEDIA: (ALSO) "PHILOSOPHY OF NATURE"  
WAS THE PHILOSOPHICAL STUDY OF NATURE  
AND THE PHYSICAL UNIVERSE THAT WAS DOMINANT

WHO OR WHAT IS THE "BETTER CHOICE"?  
I THINK HE'S  
REFERRING TO CHOICES  
OF COLLEGE/UNIVERSITY

FOUNDATIONS:  
- LANGUAGE  
- MATHEMATICS

PLUS:  
- ASTRONOMY  
- PHYSICS  
- HISTORY  
- ANATOMY  
- BOTANY  
- CHEMISTRY

RANDOLPH, JR.  
BECAME A  
RESPECTED  
BOTANIST.

therefore strongly press on you to fix no other limit to your stay in Edinborough than your having got thro this whole course. The omission of any one part of it will be an affliction & loss to you as long as you live. Beside the comfort of knowledge, every science is auxiliary to every

other. While you are attending these courses you can proceed by yourself in a regular series of historical reading. It would be a waste of time to attend a professor of this. It is to be acquired from books and if you pursue it by yourself you can accommodate it to your other reading so as to fill up those chasms of time not otherwise appropriated. There

are portions of the day too when the mind should be eased, particularly after dinner it should be applied to lighter occupation: history is of this kind. It exercises principally the memory. Reflection also indeed is necessary but not generally in a laborious degree. To conduct yourself in this branch of science you have only to consider what aeras of it merit a grasp & what a particular attention, & in each aera also to distinguish between the countries the knowledge of whose history will be useful & those where it suffices only to be not altogether ignorant. Having laid

down your plan as to the branches of history you would pursue, the order of time will be your sufficient guide. After what you have read in antient history I should suppose Millot's digest would be useful &

sufficient. The histories of Greece and Rome are worthy a good degree of attention, they should be read in the original authors. The transition from antient to modern history will be best effected by reading

Gibbon's. Then a general history of the principal states of Europe, but particular ones of England. Here too the original writers are to be preferred. Kennet published a considerable collection of these in 3 vols.

folio, but there are some others not in his collection well worth being read. After the history of England that of America will claim your attention. Here too original authors & not compilers are best. An author

who writes of his own times or of times near his own presents in his own ideas & manner the best picture of the moment of which he writes. History need not be hurried but may give way to the other sciences

because history can be pursued after you shall have left your present situation as well as while you remain in it. When you shall have got thro this second order of preparation the study of the law is to be begun.

This like history is to be acquired from books. All the aid you will want will be a catalogue of the books to be read & the order in which they are to be read. It being absolutely indifferent in what place you carry on this

reading I should propose your doing it in France. The advantages of this will be that you will at the same time acquire the habit of speaking French which is the object of a year or two. You may be giving attention to such of the fine arts as your turn may lead you to & you will be

SELF-  
EDUCATE  
YOURSELF  
OUTSIDE OF  
THE CLASSROOM

MILLOT'S DIGEST?

GIBBON'S BOOK  
REFERENCED?

KENNET?

LITERATURE &  
HISTORY ARE  
BOUND TOGETHER

LEARN HOW  
TO SPEAK OTHER  
LANGUAGES.

EXPERIENCE  
OTHER CULTURES.

DON'T STUDY  
TOO INTENSELY  
AT NIGHT.

READ BOOKS IN  
THE CHRONOLOGICAL  
ORDER IN WHICH  
THEY WERE WRITTEN.

IMPORTANCE OF  
KNOWING HOW TO  
READ LATIN &  
GREEK.

IMPORTANCE OF  
READING  
~~THE~~ THE  
ORIGINAL  
SOURCE  
MATERIAL

APPLIES TO  
SUBJECTS OTHER  
THAN LAW

SANTOS  
9/24/15

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forming an acquaintance with the individuals & characters of a nation with whom we must long remain in the closest intimacy & to whom we are bound by the strong ties of gratitude and policy. A nation in short of the most amiable dispositions on earth, the whole mass of which is penetrated with an affection for us. You might before you return to your own country make a visit to Italy also.

BUILDING A  
STRONG AND  
HEALTHY BODY  
ALSO  
IS IMPORTANT

I should have performed the office of but half a friend were I to confine myself to the improvement of the mind only. Knowledge indeed is a desirable, a lovely possession, but I do not scruple to say that health is more so. It is of little consequence to store the mind with science if the body be permitted to become debilitated. If the body be feeble, the mind will not be strong --

the sovereign invigorator of the body is exercise, and of all exercises walking is best.

A horse gives but a kind of half exercise, and a carriage is no better than a cradle. No one knows, till he tries, how easily a habit of walking is acquired. A person who never walked three miles will in the course of a month become able to walk 15 or 20 without fatigue. I have known some great walkers & had particular accounts of many more: and I never knew or heard of one who was not healthy & long lived. This species of exercise therefore is much to be advised. Should you be disposed to try it, as your health has been feeble, it will be necessary for you to begin with a little, & to increase it by degrees. For the same reason you must probably at first ascribe to it the hours most precious for study, I mean those about the middle of the day. But when you shall find yourself strong you may venture to take your walks in the evening after the digestion of the dinner is pretty well over. This is making a compromise between health & study. The latter would be too much interrupted were you to take from it the early hours of the day and habit will soon render the evening's exercise as salutary as that of the morning. I speak this from my own experience having, from an attachment to study, very early in life, made this arrangement of my time, having ever observed it, & still observing it, & always with perfect success.

Not less than two hours a day should be devoted to exercise, and the weather should be little regarded.

A person not sick will not be injured by getting wet. It is but taking a cold bath which never gives a cold to any one. Brute animals are the most healthy, & they are exposed to all weather and, of men, those are healthiest who are the most exposed. The recipe of those two descriptions of beings is simple diet, exercise and the open air, be it's state what it will; and we may venture to say that this recipe will give health & vigor to every other description. -- By this time I am sure you will think I have sermonized enough. I have given you indeed a lengthy

WALKING IS THE  
IDEAL EXERCISE.  
EASE INTO IT IF  
YOU'RE OUT OF SHAPE

→ THE POWER  
OF COLD SHOWERS.

IDEAL HEALTHY  
LIFESTYLE RECIPE  
- EAT SIMPLY  
- EXERCISE  
- GET SOME SUN  
& FRESH AIR  
DAILY

SANTOS  
9/24/15

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YOU DETERMINE  
YOUR LEVEL  
OF SUCCESS.

lecture. I have been led through it by my zeal to serve you; if in the whole you find one useful counsel, that will be my reward, & a sufficient one. Few persons in your own country have started from as advantageous ground as that whereon you will be placed. Nature and fortune have been liberal to you. Every thing honourable or profitable there is placed within your own reach, and will depend on your own efforts. If these are exerted with assiduity and guided by unswerving honesty, your success is infallible; and that it may be as great as you wish is the sincere desire of Dear Sir,

PERSISTENT PERSONAL  
ATTENTION:

your most affectionate humble servant.

P.S. Be so good as to present me affectionately to your brother & cousin.

~~FOCUS~~

CONCENTRATION; PERSEVERANCE

ASSIDUITY = ~~CONSTANT OR CLOSE ATTENTION TO~~  
~~WHAT ONE IS DOING (SYN:~~

INFALLIBLE = NEVER FAILING (SYN: CERTAIN, FOOLPROOF)

THOMAS MANN RANDOLPH, JR (FROM WIKIPEDIA & MONTICELL.ORG)

- MARRIED THOMAS JEFFERSON'S ELDEST DAUGHTER, MARTHA, IN 1790
- 21ST GOVERNOR OF VIRGINIA
- MEMBER OF U.S. HOUSE OF REPRESENTATIVES
- BORN: 10/1/1768, DIED: 6/20/1828: AGED 59
- A DEMOCRAT-REPUBLICAN
- ALMA MATER: COLLEGE OF WILLIAM AND MARY, VIRGINIA, UNIVERSITY OF EDINBURGH → SCOTLAND
- PROFESSION: PLANTER, SOLDIER, POLITICIAN

JR. NEVER  
GRADUATED.  
COLLEGE/UNIV.  
LIFELONG  
SELF-LEARNER.  
INTERESTS IN THE  
CLASSICS AND  
SCIENCE.

71  
1786  
- 1768  
18

RANDOLPH, JR. WAS  
18 YRS OLD AT THE  
TIME OF JEFFERSON'S  
LETTER

RANDOLPH, JR'S FATHER  
WAS JEFFERSON'S 2ND  
COUSIN, WHICH MAKES  
JR & JEFFERSON 2ND  
COUSIN'S ONCE REMOVED.