



LIFE AND
LABOR.

SMILES.

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LIFE AND LABOR;

OR

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CHARACTERISTICS OF MEN OF INDUSTRY,
CULTURE AND GENIUS.

BIBLIOTECA "RODRIGO DE LLANO"
SECCION DE ESTUDIOS HISTORICOS DE LA
UNIVERSIDAD DE NUEVO LEON

BY SAMUEL SMILES, LL.D.

AUTHOR OF

'SELF-HELP,' 'CHARACTER,' 'THRIFT,' 'DUTY,' ETC.,

Labor omnia vincit.—VIRGIL.

'Biography is by nature the most universally profitable,
universally pleasant, of all things; especially biography of
distinguished individuals.'—CARLYLE.

RODRIGO DE LLANO
FONDO

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**FONDO
RODRIGO DE LLANO**

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PREFACE.

THE following work has been written on the lines of "Self-Help" and "Character," and contains many fresh instances of what can be accomplished by honest force of will and steady perseverance.

The preparation of the book has formed the pleasant occupation of many spare hours; but while the early chapters were written many years ago, the later ones were added, and the whole work has been carefully revised, and in great part rewritten, since the beginning of the present year.

The chapters on Over Brain-work and the Conditions of Health may be of use to those who work their Brains too much and their Physical System too little. This part of the work has been to a certain extent the result of personal experience.

It has been objected by some who have read the proofs that certain names have been too much repeated and reintroduced, though under different subjects and in different chapters. But this has been found to some extent necessary, in order to force home the lessons which they are intended to teach. The author trusts that the work will, nevertheless, be read with interest and benefit.

S. S.