

You will do them twice as well as if you were all tense about them. If you get your lessons regularly day after day. If you review every two or three weeks, go over the material you've already had. If you keep things up and keep on top then the two or three days before the exam you can relax. You'll do twice as well in the exam as if you are cramming and trying to get things to stick in your mind that won't last. any length of time when they are put in ~~x~~ in that way.

You see a fellow ~~xxx~~ going to an examination and he says, Be careful, don't shake me, don't shake me. I might loose some of this knowledge. Well, if a little shaking will get rid of it it won't last long. That which is cramed in the last minute is not worth having, but that which is gotten in time to absorb it will and then if you can relax you can go with a relaxed mind. You can remember things better, far better.

You're here studying. Something is said in class that you don't understand. Some subject is mentioned that is of interest and you say, I'd like to look into it sometime but it doesn't have to be done now--I have these lessons to get for tomorrow. So you put it off, and put it off. And you forget about it. Then 10 years later you are in a situation where that particular problem could be of great importance to you. You think, If I could only go to Dr. VAnnoy, to Dr. Newman one of these men and perhaps they could give me the answer to this matter. right like this. I might take a week of investigation to find the answer and I've not got a week!

When matters come up in class you don't understand, go ask the professor for help. Go ~~x~~ in the library and study ~~xxxxxxx~~ further. Get questions in your mind, and when you have these questions in your mind and he gives something that answers your questions which you would not even have seen if you had not prepared for it by this ~~xxxxx~~ habit of your mind.

So run that you may win. Paul was ready to be to the Jews like a Jew, to the Greeks like a Greek, In all secondary matters he was ready to conform in order that he might win them to the Lord. You have an opportunity here to study not just what's necessary for the next lesson, but to study what will be helpful and will answer the questions that will come up in your mind. Ask yourself questions. Seek to go into matters more fully. Be busy here and there intelligently.

God wants us to make our time count in order that our lives shall really accomplish for him. Relaxation I think is worth speaking of. When a person is young it's not hard to learn to relax. As you get older it gets harder. They say now that the greater bulk of the diseases we suffer from and of the troubles we undergo as we get older are due to stresses we've had in our lives. Feelings of various emotions, various excitements, various tension that was unnecessary to accomplish the things we were trying to do. These things build up in our bodies