

Fayette Nov. 26. 1849

Dear Son,

yours of the 15th Inst. is received.
I learn by this that you shall quit your
present employment at the expiration of
of the present term on account of ill health.
Teaching is a very unhealthy employment,
especially, in the Winter season, ^{and} much more
unhealthy now than it used to be when fire ^{places}
were used; even, then but few could follow ^{it} for
a series of years without destroying their health.

These are three great and important contribu-
tors ^{to good health}. 1st good air. 2^d good food. and the 3^d exercise.
If we are deprived of the 1st and third we can-
not enjoy the second. Were I about to buy
me a farm or select a place to live and be
healthy my first object would be to ascertain
whether good water could be had, or rather
if it naturally existed in the place; for no
person can live long and enjoy good health
while he drinks much bad water or eats food
cooked in it, and I think you will generally
find good air where good water naturally
exists. I approve of the course which you ^{are} about
to take and shall look for you here shortly.
Your Father's Friend Joseph H. Underwood