Quincy, Aug. 20th, 1807

Dear Sir,

I have the pleasure to acknowledge your letter of the 6th. & 14th. Inst. I am extremely happy to see you are so well recovered and that you have made the prospect of enjoying perfect health, very the nearer change— one of the most rational objects of study is certainly a man’s own constitution, and a person would therefore be most the better for all the elements and relations in the course of early years, so that when he was a free agent, that is, under the command of his own time and circumstances.