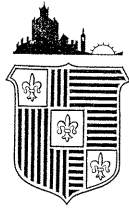


Miss Clara Cannon

1545 Green St.

Apartment No. — San Francisco.



Mark Hopkins
San Francisco

May 12, 1933.

Dear Elmer -

Just a brief note to call your attention to some things - Please accept a father's suggestions.

If you should get lonely at any time, don't stay indoors unless it is too stormy to get out. Change your thoughts by getting out and walking or by doing other things to direct your mind. You can overcome any tendency this way by such action.

Be very careful of your health. Do all those things which will enable you

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to resist ailments and enjoy sound health.
Be active in attending to your duties
in the Church. Be willing to do what
is asked of you by those in authority.

Be friendly and cultivate proper
acquaintances. Seek to get acquaint-
ed with and associate with those
whom you determine are most help-
ful and attractive.

Do not neglect to eat proper
nourishing food. Keep proper guard
of your weight and be sure you
gain rather than lose weight.

Seek the Lord often for His
blessings and seek to be guided
by His Spirit.

Write us frequently, if only by

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postal card, and tell us just how
you are in every respect. We are
greatly interested in your welfare.
Do not hesitate a moment about
letting me know of anything about
which you need any help. Wire
me at any time collect if you need
money or anything else.

Stand when you want to come
home don't let pride or any other
thing stand in your way. Happiness
and peace of mind are the most
important things.

May the Lord bless, protect and
guide you!

Lovingly,
Father.