

Polly Reed
Observations Duties &c

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Polly Reed.



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Part II.

Chapter II.

General Observations on Duty.

Section II

General Duties.

"Duty is ours, rewards Gods."

"A King should prefer the interests of his country to those of his own children." (Seneca.)

"Duty faithfully performed, opens the mind to truth" (Dr Channing.)

The highest form of Christian experience is always in harmony with present duty, does all things right and well, first by estimating all things in themselves, and their relations just as they ought to be estimated, and then by cor-

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responding to this just estimate, by an equally just conduct.
 } "Use with religious awe, God's sacred name."

Chapter II. Duties to God.

Devotion

"I regard to times and places of devotion, The will of God is the time of times, and the place of places."

"However it may please God." (Motto of the Marquis of Lansdowne.)

Humility.

"Lofty towers tumble with a tremendous crash."

"Strive to do good, rather than to be too conspicuous."

"What is becoming is honest, and whatever is honest must always be becoming." (Cicero.)

"Be content with the station assigned you, and do not wish to appear greater than you are." (Martial.)

It is sincerely in the nature of man, entirely to resist the intoxicating effects of a long train of prosperous events which

are attributed to his gallantry, and raise him in rank, consequence and power, above his fellow citizens."

"Wisdom is often concealed under a threadbare garment."

"Ignorance is ever assuming and intolerant, but humility is the best foundation of real worth."

"The mind must be humbled before it can be elevated; the heart must be softened before it can be moulded."

(St. Hudson.)

Gratitude.

"Nothing more detestable does the earth produce than an ungrateful man."

"Ingratitude comprises in itself all other vices."

"A kindness bestowed upon an ungrateful man is thrown away."

"A beggar raised to wealth, is generally unmindful."

Prayer.

"Prayer prevails against temptation, So speak to God as if men heard you."

Resignation.

"The will that is not resigned to God is always impatient, because it knows no law above itself. (More)

An Indian admonition to patient endurance of sufferings.

"Evil days are better than good days; for when we suffer much we do not sin; and sin will be driven out of us by sufferings: but good days cause men to sin, and God cannot extend his mercy to them; but contrariwise, when it goeth evil with us, God hath compassion on us.

A perpetual calm would hinder the fructification of flowers.
(Let this console us under sufferings.)

Can man outwit omnipotence? Strike out a self wrought happiness, Unmeant by Him who made us, and the world we would enjoy? Who forms an instrument ordains from whence Its dissonance or harmony shall rise." (Young)

Trust in God.

An Indian admonition to trust in God was given to a white man in need

(Captain Smith.)

"Brother, as you have lived with the white people you have not had the same advantage of knowing that the Great Being above feeds his people, and gives them their meet in due season, as we Indians have, who are frequently out of provisions, and yet are wonderfully supplied; and that so frequently that it is evident that the hand of the Great Owanego doeth this. Whereas the white people have large stocks of tame cattle that they can kill when they please, and also their barns and cribs filled with grain, and therefore have not the same opportunity of seeing & knowing that they are supported by the Ruler of Heaven and Earth.

Brother be assured, that you will be supplied with food, and that just in the right time; but you must continue diligent in the use of means;— go to sleep and rise early in the morning and go hunting, be strong and exert yourself like a man, and the great spirit will direct your way."

Loyalty.

"Be loyal in all" "Loyalty binds me."

"Loyalty feels no shame" "Mindful and faithful."

(Motto of Lord Selva.)

Obedience.

Obedience is better than many obligations. "He commands enough that obeys a wise man." "The strong enemy of souls is not conquered by great and mighty displays, but by willing and cheerful obedience." The remedy of infidelity is experimental obedience to the word of God.

Dependance.

"Unless the Lord is with you, all your efforts are vain." (Latin.)

"God is my guide; my sword my companion." (Latin.)

God assisting, there is nothing to be feared. (Latin.)

"Strength is from above." (Seneca)

Chapter III

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Duties and Observations to and Concerning Ourselves.

Sincerity.

Sincerity is the Parent of Truth.

An Indian admonition to a white man, for mocking prayer by laughing, because he, the Indian, was naming his various wants to the Great Spirit, and among the rest tobacco to smoke.

"Brother I have somewhat to say to you, and I hope you will not be offended when I tell you your faults. I was praying, I saw you laughing; I do not think you look upon praying as a foolish thing. I believe that you pray yourself; but perhaps you may think my mode of praying foolish, if so, you ought to instruct me in a friendly manner, and not make sport of foolish things."

Honesty.

Honesty is praised, but freezes among a wicked generation.
Probity, is true honor. (Lat) (The first step to greatness is to be honest.)

8. "He who flies from judgement, confesses the crime imputed to him."
 "It is a fraud to conceal a fraud."
 "An undisturbed conscience is a wall of Brass." (Motto of the earl of Scarborough)
 "Fraud ceases to be a fraud, when not fraudulently intended."

Simplicity.

Simplicity is the invariable characteristic of truth. Error loves to hide her deformity in cumbrous shapes and complicated developments, to bury her sophistries in mazy labyrinths of subtlety and disguise her purposes in oracular ambiguities. But truth is open as the day, her aspect is radiant with candor, her language direct and plain, her precepts admirable in beauty, irresistible in force. (Selected.)

Mildness.

"A soft answer turneth away wrath, but grievous words stir up anger." "Resist false doctrine, but call no man a heretic."

"Sometimes words wound worse than swords." "It is the tone which makes the music." The tone and the manner in which words are delivered, contribute mainly, on certain occasions, to the effect they are to produce, and the weight and import which is attached to them." "A loud and vehement mode of delivery, accompanied by a haughty action, may render an expression highly offensive, which would, if differently pronounced, be perfectly harmless."

"Violence breeds hatred, and hatred disputation." "A mind diseased, cannot bear any thing harsh." "The mind laboring under affliction, is susceptible of offence from the slightest cause."

Mildness of expression and manner, is by no means an unimportant ingredient in friendship." (Cicero.)

A celebrated divine who was remarkable in the first period of his ministry for a loud and boisterous mode of preaching, suddenly changed his whole manner of delivery. One of his hearers observing it, inquired of him what had induced him to

make the change? He answered, "When I was young I thot it was the thunder that killed the people; but when I grew wiser I discovered it was the lightning. So I determined to thunder less and lighten more in future."

"Mild peace is becoming all men; Savage anger wild beasts only." "Mildly and firmly" (a motto). "Mild in manner, resolute in purpose." (motto)

Moderation.

"All the blessings of Providence, all the possessions of this world may be exhausted by excess, or turned into evils by misapplication or abuse. (Seneca.)

"Precipitate counsels are generally productive of subsequent repentance"

"In all circumstances endeavor to preserve an equal mind."

"Moderate things last long." "What is violent cannot last long"

"All undertakings begun with uncontrolled violence, are urged on in the beginning, but towards the end the exertion becomes languid." (Juvenal.)

Purity of Heart.

"An evil heart can make any doctrine heretical."

"Even from the body's purity, the mind receives a sympathetic aid." (Thompson.)

"The light within us since the fall becomes darkness; and the understanding that should be eyes to the blind faculty of the will, is blind itself." (South.)

"True conscious honor is to feel no sin within. All armed without when innocent. Be this thy screw, and this thy wall of brass."

"No shield is so impenetrable, no security so effectual, as a mind conscious of innocence."

Purity of Speech.

"Defile not your mouth with improper words."

"Evil communications corrupt good manners."

"Rule the appetite, and temper the tongue"

"He who often swears, distrusts his own word."

"Immodest words are in all cases indefensible."

"Ribaldry is the badge of baseness."

"Subtle sophistry, prevents true philosophy."

"One ill word will ask another."

"Dead flies cause the ointment of the apothecary to send forth a stinking savor; so doth a little folly him that is in reputation for wisdom and honor." (Prov.)

"The most pure and chaste morality will become tainted if exposed to the contagion of obscene & corrupt conversation." (Latin)

Religion.

"If you study christianity in its original records, and not in human creeds; if you consider its clear relations of God, its life-giving promises of pardon, and spiritual strength, its correspondence to man's reason, conscience and best affections, and its adaption to his wants, sorrows, anxieties and fears; if you consider the strength of its proofs, the purity of its precepts, the divine greatness of the character of its author, and the immortality which it opens before us, you will feel yourselves bound to welcome it joyfully, gratefully; as affording aid to incitements to self-culture, which would vainly be sought in all other means".

"God cannot have made spiritual beings to be dwarfed by earthly cares." (Dr. Channing.)

"It is religion, which teaching men their relation to God, awakens in them the consciousness of their importance as individuals." (Dr. Channing)

"Religion being interpreted is the education of the soul, the reunion of mind with the divine nature." (Shelley)

Religion perishes in cold party formulas like a giant frozen in the snow." (Shelley)

Reflection.

Understanding is the faculty of reflection

"Yes and no's are very shortly pronounced; but before we give them utterance, we should reflect sometime."

"On all occasions to have in prospect the end of life and a future state." (Dr West's rules).

"Frequently to review my conduct (and not my failings)." (Dr West.)

"A good man increases the period of his own life. It is to live twice, when we contemplate with satisfaction, the retrospect of our past life."

"Of no day can the retrospect cause pain to a good man, nor has one passed away which he is unwilling to remember."

"No days remembrance shall the good regret,
 Nor wish one bitter moment to forget;
 They stretch the limits of their narrow span,
 And by enjoying life, live past life again"

"Always remember there exists a heavenly tribunal where
recompense is taken of right and wrong"

"A scalded cat dreads even cold water"

Self Praise.

"He that praiseth himself is a debtor to others"

"If you have done a good deed, boast not of it"

"Boast not of yourself and demean others."

"If they say you are good, ask yourself if it be true."

"Do your utmost, and say little of yourself" (Seneca)

"Never sound the trumpet of your own fame"

Self exaltation is the fool's Paradise."

"You should ask the world's leave before you commend yourself."

"Nothing is more disagreeable than the society of a man who
always makes himself the hero of his story, and who is
loud in extolling his own virtues."

Self Command.

Plato having raised his hand in anger to correct a servant, kept his arm fixed in that posture for a considerable time. To a friend coming in and enquiring the reason of his singular conduct he replied, "I am punishing a passionate man." At another time he said to one of his slaves, "I would chastise you if I were not angry."

When told that his enemies were circulating reports to his disadvantage, he remarked, "I will so live that no one will believe them."

A friend observing his studious habits, even in extreme old age, enquired how long he intended to be a scholar. "As long as I have need to grow wiser and better," said he.

"He is doubly a conqueror, who when a conqueror, can conquer himself." (Synes.)

Self Watchfulness.

"The word that has gone forth never can be recalled" (Horace.)

"He who is in company with a wolf, should carry a dog under his cloak."

"Be always on your guard against the devices of wicked men, when you come in contact with them."

"Think to day and speak tomorrow" We cannot be too considerate before we speak, as one unguarded expression may make us an enemy for life, or disclose things which never should have passed our lips.

"The spudlock should be upon the mind" "No man is hurt but by himself."

"No man ever arrived suddenly at the summit of vice."

"It has come to fools to discover their neighbors faults, while they are forgetful of their own." (Cicero.)

"Consult your friend, especially on those things which respect yourself. His counsel may be useful, where your self-love may impair your judgement." (Seneca)

"As much as you feel yourself incapable of a base action, so much should you be averse to depravity or obscurity. (Cicero.)

"A man should never present himself in a court of justice, when his conduct has been in any way reproachable within the cognizance of the bench." (Latin - Law.)

"Swift to hear, and slow to speak."

Self-Knowledge.

"It is a great misfortune not to possess talents to speak well, nor sufficient self-knowledge to be silent."

"I am no friend to myself, if I think him my enemy, who tells me of my faults."

"The mind that feels conscious of its own exaltation, despises the lies of common report." (Ovid.)

"The truest felicity is derived from the consciousness that you

are deserving of all the felicity you enjoy." (Pliny.)

"Death falls heavily on that man who, tho' but too well known by others, dies unknown by himself." (Young.)

"No man is a competent judge of his own conduct."

"Know thyself." (Solon, the first of the seven wise men of Greece.)

"Learn well to know how much need not be known."

"It is shameful for a man to rest in ignorance of the structure of his own body, when the knowledge of it conduces mainly to his own welfare. (Helanethon.)"

1 "Human life is like a calm lake, and every act of our lives raises a wave on its surface which produces ripples even from the centre to the very shore; yea, more, from shore to shore, from birth to death." (G. B. A.)

1 "The gospel of Christ is a faithful mirror, in which each action is reflected and discovered, not only to ourselves but our acquaintances. How careful then should we be, that all the images thrown upon its face are such as we are willing to see and meet ourselves, and to have seen by others." (G. B. A.)

"Intimations from our own souls of something more precious than others teach, if faithfully followed, give us more consciousness

of spiritual force and progress, never experienced by the vulgar of high or low life, who march as they are drilled to the steps of their tunes.

Self-Conceit

- 1. "It is folly to pretend to be the only wise person."
- 2. "He who follows his own advice, must take the consequences."
- 3. "The world is peopled with fools, and he who would avoid seeing one, must lock himself up alone, & break his looking-glass."
- 4. "False honors assist, and lying slanders alarm none, save the reprobate and the liar." (Horace)
- 5. "Nothing can exceed the injustice of the ignorant man, who thinks nothing rightly performed, except what he himself does."
- 6. "An infusion of pride, is a blemish on the best manners!"
- 7. "The wisest man is he who generally thinks himself the least so."

"They are able because they think themselves so." A confidence in our own powers, produces a degree of resolution and energy which generally ensures success. (Virgil.)

"To the fool nothing appears to have been well done, except those things which he himself has done."

"To say as little as possible of myself, or those near to me." (Dr. West.)

"A man who shows himself too well satisfied with himself, is seldom pleased with others, and they in return are seldom disposed to like him." (Richefoucault.)

"A vain man will always speak of himself either in praise or in censure, but a modest man keeps silence of himself." (Lubronic.)

Self-Culture.

"If the brain sow not corn, it plants thistles."

"It is by study that we become contemporaries with ages past, and citizens of every country."

"He that will not be counselled, cannot be helped."

"If you will not hear reason, she will surely rap your knuckles?"

"To the good, but few things are more pleasing than the exercise of self-authority and self-restraint."

"A clownish air is but a trifling defect; yet it is enough to make a man universally disagreeable."

"Cultivation is as essential to the mind, as food to the body."

"An even mind is never prejudicial."

"A foxes skin should be joined to that of a lion."

"Learning elicits the innate powers of the mind." (Horace)

"Improve your minds while yet you may."

"In rough and uncultivated regions, snow lies long upon the ground, but on soils that are cultivated it soon melts away; in like manner passion takes possession of our minds; those which are coarse and uncultivated it governs; but in those that are polished, it quickly passes away."

1 "He is the most powerful, who can govern himself." (Seneca.)

"He is wise, who rigidly governs his own desires; whom neither poverty nor death nor chains affright; who has the courage to restrain his appetites, to contemn honors, and who is in himself, polished and round, pursuing as does a globe, his smooth and even course." (Latin)

"As the soil, however rich it may be, cannot be productive without culture, so the mind without cultivation can never produce good fruit." (Seneca.)

"He is indeed a conqueror who overcomes himself." (Motto.)

2 "If you do not render yourself worthy of the love of others, it is in vain to hope it will be extended to you." (Ovid)

"Where mind does not govern sense is obeyed; and we cease to struggle for self-mastery, we sink into our imperfect instincts, with a very inferior brutalism." (Prof Morse.)

"Reason is strong only in proportion to her motives; she is next to omnipotent in her controll over the body, when she derives her motives from the Almighty." (Prof Morse)

"When a person becomes addicted to a habit of mental absence, the mind cannot be elated above the gross air, and might hag-hauntings of sensuality, nor be endowed with the delight

of true freedom and power, unless objects are set before it of a spiritual and eternally enlarging nature." (* Prof. Morse.)

"The will makes the man, and his future history depends on his present state." (Moore.)

"Thinking to an end, is the glory of the mind." (Moore.)

"The will is the master principle, even in a slave, and therefore its moral state must determine every man's moral destiny." *

"It is easier to act the martyr, than to conquer one's temper."

"Not a thought, not an idea, not an affection or feeling of the mind can be excited without positive change in the brain and in the secretions." (Prof. Morse.)

"Man was made to obey God, and this power depends not on a refined education."

"A soul well principled will be sooner separated from the body, than from its fixed principles." (See Rambler No 52.)

"This struggling after unattainable objects, this fretting because we cannot trust our faithful Creator, this turmoil of selfish passion, this is death." (Prof. Morse.)

"Health of soul, is health to the body also. And what contributes to the health of one, also contributes to the health of the other."

"A clear thought, a pure affection, a resolute act of a virtuous will, have a dignity of quite another kind, and far higher than accumulations of brick and granite, and plaster and stucco, however cunningly put together, altho stretching far beyond our sight." (Dr Channing.)

* "Real greatness has nothing to do with a man's sphere; it does not lie in the magnitude of his outward agency, in the extent of the effects which he produces." (Dr Channing.)

"Unless we are roused to act upon ourselves; unless we engage in the work of self-improvement, unless we purpose strenuously to form and elevate our own minds, unless what we hear is made a part of ourselves by conscientious reflection, very little permanent good is received." (Dr Channing.)

"It is worthy of observation, that we are able to discern not only what we already are, but what we may become; to see in ourselves germs and promises of a growth to which no bounds can be set, to dart beyond what we have actually gained, to the idea of perfection as the end of our being." (Dr Channing.)

"One reason why self-culture is so seldom proposed, is so few penetrate into their own nature. To most men, their spirits are

shadowy, unreal, compared to what is outward." (Dr Channing.)

"We can fix our eyes on perfection, and make almost every thing speed us towards it." (Dr Channing.)

"In a wise self-culture, all the principles of our nature grow at once, by joint harmonious action, just as all parts of the plant are unfolded together." (Dr Channing.)

"No part of self-knowledge is more important than to discern clearly the two great principles, the self-seeking, and the disinterested: and the most important part of self-culture is to depress the former, and exalt the latter, or to enthroned the sense of duty within us." (Dr Channing.)

"Self-culture is religious, and to develop this principle is eminantly to educate ourselves" (Dr Channing.)

"Self-culture is intellectual, but never never exalts the intellect above the moral principle. The first grand principle of intellectual progress, is to receive the truth, no matter how it bears upon myself. I must follow it, no matter where it leads, what interests it opposes, to what persecution or loss it lays me open, from what party it severs me, or to what party it allies." (Dr Channing.)

"A man who raises himself looks from an eminence on nature and providence, on society and life." (Dr Channing)

"The moral and religious principles of the soul generously cultivated, fertilize the intellect." (Dr Channing.)

"We must make self-culture really and truly our end, or choose it for its own sake, and not merely as an instrument for something." (Dr Channing.)

"An important measure of self-culture is intercourse with superior minds"

"Self-culture does not require the sacrifice of individuality, it does not torture everyone into one rigid shape called perfection?"

"One of the chief arts of self-culture, is to unite the child-like teachableness which gratefully welcomes light from every human being who can give it, with manly resistance of opinions however current, or influences however generally revered, which do not approve themselves to our deliberate judgement."

"Intellectual culture consists not chiefly as many are apt to think, in accumulating information, (tho' this is important, but in building up a force of thought, which may be turned at will on any subject on which we may be called to pass judgement." (Dr Channing.)

"To build up that strength of mind which apprehends and cleaves to great universal truths is the intellectual culture." (Dr. C.)

"To improve a man is to enlarge & liberalize him in thought feeling (and purposes." (Dr. Channing.)

"Self-culture is social; one of its great offices is to unfold and purify the affections." (Dr. Channing.)

"The power of utterance should be cultivated. A man was not made to shut up his mind in itself; but to give it voice and exchange it for other minds. (Dr. Channing.)

"Our minds are apt to pine and starve, by being imprisoned in what we have already obtained." (Dr. Channing.)

"The ground of man's culture lies in his nature, and in his calling. His powers are to be unfolded, on account of his inherent dignity, and their outward direction. He is to be educated because he is a man, not because he is to make shoes, nails or pins." (Dr. Channing.)

"The great means of self-culture, and that which includes all the rest, is to fasten on this culture as our great end. — To determine deliberately and solemnly, that we will make the most of, and the best of the powers which God has given

us. Without this resolute purpose, the best means are worth little, & with it the poorest may become mighty." (Dr. Channing.)

"A true faith, looking up to something better, catching glimpses of a distant perfection, prophesying to ourselves improvements proportioned to our conscientious labors, gives energy of purpose, gives wing to soul, and this faith will continually grow, by acquainting ourselves with our own nature." (Dr. Channing.)

"It is one of the greatest benefits of self-improvement, that it raises a people above the gratifications of a brute, and gives them pleasure worthy of men." (Dr. Channing.)

"The power of original thought, is particularly manifest in those who thirst for progress, who are bent on unfolding their whole nature."

Self Denial.

"There is no hope but in the cross."

"Resist the first beginnings of evil."

"It is easier to suppress the first impure desire, than to satisfy all that follows."

"Why is there no man who confesses his vices? It is because he has not yet laid them aside. It is a waking man only that can tell his dreams." (Seneca)

"Where a love of pleasure is suffered to be paramount to duty, the greatest virtues will be obscure and inactive. (Cicero.)

"To evince great attention to trifling objects, is a certain sign of a confined and little mind."

Self Deceit.

"Do not suffer yourselves to be deceived by outward appearances." (Lut.)

"The most vehement politician thinks himself unbiased in his judgement. The most deadly enemy, in speaking of the one he hates, will tell you that his views are not the offspring of passion. Such is self-deceit." (Nelson.)

"Friends had deceived me, I felt no anger against them, I had deceived myself in them." (Zochokke.)

"Not God, is the Creator of our woes, but man himself in his self-pampering, in his own estimation of pompous nothingness." (Zochokke.)

Self Ease.

"A flowery path is never that which conducts us to glory." (La Font.)

"Difficulties and dangers to be combatted by perseverance;"

arduous enterprises to be consummated by valor and prudence; disappointment and even defeat to be borne with patience and resignation; resistance to be overcome by resolution and constancy, by firmness and good conduct; These are the obstacles that beset the path to glory; these the qualifications by which they are to be surmounted, and thro' the energetic exertion of which, we can alone hope to enter her shrine."

Modesty.

"To Superior station, to rank, to age, to sex, place should always be conceded"

"That which is lawful is not always becoming."

Morality.

"Love God with all thy heart, and thy neighbor as thyself,
is the sum of the moral universe." (H. Greely.)

Ostentation.

"Be content with the station assigned you, and do not
wish to appear greater than you are." (Martial.)

"No to them who hang the perishing garlands of human eloquence on the cross of Christ, thereby in any degree, to hide him from our view."

"Shall 'victory' be uttered as a term of supine boasting at good secured? Or shall it become the watchword, expressive of a religious faith and devotedness to a progressive work?"

"Little souls fall down and worship grandeur, without reflecting that admiration is due only to virtue & goodness. (Wm Penn)

"Let not the pomp which surrounds the great, mislead your understanding; The Prince so magnificent in ^{the} splendor of a court, appears behind the counter a common man." (Wm Penn.)

Veracity.

"Report never states things exactly true." (Latin.)

Truth

"He who denies his sins does not atone for them. And as Watts says, "But liars we can never trust,
Tho' he may speak the thing that's true;
For he who does one fault at first,
Then lies to hide it makes it two."

"Every truth is a clue to unravel the tangled thread of thought."
(J.S. Randal)

"The system of truth is single and universal, each part is connected with every other." (J.S. Randal)

"Seek out the truth." (Motto of Lord Charleton.)

"What is true and becoming in life, I study and investigate, and on that I am intent." (Horace.)

"Nothing can in beauty equal truth. Truth alone is lovely." (Boileau)

"Stick to the truth." (Motto of Lord De Blaquiere.)

"The expressions of truth are simple; her majesty is insulted, her beauty impaired by the ornament of art; and amplification is as hateful to her as concealment is offensive." (Seneca.)

"Truth, by whomsoever spoken, comes from God."

"Truth fears nothing but concealment; and is simple, requiring neither study nor art."

"Truth is violated by falsehood, and it may be equally outraged by silence."

"Truth is established by investigation and delay; but falsehood prospers only in precipitancy."

"Truth is the proper ailment of the soul." (Moore)

"Truth and goodness are equally precious, in whatever sphere they are found." (Dr Channing)

"Truth never was indebted to a lie." (Young.)

"Simplicity is the invariable characteristic of truth. Error loves to hide her deformity in cumbrous shapes, and complicated envelopments, to bury her sophistries in mazy labyrinths of subtlety, and disguise her purposes in oracular ambiguities."

But truth is open as the day, her aspect is radiant with candor; her language direct and plain, her precepts admirable in beauty, irresistible in force. (Selected.)

"The path of truth is plain, and it is a safe path; that of falsehood is a perplexing maze."

"Belief and profession will speak a christian but very faintly, when thy conversation proclaims thee an infidel. (South.)

"Perjury is a virtue, when the oath was a crime."

"Truth is powerful and will prevail."

"Truth can be blamed, but it never can be shamed."

"A liar is a bravo towards God, and a coward towards men."

"Oils and truth will get uppermost at last."

"Truth scorns all kinds of equivocations."

"Truth never fears rigid examination."

"Truth may languish, but can never perish."

"Truth is the basis of all excellence."

"Truth hath always a fast bottom."

"The sting of a reproach is the truth of it."

"The spirit of truth dwelleth in meekness."

"Speak the truth and shame the Devil."

To a Good Conscience.

"Value a good conscience more than praise"

"True conscious honor is to feel no sin within,
All armed without, when innocent

Be this thy screen, and this thy wall of brass."

"It is to live twice to be able to enjoy the retrospect of
your past life.

When years no more of active life remain,

'Tis youth renewed to laugh them o'er again."

Early Rising.

"It is the earliest birds that pick up the most worms."

"Addict yourself to early rising."

Chapter IV.
Reciprocal Duties

"He who sows brambles must not go barefoot."

"It is a foolish sheep that makes a wolf his confessor."

"Never scald your lips with other men's broth."

"Unkind expressions wound sensitive minds."

"Unmerited honors never wear well."

"Zenno, of all virtues made his choice of silence."

"Oblivion is the best remedy for injuries."

"To afford reciprocal assistance when in our power, is one of our most sacred duties."

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Part III.

Of Qualities.

Chapter II

Observations on the Good Qualities of the Heart.

Virtue.

- "Virtue can captivate even the most rustic minds."
- "Virtue is stronger than a battering ram." (Motto)
- "Virtue approved of, will flourish." (Motto)
- "Virtue is always flourishing." (Motto)
- "Virtue alone ennobles" (Motto)
- "Virtue subdues envy." (Motto)
- "By virtue and by divine power." (Motto)
- "By virtue and industry" (Motto)
- "By virtue not by words." (Motto)
- "Virtue grows under the cross & tends towards heaven."
- "By virtue, not by cunning" Motto.



In virtue there is tranquility?"

"Piety is the foundation of all the virtues."

"The first virtue is to restrain the tongue" (Cato.)

"Virtue is the way of life."

"Virtue rewards her followers."

"Virtue grows under every weight imposed on it."

"Virtue, is the only true nobility."

"Virtue may be gay with dignity."

"Glory is the companion of virtue."

"Virtue rejoices in temptation"

"Be thou perpetual in virtue."

"Virtue that parleys is near a surrender."

"Virtue is like gold, the more it is rubbed the more it will shine?"

"Virtue which ^{has} never been proved in the ordeal of adversity, can rarely be so confided in, as that which has submitted to the trial, and comes out untarnished. (Tull.)

"Good men abhor sin, merely from their love of virtue." (Horace.)

"Virtue once having struck deep root, can never be eradicated by any power." (Cicero.)

"It is virtue to resist vice; and the ground work of wisdom is to be exempt from folly." (Horace.)

"Virtue consists in action to right ends and purposes; that passive being, who possesses an inert and negative virtue, has little claims to merit, save in not being mischievous and not being vicious: he alone is truly virtuous, who is practically so; who actively seeks occasions of doing good; and whose chief happiness consists in bestowing relief on others." (Motto.)

"All the praise bestowed on virtue, is elicited by the activity with which it is exercised" (Cicero.)

"Vices often creep upon us under the name of some blance of virtue" (Sen.)

"Man may as well expect to be at ease without wealth, as happy without virtue."

"Virtue is praised while it is left neglected to shiver with the cold."

"Virtue herself appears more lovely when enshrined in a beautiful form."

"Sterling worth is manifested, by doing without any witness, the utmost one could be capable of performing in the face of the world" (Rochefort.)

"Virtue has allurements which lead us to true happiness; without happiness can never be solid, permanent or real; but with it, always so."

"Virtue in want is as a traveller, whom the wind & rain

have compelled to wrap himself up in his cloak. The virtuous man so situated, is passed unheeded, and disregarded by the world, who pay no attention to his qualifications, and are not aware of his figure or his worth."

"Virtue would not go so far, if she was unaccompanied by vanity. We all feel a strong and inherent desire to gain the applause and the good opinion of others, which prompts us to good acts, and incites us to the practice of virtues which the world so much esteem and admire."

"Virtue is the only true source of nobility."

"Virtue resembles some perfumes, which yield a more agreeable odor, from being rubbed."

"Good is never more effectually performed, than when it is produced by slow degrees."

"Virtue allures men by her charms, into the path of honor."

"To respect virtue tho' clothed in rags."

"There will ever be a place for virtue." (Seneca.)

"Little babe, thou enterest the world weeping, while all around thee smile; contrive so to live that you may depart in smiles, while all around you weep." (Hindu eulogical admonition.)

Goodness.

"The most delicate, the most sensible of all pleasures, consist in promoting the pleasures of others."

"Loyalty feels not shame."

"No bad man can know real happiness."

Piety.

"Strength is from above."

"Heaven bid the soul this mortal frame inspire,
Bid virtues ray divine inspire the soul,

With unprecarious flowers of vital joy,
 And without breathing man as well might hope
 For life, as without piety for peace." (Young.)

"Is virtue then, and piety the same? No, piety is more;
 'tis virtues source."

"A deity believed is joy begun,
 A deity adored is joy advanced.
 A deity beloved is joy matured." (Young.)

"To do good is the proper business of life; to qualify for earnestness and efficiency in doing good, is the true end of education."

"Love conquers all things, let us therefore yield to its influence."

"He who has never known the emotions of true love, has never been truly happy."

"Love is credulous. The period of love is one of credulity."

Love is the weapon which omnipotence reserved, to conquer rebel man, when all else had failed. Reason he parries, fear, he answers blow to blow, future interests he meets with pleasure, but love, that sun against whose melting beams winter cannot stand, that soft subduing slumber which wrestles down the giant, there is not one human creature in a million, not a thousand men in earth's large quintillion, whose clay heart is hardened against love."

"Man is what his love is, and what his love is, that is his affection, and what his affection is, that is his desire; and desire is prayer (and continual. (Bramer Att.)")

"Love is the law of moral gravitation; among all intelligences, love is the cementing principle. Where love is not there is discord and every evil work. It is this principle which unites man to man, and man to God, and is the

originator of all those virtues which adorn and dignify humanity. By love the heavens are kept in order, and the bright hosts of Angels receive and reciprocate the blessings and benefits of a united and harmonious association."

"Love reduces all to one common level."

Our wills are according to our love, and we become like what we love." (Prof. Moore.)

Meekness.

"A fool's heart is ever dancing on his lips?"
 "Pride is like a magnifying glass."

Charity.

"In cases where doubt exists, we should always lean
on the side of mercy. (Latin.)

"True charity, instead of wasting or lessening the substance
of the donor, blesses, increases and multiplies it profusely. (Mr. Guyon.)

"Verily I say unto you, in as much as ye have done it unto
one of the least of my brethren, ye have done it unto me." (The Saviour.)

"Charity how beautiful! She goeth forth like an angel, with

consolation on her tongue, love in her heart, pity in her eyes, and relief in her hands; she inclines her ear to the suffering and poor, she seeketh out distress, nor ceaseth from morning until evening her mission among the homes of the sorrowing. She heeds not the scorn of the proud, the shrinking of the fearful, the eyes of the inquisitive, nor rain nor wind nor the bitter frost, but keeps on, and her way is compassed about with gladness. The hungry the ill clad, the sick and despairing rejoice at her approach. She shuns ostentation, she has no set time for her labors, but worketh always; for want and suffering and grief are among men ever in her path."

"He who pities the afflicted is mindful of what he owes to himself."

"He who stands in need of forgiveness, should be ready to grant it." (Seneca.)

Interpretation of motives.

"There are few words and actions but may be taken with two hands; either with the right of charitable construction, or the interpretation of malice and suspicion; and all things do succeed as they are taken. To construe an evil action well, is

but a pleasing and profitable deceit to myself; but to misconstrue
a good thing, is a terrible wrong to myself, the action of the author.
(Bishop Hall.)

Benevolence.

"The conqueror is regarded with awe, the wise man commands
our esteem; but it is the benevolent man who wins our affections;
he alone is beloved."

Dignity.

"Never addicted to mean pursuits." (Motto of Lord)

Greatness.

"Excellence of disposition, and greatness of soul is most conspicuously demonstrated in contempt of riches." (Latin.)

"A conciseness of style is necessary to make a sentence run freely."

"There never was a great man unless by divine inspiration."

"A great man is above doing an unjust act, above giving way to grief, and it would be invulnerable if passion did not prey upon its sensibilities."

"Great minds are easy in prosperity & quiet in adversity."

"The greatest man is he who chooses the right, who resists

the sorest temptations from within and without; who bears the heaviest burdens cheerfully, who is calmest in storms, and most forbearing under menaces and frowns, whose reliance on truth, on virtue, on God is most unflinching. (Dr. Channing.)

"Force of thought is manifested in a concentration of the attention, in accurate penetrating observation, in reducing complex subjects to their elements, in diving beneath the effect to the cause, in detecting the more subtle differences and resemblance of things, in reading the future in the present, and especially from rising from particular facts to general laws or universal truths." (Dr. Channing)

Nobility.

"Virtue is the only true source of nobility"

Fidelity.

Fidelity is of God. (French)

"He who has forfeited his good faith, has nothing else to lose." (D. Labor.)

"Approved faith confers a crown." (Latin.)

Candor.

"Judge not from appearances." "No duty imposed by necessity, should be regarded as a burden by man."

"Never think the worse of another, on account of his differing from me in political or religious opinions."

Character.

"The loss of reputation is of greater value, than it is possible to calculate."

"A man's character is like his shadow, which is sometimes longer, and sometimes shorter than he is."

"Every man's success in life depends upon his own conduct."

"We are valued in this world, as our conduct indicates that we desire to be valued. (La Bruyere.)"

"The station which every man occupies in society, the place he holds in the esteem of others, depends solely upon his own merits."

"Men are like watches, to be valued for their goings."

"If you lose every other possession, hold fast your good name, which, lost, you are indeed undone."

"He who has once rendered himself notorious for falsehood, tho' he should afterwards speak the truth, will seldom be believed."

"Always weigh maturely what you say of another, or of their character, also the person with whom you communicate." (Horace.)

"What is more miserable than to see an old man just entering on the practice of virtue." (Seneca) *And to see him still persisting in vice. (Ips.)*

"The direction of great talents to unworthy and inferior purposes, give wing and immortality to infamy." (G.B.A.)

"Place cannot lessen nor elevate us, Pygmies are pygmies still tho' perched on Alps, and Pyramids are pyramids in Wales." (Young.)

"Each man makes his own stature, builds himself." (Young.)

"Virtue outbuilds the pyramids." (Young.)

"High station builds up one in pride, that pride betrays his dignity."

"He who possesses a conscience void of offence towards God & man, is passing rich, whether he has much or little of this world's goods."

"He who is not afraid to be alone with his Maker, is independant of the smiles and frowns of the world; the sunshine of prosperity, the tempests of adversity neither seduce nor terrify his steadfast soul."

"Grandeur of Character is wholly in force of soul, that is in force of that, and moral principle and love." (Dr Channing.)

"It is force of that which measures intellectual greatness, and so it is force of principle which measures moral greatness." (Dr Cham.)

"A good reputation is preferable to a girdle of Gold."

"I had rather die than be discouraged." (Motto of the Earl of Athlone.)

Penitence.

"A broken heart is like an unsealed letter spread before us
full of comforting intelligence" (G. B. A.)

"Confession is a medicine to him who has gone astray." (Cicero.)

Feeling.

"Our feelings cannot be coerced by mere repetition of truth."

"That which disposes us to feel when we hear, does not increase
by mere repetition."

Affection

"No man can arouse in his bosom devoted affection by mere resolve."

"Our thoughts (whether sleeping or waking), in derangement or in health, will be determined by the state of our affections." (Body & Mind by Prof. Moore)

"The will is governed by affection and personal feeling." (Moore)

Merit

"Merit often proves an impediment to prosperity; the reason is, that it always has two bad effects, producing feelings of envy & fear; envy from those we excel, and fear from those whose pretensions we might set aside."

"The station which every man occupies in society, the place he holds in the esteem of others, depends solely on his own merits."

"True merit is dependant neither on season, nor on fashion."

"Advancement is to merit, what the ornament of dress is to handsome persons."

Purity of Heart.

"God looks to pure, not to full hands."

"There are three ways by which the world is purified. The plague, war, and monastic seclusion. (Latin.)

"As an object in the sunbeams casts a shadow on the wall, so doth an impure thought or sensation strike a darkened shadow upon the soul, which the mind's eye looks upon until it is tempted, or resolves to act accordingly." (Gba.)

"A pure heart is of vastly greater moment than a sharpened understanding." (H Greeky.)

Innocence.

"Innocence & mysteriousness never dwell long together." (F.R.)

"It is better to avoid a crime, than to have either to repent of it, or to blush for having committed it." (Tully.)

"Chastity once tarnished, can never be restored by art."

"He who repents of any sin he has committed is almost innocent" (Sen.)

"Of a life spent in tranquillity and innocence, the remembrance is pleasing and delightful."

"Who would be innocent if more occupation whether public or private, should be sufficient to convict?"

Chapter III.

Observations on the bad qualities of the Heart.

Bigotry.

"Men of limited capacities generally condemn every thing that is above their understandings".

Ingratitude is sometimes provoked, by the overbearing conduct of the benefactor."

Carelessness.

"When we despise danger, it overtakes us the sooner."

"It is sometimes expedient to forget what we know."

"Even trifles have their consequences."

Corruption of Principle.

"The corruption of the best things, produces the worst effects."

"When corruption and speculation takes root in institutions, which had originally been the best constituted, they often obtain

a degree of enormity, exceeding the abuses of other establishments." (Lattin)

Deception

"Bread of deceit is sweet to a man, but afterwards it shall be filled with gravel."

"Never speak to deceive, nor listen to betray."

"Show me a liar, and I will show you a thief."

"Every individual may deceive others, and be himself deceived; but there never was a man who could deceive the whole world."

"The credit that is got by a lie, only lasts till the truth comes out."

"Who thinks to deceive God, deceives himself."

"Who is not used to lie, thinks every one speaks the truth."

"The outward conduct of man, is an index to the secrets of the heart."

"I had rather be virtuous than seem to be so."

"One act of deceit succeeds another."

"It is the act of a base man, to deceive by telling a lie:"

"Think not to deceive the All-Seeing Eye."

"To conceal disease is fatal?" "Lying is the vice of a slave."

"All — is — not — gold — that — shines."

"A wolf casts his hair but never changes his ferocious disposition."

Envy.

"To wicked men, the virtues of others is always a subject of envy."

"Fancied advantages, to be procured by the sacrifice of honor, honesty and character, never can be realized."

"He who indulges envious feelings, must appear inferior to him whom he envies." (Motto of the Earl of Biddogon.)

"He who envies the lot of another, must be discontented with his own."

"Envy feeds upon the living, after death it ceases; then, every mans well earned honors defend him against calumny."

"The envious man grows lean, by contemplating the success of others?"

"All those whose affairs are not in a prosperous condition, are."

know not why) suspicious; they regard almost every thing as an affront; and on account of their humble state they believe they are treated with neglect."

Oblivion is the best remedy for injuries?"

Guilt.

"A mind conscious of guilt reproaches itself."

"An uncalled for exculpation establishes the guilt of him who makes it." (Latin.)

"The greatest misfortune man can know is to feel himself, in the wrong, and to have any thing in which to reproach himself."

"The power is detested, and miserable is the life of him who wishes rather to be feared than to be loved."

"A guilty conscience paralyzes the energies of the boldest mind, and enfeebles the powers of the stoutest mind." (Staline.)

"Workers of evil prefer darkness to light."

Hatred.

"I'll — will — never — spoke — well."

"Hate not thy brother, thy sister friend or enemy."

"Open rebuke is better than secret hatred."

"It is the nature of the human disposition, to hate him whom you have injured."

"To escape hatred is to gain a triumph."

Malice.

"He injures his own character, who attempts to do an injury to another."

"Malice is a mean and deceitful engine of mischief."

Passion.

"It is a law of our nature that the passions disturb the reason and judgement; just in proportion to the importance of the occasion, and the consequent necessity for calmness and candor." (H^m Heward.)

"Nothing overcomes passion more than silence."

"Keep your passions in subjection, which, unless they obey, will govern you." (Horace)

"Keep your desires ever under the controll of reason."

"Consider it sinful to give way to passion." (Virgil.)

"A quarrelsome man must expect many wounds."

"Our passions if not kept under controll, will assume the mastery over us."

"He who contralls his passions, subdues his greatest enemy."

"Passions for a short time neglected, acquire almost irresistible force."

"Prosperity is the nurse of passion." (Latin)

"Violence conducts every thing badly; when we give way to passion, we conduct every thing amiss."

Pride.

"An avenging God, closely pursues the steps of the proud." (Seneca.)

Anger.

The smallest spark often gives birth to destructive conflagrations."

Chapter III.

Observations on the Good Qualities of the Mind.

Bravery.

"It is more difficult to await death than to brave it." (Samaritan.)

Forethought.

"The most certain method to find consolation against whatever may happen, is always to expect the worst."

"Consult well before you begin; but having begun act with promptitude."

"Nothing can be more absurd, than to suffer our present happiness to be interrupted by an unbecoming and irrational anxiety about the future?"

"It is better to be cured at the beginning of a disorder than at the end."

"Think upon every word you shall speak before you utter it, I remember how nature hath rampired up as it were, the tongue with teeth, lips, yea, and hair without the lips, all betokening reins or bridles, for the loose use of that member." (H. Sidney's letter to his son Philip)

"A wise man reflects before he speaks; a fool speaks and then reflects upon what he has uttered."

Reason.

"Reason or ambition calculate— Passion inundates. (Sannertius)

"Reason's fall is the distrust of her Maker."

Stability.

"Strong minds are superior to bad fortune."

"While the mind is on the balance, it is in an instant, by a feather, turned to one side or the other."

"Stake even life in support of the truth."

"Men whose spirits have been once broken, are afterwards deeply affected by trivial mischances."

"We should not deduce an argument against any thing useful, from the occasional abuse of it (Latin Law Maxim.)"

"No profit can accrue from any object that is not at bottom solid." (Latin)

Wisdom.

"Wisdom without justice is but craftiness."

"In Wisdom's part, sometimes to play the fool."

"A wise man changes his mind, the ignorant will not." (Spanish.)

"The strongest symptom of wisdom in man, is his being sensible of his own follies."

"It is wise to derive knowledge even from an enemy." (Latin.)

"He alone is wise, who can accommodate himself to all the contingencies of life; but the fool contends, and is ever struggling against the stream."

"Wisdom consists not only in seeing what is before us, but in directing into futurity."

"Disappointment & suffering is the school of Wisdom." (Rapeau)

"No man is wise alone, — He has happily acquired wisdom, who has gained it practically, by availing the dangers incurred by the follies of others."

"The first and great use of wisdom is, to better by honest means, our own condition; to correct our own faults, and to conciliate by our own merits, the esteem and good opinion of our neighbors." (Latin)

"He who is not growing wiser, has never been wise"

"The first advancement towards wisdom, is to show yourself free from folly." or wanting in precaution

"He who on some occasions shows himself deficient in prudence, will never be esteemed to be a wise man." (Horace.)

"It is the part of a wise man, to try every thing that negotiation can effect, before he has recourse to arms." (Ter.)

"It is the mind after all that does the work of the world, so that the more there is of mind, the more work will be accomplished. A man in proportion as he is intelligent, makes a given force accomplish a greater task; makes skill take the place of muscles." (Dr. Channing)

"Of writing well, these are the chiefest springs,
To know the nature, and the use of things?"

"A man becomes interested in labor, just in proportion as the mind works with the hands." (Dr. Channing.)

Economy."

"He who does not profit by whatsoever he is engaged in must fail." (Latin)

Courage.

"Dangers that frown horribly on coming timidity, vanish into thin air, at the approach of determined courage."

"After battle comes reward." (Latin.)

"After cloudy weather, the sun appears" (Latin.)

"It is foolish to view with feelings of fear, those things which we know are inevitable."

Lessons of moral courage in every day life.

- 1st — Have the courage to discharge a debt, while you have the money in your pocket.
2. — Have the courage to do without that which you do not need, however much you may desire it.
3. — Have the courage to speak your mind when it is necessary that you should do so, and to hold your tongue when it is necessary that you should be silent.
4. — Have the courage to speak to a friend in a dirty coat, even in the street, and when the rich are nigh; the effort is less than many people take it to be, & the act is becoming a King.
5. — Have the courage to set down every penny you spend, and add it up weekly; whether it be time or money.

6. — Have the courage to own that you are poor, and you disarm poverty of her sharpest sting.
7. — Have the courage to tell your personal defects, and the world will be deprived of that pleasure, by being reminded of their own.
8. — Have the courage to admit that you have been in the wrong, and you will remove the fact from the minds of others, by putting a desirable impression in the place of an unfavorable one.
9. — Have the courage to bear to a first resolution, when you cannot change it for a better, and abandon it upon the eleventh hour, upon conviction of its inferiority.
10. — Have the courage to acknowledge your age to day, and to compare it with the average life of man.
11. — Have the courage to make a will, and what is more, a just one.
12. — Have the courage to face a difficulty, lest it kick you harder than you bargain for. Difficulties like thieves, often disappear at a glance.
13. — Have the courage to avoid accommodation bills, however badly you want money, and to decline pecuniary assistance from your dearest friend.

14. — Have the courage to shut your eyes at the prospect of large profits and

15. — Have the courage to tell a person, if consistent, why you will not do him a favor, and he will respect you more than if you tell him you can't.

16. — Have the courage to separate from the most agreeable acquaintance you possess, when he convinces you that he lacks principle: a friend should bear with a friend's infirmities, not his vices.

17. — Have the courage to show your preference for honesty, in whatever guise it appears, and contempt for vice, surrounded by attractions

18. — Have the courage to give, occasionally, that which you can ill afford to spare; giving what you do not want, nor value, neither gives nor deserves thanks in return: who is grateful for a drink of water from another's overflowing well, however delicious the draught? (Ans) (I should be if I was very thirsty) (p. 2.)

19. — Have the courage to wear your old clothes, until you can pay for new ones?

20. — Have the courage to obey your Maker, at the risk of being ridiculed by man.

76.
21. Have the courage to acknowledge your ignorance of any kind, every body will immediately doubt you, and give you more credit than any false pretensions could secure.
22. Have the courage to prefer propriety to fashion; one is but the abuse of the other.
23. Have the courage to neglect the use of cider, beer, wine, tea coffee and tobacco, ginger & spices peppers & mustard.
24. Have the courage to be ignorant of that knowledge which does not cultivate a pure spirit of self-abasement.

Worth.

"A man's worth is estimated according to his conduct."

Cheerfulness.

"Let it not be supposed that the life of a good christian must necessarily be a life of gloominess and melancholy; for he only resigns some pleasures, to enjoy others infinitely greater. (Pascal.)"

"Cheerful and contented with your lot, you will be esteemed a wise man." (Latin)

"The load appears light, which is borne with cheerfulness."

"Grief is light which advice can moderate." (Seneca.)

"Our best directed aims, will frequently fail in this life."

"Aim at cheerfulness without levity."

Teachableness.

"Let the ignorant learn, and the learned love to refresh their remembrance."

Affableness.

"Men possessing minds which are morose, solemn and inflexible, possess a greater share of dignity than of happiness."

"Affability in a Prince, is the magnet of truths."

Discretion.

"What we desire we are apt to think is good; what pleases us to think is holy."

All enjoyments are of use, but they demand a wise discretion to use them, for delightful measures may terminate in dreadful marches." (Prof. Moore.)

Faith.

"The greatest men now are the most believing; to believe only what we can understand or what meets our present views, is infatuated foolishness; for no man starts in life with full

views, while the higher he mounts, the wider is the horizon." (G. Dawson)

Integrity.

"Integrity carries with it its own reward."

"He who depends upon his incessant industry and integrity depends upon patrons of the noblest & most exalted kind." (Macklin's advice to his son.)

Chapter IV.

Observations on the bad qualities of the Mind.

Inconsistency.

"Inconsistency is always discreditable & injurious to Character." (Horace.)

"It is a foolish sheep that makes a wolf his confessor."

"When ones mind is occupied on a variety of subjects, the attention to each must be insufficient." (Latin.)

"The exaltation of talent, as it is called, above virtue and religion, is the curse of the age." (Dr Channing.)

"Talent is worshipped, but if divorced from rectitude, it will prove more of a demon than a God." (Dr Cham")

Weakness.

"The principle cause of juvenile weakness is false shame. The shame of being singular, the shame of lying under restraints from which others are free."

Sensuality.

"Where mind does not govern, sense is obeyed; and when

we cease to struggle for self-mastery, we sink into our imperfect instincts, with a very inferior brutalism." (Prof Moore.)

"Those who yield to their lower propensities, so far as to regard their indulgence as the end, or purpose, instead of the means and appendage of life, to surfeit rather than to suffice nature, are said to make their lusts their God, because they really serve & obey them." (Prof Moore.)

"In this country, the chief obstructions to self-culture lie not in our lot, but in ourselves; not in outward hardships, but in worldly and sensual propensities; and one proof of this is that a true self-culture is as little thought of in the exchange as in the workshop; as little among the prosperous, as among those of narrower conditions." (Dr Channing)

"To raise the moral and intellectual nature, we must put down the animal; must control the animal appetites." (Dr Channing)

"Whoever would cultivate the soul, must restrain the appetites." (Do.)

"A rational moral being, cannot, without infinite wrong, be converted into a mere instrument of others gratification. He is necessarily an end, not a means. A mind in which are sown the seeds of wisdom, disinterestedness, firmness of purpose and piety, is worth more than all the outward appearances of the world." (Dr Channing)

Foolishness.

"When fools would avoid one fault, they surely run into the contrary one" (Horace)

Ambition, Vain

"The glory of great men ought always to be rated according to the means used to acquire it."

"The thirst for ruling is the most powerful of all the affections of the mind."

Chapter V.

Observations on Qualities of Mind which may be either good or bad, according to their use.

Ambition.

"If the love of praise cannot influence a man to act honestly,

the fear of punishment or disgrace, will never restrain him from base actions." (Cicero)

Knowledge.

"To be acquainted with events which have taken place before you were born, is childish foolishness; for where is the value of human life, unless memory enabled us to compare the events of our own times, with those of ages long gone by. (Cicero.)

"The first step towards useful knowledge, is to be able to detect falsehood." (Latin.)

"Nothing so much aids us in learning, as writing down things we wish to remember." (Latin.)

"Knowledge which is never displayed, like hidden treasure is perfectly useless."

"It is disgraceful to be regarded as a stranger in ones own country, and be ignorant of those things which relate to her welfare." (Mamut.)

"The learned are too ignorant to understand the plainest words that ever were written, provided they come from Heaven."

"He who knows nothing doubts nothing."

Wit

"Wit is folly, unless a wise man has the keeping of it."

"Wit is brushwood, judgement is timber, the first makes the brightest flame, the latter a more abiding & constant heat."

"Witticisms which are injurious to others, are never agreeable." (Latin)

"Prefer solid sense to vain wit."

Cunning.

Firmness.

"All men are branded with the name of tyrants, who possess themselves of a permanent sway in a state which had before enjoyed the blessings of liberty." (Themistocles)

"A firm mind will support a man even in exile, in every clime; a brave heart will find his country." (Ovid.)

"Be resolute and firm in mind, and your patience and perseverance will stamp with infamy, the injuries you receive." (Full.)

"A well constituted mind, will resist the pressure of adversity."

"A tried ~~or~~ fixes his foot more firmly."

"Never give way to misfortune" (Motto of Lord Milton.)

Reconciliation

"Reconcile enmities, and cement friendships."

"Cases often occur when a freedom and dignified concession, or acknowledgement of error, gives to the person making it, a dignified advantage over his adversary."

"God ever wise, wraps the issues of fraternity in utter darkness, and smiles at the unreasonableness of mortals, to know what they may be." Horace.

Part III.

Of Conditions.

Chapter II.

Observations on a good condition of Mind.

Fortitude.

"Misfortunes prove mankind, and virtue undaunted by difficulties, contends for fame."

"Our sufferings are light, if they are merely such as we should weep for. Tears will not remedy the evil; we must repair it by vigorous acts."

"When we are borne down by misfortune, it is easy to show a disregard of life; but he displays real fortitude who can bear up against the stings and arrows of outrageous misfortunes."

"The body may be worn down by sufferings, but the brave man's mind, will support with firmness every affliction, or bear in a good cause, even the agonies of torture."

"Providence ordains storms, disasters, hostilities, sufferings; and the great question whether we shall live to any purpose or not, whether we shall grow strong in mind and heart, or be weak and pitiable, depends on nothing so much, as on our use of these adverse circumstances. Outward evils are designed to school our passions, and to rouse our faculties and virtues into intense action."

Hope.

"The most safe hope is in Heaven."

Responsibility.

"Choose whom ye will serve, and ye have chosen also, who shall serve you." (Shelley.)

"Every man must be responsible for his own acts."

Resolution.

"Fortune favors the resolute." (Virgil.)

"Misfortunes should be met with resolution and energy."

"To become virtuous requires exertion, to continue so resolution."

"The difficulties of doing right are always magnified, and sometimes purely imaginary."

"It is always impossible for him to do right, who is determined never to try."

"It is by being buffeted from one extreme to another, and feeling the evils of opposite errors, that man is taught the middle part of truth and virtue."

"Show when in adversity that you possess resolution and courage; and when your sails are filled with too prosperous gales be wisely ready to take in a reef."

"Difficulty is the element, and resistance the true work of man."

"No greatness or goodness is worth much, unless tried in the fires of adversity and opposition."

No power in society, no hardships in your condition, can depress you and keep you down, in knowledge, power, influence and virtue, but by your own consent." (Dr Channing.)

"The ways of the Devil are smooth^{est} at the beginning, but the way of God is at the beginning most tedious, and increases in pleasantness."

"The path to perfection is difficult to men in every lot; there is no real road to it. But difficulties are meant to raise and discourage." The human spirit is to grow by strong conflict."

Spirituality.

"God cannot have made spiritual beings to be dwarfed. In the body we see no organs created to shrivel by disease. Much less are the powers of the soul given to lock up in perpetual lethargy. (Dr. C. H.)
 "Mankind fosters only the material life & crushes out the spiritual."

Repentance.

"Undo what is ill done, and mend it if you can?"

Do we remember to walk softly, in bitterness of soul, and to mourn as the dove for our loss from virtue?"

Reflection.

Understanding is the faculty of reflection."

Consideration.

"The word which has once gone forth can never be recalled." (Horace.)

"Consider and weigh well the consequences of the step you are about to take" "Pause at the first step towards transgression."

Chapter III.
Observations on bad conditions of Mind.
Delusion.

"Delusions travel in a train & one mistake produces many." (Hosheim)

Dotage.

"Dotage in old age is principally confined to those who were given to levity when young." (Cicero.)

Infidelity.

"One infidelity in practice, soon leads to the subversion of all belief."

"Annihilation is an afterthought, a monstrous wish, unborn, till virtue dies." (Young)

Prejudice.

"Our own cool judgement should guide us, in preference to general prejudices."

"When men of virtue or of genius are punished, the influence of their works is increased." (Tac)

"To the height of presumption, to condemn things which you do not understand."

"Men may close their eyes and stop their ears, until they can not judge of, or even perceive sight or sound."

Superstition.

"No pestilence is more infectious than superstition."

Credulity.

"The simple believeth every word; but the prudent man looketh well to his ways."

"Men in general are willing to believe that which they wish to be true." (Caesar.)

"Tis from the pleasure of belief we pray;

All prayer would cease, if unbelieved the prize." (Young.)

Chapter III.

Observations on conditions of Mind which may be either good or bad, according to cause, consequence manner, use and direction.

Experience.

"Experience bought by sufferings is instructive." (Latin.)

"Listen to the voice of experience." (Virgil.)

"Experience is the only prophecy of wise men." (Lamartine.)

Education.

"Education begins a gentleman, conversation completes him."

"To educate a child perfectly, requires profounder thought, and greater wisdom, than to govern a state." (Dr Channing.)

"To do good is the proper business of life. To qualify for earnestness and efficiency in doing good, is the true end of education." (H Quely.)

"Education in the widest sense, is the development of all the powers of the creature, moral, physical, intellectual, social and religious. The acquisition of the mechanical art of reading, writing, computing &c, the sharpening of the youthful intellect on the rough grindstone of letters, is no more education, than is learning to row or swim." (H Quely.)

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1. Three little words, you often see,
Are articles, A, AN and THE.
2. A noun's the name of anything,
As SCHOOL, OF GARDEN, HOOP OR SWING.
3. Adjectives tell what kind of noun,
As GREAT, SMALL, PRETTY, WHITE OR BROWN.
4. Instead of nouns the pronouns stand—
HER head, HIS face, YOUR arm, MY hand.
5. Verbs tell of something to be done—
TO READ, COUNT, SING, LAUGH, JUMP, RUN.
6. How things are done the adverbs tell,
As SLOWLY, QUICKLY, ILL OR WELL.
7. Conjunctions join the words together,
As men AND women, wind OR weather.
8. The three prepositions stand before
A noun, as OF OR THROUGH a door.
9. The interjections show surprise,
As, AH! how pretty—OH! how wise.

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Fame.

"Is fame your passion? Wisdom's powerful charm
If thrice read over shall its force disarm."

"Unmerited honors never wear well."

"Fame is like a looking glass."

Independence.

"Argument seldom convinces any one contrary to his inclinations."

"The man who fears not death, will never live as a slave, for he is certainly above human power, & beyond human controul." (Seneca.)

"He is the best served who has no occasion to put other peoples hands to the ends of his own arms." (Rozdean.)

"The greatest men were formed without the studies which, at present, are thought by many, most needful for improvement." ^{Dr. Ghan}

Angels, as far as we know, have never fallen but once, and that was in an attempt at self government. query.

Inference.

"Where there is honey, there bees will be found."

Loneliness.

"To be alone, the bad can never bear, And yet to wander is their constant care;
Remorse, by pleasure, cannot banish'd be, Neither by sleep be less'n'd in degree." (S. A.)

Memory.

"Do not forget me." - - - - - (motto of the Duke of Monro.)

Patience.

"Patience under old injuries invites new ones."

"Patience is a plaster for all sores."

"The human mind can accomplish whatever it is determined to effect."

"Patience and perseverance will surmount every difficulty."

"Patience is the sovereign remedy under every affliction."

"Endure the hardships of the present state,
Live & preserve yourselves for better fate." (Dryden.)

"Tis hard, but patience must endure,
And soothe the woes it cannot cure." (Francis.)

"Patience is the most sure remedy against calumny;
time, sooner or later will disclose the truth."

"Misfortunes are in morals, what bitters are in medicine;
each is at first disagreeable, but as the bitters act as corroborants
to the stomach, so adversity chastens & meliorates the disposition."

"Misfortunes which reason nor prudence cannot avert, are often mitigated by patience."

"Bear misconstruction and persecution calmly, because discordant are men's opinions, & vehement their attendant passions." (Zschokke)

"An earthly sorrow was not always unwelcome: it weaned me from too great reliance on the transitory. Every external misfortune is as worthy a gift of God, as external good. (Zschokke.)

"By patience you will conquer." (Motto of Lord Albemarle.)

Peace.

"Cultivate peace with all men, but reprove their vices."

"The battle is concluded when the enemy is fallen." (Ovid.)

Preception.

"A sensible man understands, if he catches but half a word."

"There is, (I know not how) inherent in the minds of men, a certain presage of a future state; and this chiefly exists and appears the most manifest, in persons of the greatest genius, and in the most exalted minds." (Cicero)

"Many men are esteemed, merely because they are not known."

Unity.

"It is hard enough for an individual when contending all alone for an interest or an opinion, to keep down his pride, wilfulness, love of victory and other personal feelings. But let him join a multitude in the same warfare, & without a single self controll, he receives into his single breast, the vehemence, obstinacy and vindictiveness of all."

Contentment

"The greatest riches man can possess, is to know how to live on a limited income, with a contented mind." (Latin)

"When we do not possess in our own minds, the comforts of repose and contentment, it is in vain to look for it elsewhere."

"A contented mind is in itself an empire." (Seneca.)

"Man wants but little here below,
Nor wants that little long." (Horace.)

Fear.

"The apprehensions of fear which often disturb us, are more numerous than our real dangers; and we suffer much more frequently from these these vain fears, than from facts." (Cicero.)

"It is an ill cause that none dare speak in."

"He who too much fears hatred, is unfit to reign." (Cicero)

Grief.

"When joy is at highest pitch, grief may be at hand."

"Sorrow treads upon the heels of joy." (Latin.)

"There is a luxury in grief, Even the tear which gives relief."

Part IV.

Of Deportment.

Chapter I.

Observations on Deportment—good.

Affability.

"Affability in a prince, is the magnet of truth."

"Men possessing minds which are morose, solemn & inflexible,

possess a greater share of dignity than of happiness."

Be cautious of gestures, be affable to all men, with diversity of reverence, according to the dignity of the person; there is nothing that winneth so much, with so little cost."

Kindness.

"Consolation indiscreetly pressed upon us when we are suffering under affliction, only serves to increase our pain, & render our grief more poignant."

"It is conferring a kindness, to deny at once a favor which you intend to refuse."

Kind words tho' they do not cost much, accomplish much.

"If you wish to do an individual a service, if there be any option as to the mode or way, consider what mode is most to his taste. If you serve him as you think and say, in a way that is yours and not his, the value of any service may be thus reduced by an indefinite amount. If an action of serving a man not in a way he wishes to be served be carried to certain lengths, it becomes tyranny, not beneficence; an exercise of power for the satisfaction of self-regarding

affections, not an act of beneficence, for the gratification of sympathetic or social affections."

"Those who know not how to love, rarely experience great enjoyments, and those who do love, frequently suffer deep griefs."

"Those who kindly show the right way to a person who has gone astray, is like a man who lights another's candle by his own, which, altho it has imparted light to the other, still continues to show him light."

"A plain grant of a solicited favor, is better than the most elegant refusal." (Italian Proverb.)

"It is better to bind man by kind offices than by fear."

"If you wish to be mighty, be kind." (Prof Moore.)

Abstinence.

"Use moderate diet, so that after your meals, you may find your wit fresher, and not duller, and your body more lively, and not more heavy."

Justice.

"As you have acted towards others, you may expect others to act towards you."

"He who acts unjustly, being devoid of principle, must be deficient in that confidence and courage, which a consciousness of rectitude inspires, and he will therefore, concede every thing to the man who possesses the power to intimidate him."

"It is an acknowledged principle, of duty, that to him who stands most in need of our assistance, we ought the most strenuously to administer aid." (Tull)

"In spite of envy, the just man will flourish."

"Happy is he who owes nothing."

"The love of justice by the majority of mankind, grows out of their apprehensions of suffering injustice by the aggressions of others."

"Justice must be done, even tho' the Heavens should fall."

"Justice consists in doing injury to no man, decency in offending none?"

"Punishment may be tardy, but it is sure to overtake the guilty."

"Night cannot always prevail against right, justice will finally conquer."

"What can be more unjust, than to estimate the life of a prudent man, by the opinion of a fool."

"Any act that is done by the agency of another, he is held to be responsible for himself." (Latin law maxim.)

"He who is true to himself, must be just to all the world."

"The extreme point of right, is often a great injustice. (Latin.)

"There are two sides to every thing. (Latin.)

"He who, in a case that is submitted to him, decides before he has evidence on both sides, altho his decision be just, has not acted the part of a just judge. (Seneca.)

"No action can be considered as blameless, unless the will was so; for by the will the act was dictated." (Seneca.)

"Those who are called to sit in the judgement seat, shall not respect persons, but shall hear the small as well as the great."

Courtesy.

"Efforts which are not relieved by alternate repose, cannot be durable."

"Nothing be more advantageous in business than a desire to accommodate and afford facilities to all men?" (Ser.)

"True self-love, and social, are the same. This is the foundation of all human happiness, the source from which all virtues sweetly and naturally flow; the general principles of all morals and all human society. That while I live with other men, who equally with myself, desire to be happy, I must strive to study the means of my own happiness, by augmenting that of others."

Prudence.

"Straining breaks the bow, relaxation unhinges the mind."

It is the part of a prudent man, to be reserved, even with his most intimate friend, when that friend betrays a curiosity to dive into his secrets."

Do not commit to indiscreet persons, the execution of plans, which require information and judgement."

"The countenance open, the thoughts reserved."

"Do not pour out the water you have, until you know where to get more."

"What is inferior in quality, is always dear."

"By saving, rather than by gains, may men accumulate large fortunes."

Indian admonition to purity, given to his brother's son?

"Brother's son, I would have you cleanse your ears, that you may hear both good and evil, and then join with the good and refuse the evil." (Star in the West. p. 269.)

"It may be wise for a prudent man to change his opinion with circumstances, but a fool changes it as often as the moon"

"Good breeding forbids the expression of sentiments that might be offensive to others, however just in themselves; and prudence often dictates the suppression of opinions, which might give rise to disagreeable controversies or make us enemies."

"Prudence and good sense are more valuable than mere courage unaided by their guidance."

It is the part of a prudent man to be silent (Latin.)

Propriety.

"Pride wishes not to owe, and self-love wishes not to pay."

No one should commit an act to take advantage of another's ignorance."

"The example does no good, which, in extricating us from one dispute, involves us in another." (Horace)

"Whatever confusions and disturbances are brought about by changes and revolutions, in the established order of things, are not chargeable to the observance of the laws of right of right and truth."

"You shall not yourself do that which you censure in others." (Cato.)

"Fear and hatred become the habit of every mind that suffers without the conviction that justice and love are one" (Moore.)

"Speak today, what today thinks; in words as hard as iron;—and speak tomorrow what you think tomorrow, in the same manner,

tho' it may contradict every thing you have said to-day. (Emerson.)

"Whatever convinces binds, whatever persuades attracts, - We convince by arguments; it is the understanding which determines: - We are persuaded by entreaties and personal influence; - it is the imaginations the passions or the will which decide."

"To evince great attention to trifling objects, is a certain sign of a confined and little mind." Twice true

"Mingle not folly with grave counsels."

"It is by no means right to devote our entire care, exclusively to one object." (Horace.)

"Things are not to be pronounced good or bad, on the ground of public opinion." (Tacitus.)

Decorum.

"Bestow advice on your friends in private, praise them openly."

Punctuality.

"Want of punctuality, is a species of falsehood."

"The bones for those who come late" (Latin.)

"Always ready." (Motto of Lord Clifford.)

Perseverance.

"By the repetition of virtuous actions, we gain moral power, and produce a tendency to continue in those acts."

"By the repetition of vice, we induce a disposition to continue the practice of vice."

"Endeavour to conquer adverse circumstances and submit myself to them" (Horace.) "Attempt not, or perfect."

"All things may be accomplished by perseverance." Latin.

"Misfortunes prove mankinde, and virtue undaunted by difficulties, contend for fame."

"Reward is certain to the faithful." (Latin.)

"To the brave and faithful nothing is difficult."

"A very moderate power, exercised with perseverance will effect what force cannot."

"Persevering industry can effect every thing that is not utterly impossible." (Spoken by one of the 7 wise men of Greece.)

"Duty faithfully performed, opens the mind to truth." (Dr. Channing.)

"There is nothing which may not be overcome, by persevering labor, and continued and diligent application." (Seneca.)

"A man of talent and enterprise, never rests satisfied, until his object is fully accomplished, while the indolent and slothful man makes an ineffectual effort, and relinquishes his project when half accomplished." (Lucan.)

"With patience and perseverance, few things are beyond human power." (Horace.)

"After a bad harvest, you should sow again" (Seneca)

"The misfortunes of life should stimulate us to future perseverance and industry."

"All difficulties vanish before a patient & persevering mind."

"Success is the fruit of perseverance, and perseverance is the offspring of resolution." (L.B.A.)

"The end crowns the work." The merits of a work can never be appreciated until it is completed." (Latin.)

"Whatever the mind is intent on gaining, it generally attains" (Seneca.)

Faithfulness.

"He who lives up to that measure of truth that he has, will be rewarded with further and higher resolutions."

"You should diligently employ your youth; time flies with a swift foot, — with what earnest wishes would you not hereafter desire to recall the present day. (Ovid)

Diligence.

"Keep close to thy business, it will keep thee from poverty, wickedness and shame."

"Without exertion and diligence, success in this life is rarely obtained."

"Assist yourself, and heaven will assist you." (Fontaine.)

"Labor and exercise not only alleviate the mind and withdraw it from the contemplation of our misfortunes, but they fortify it, and brave the nerves to resist the calamity."

"In doing nothing, we learn to do ill."

"Perfection is obtained by slow degrees, she requires the hand of time."

"He who would eat the kernel, must first crack the nut."

"If you well apply the present time, you need not be apprehensive about the future."

"We should accustom ourselves to view those above us without admiration or envy, and never look upon those below us with contempt." (Wm Penn.)

"The evils attending sloth, are only to be conquered by attention to business" (Seneca)

"Wisely improve all your time and you will live a long life in a short time."

"Dost thou love life? then do not squander time, for that is the stuff life is made of."

To become virtuous requires exertion; to continue so, resolution."

"The mind of mortals in perverseness strong,
Imbibes with dire docility the wrong."

Promptitude.

"Seize an opportunity, when it presents itself." (Cicero.)

"Opportunity has hair in front, behind she is bald; therefore not to be held, unless seized by the foretop." (Lat.) Opportunity makes the thief." (Lat.)

Consistency.

"Whatever things injure our eyes, we are anxious to remove; but things which affect our minds, we are apt to long defer." (Horace.)

"Those who feed on hope, hang, but do not live; they may exist, but do not enjoy life." (Latin.)

"Inconsistency is always discreditable, & injurious to character." (Horace.)

"It is a principle in ethics, that no one is deemed to concede to that, of which he had not a previous knowledge."

Quietsness

A quiet penance, for the soul, is a man's best friend.

Reciprocity.

"A faithful companion, is a secure anchor."

"A man must study as well by night as by day, who aspires to be an orator.

"Industry can surmount all difficulties." (Periander.)

"It is a strong proof of a want of proper attention to one's own interest, to let slip an opportunity, without profiting by it."

"Labor is a school of benevolence as well as justice. This is one of the beautiful ordinations of Providence, that to get a living, man must be useful. Now this usefulness ought to be an end in his labor, as truly as to earn his living."

"Labor may be so performed, as to be a high impulse to the mind, and in this, perfection should be proposed. This is an important means of self-culture."

"In striving for perfection in manual labor, the influence extends far beyond man's labor, to completeness in every thing, his whole moral standard rises."

"Life's more than breath, and the quick round of blood. It is a great spirit and a busy heart. We live in deeds, not years; in thoughts and breaths; in feelings & figures on a dial. We should count time by heart throbs. He most lives who thinks most, feels the noblest acts the best."

Friendship.

"He is no friend to me who is a friend to my faults, and I am no friend to myself, if I think him my enemy who tells me of them."

"Whatever one possesses, becomes of double value in having the happiness to divide it with a friend." (Boily.)

"One true friend is better than an hundred relations."

"Friendships can neither be lasting nor sincere, if we are not disposed mutually to forgive the venial faults of each other." (La Bruyere)

"There is nothing in my senses, I should prefer to a pleasant friend." (Seneca)

"In a state of perfect friendship, all manifestations of distrust should be carefully avoided." (Seneca)

"He who is to himself a friend, must be a friend to all men." (Seneca)

"As the yellow gold is assayed in the fire, so the faith of friendship is tried in the moments of adversity." (Ovid.)

"As fires purifies gold, so does time prove the sterling value of friends." (Latin.)

"Friendship has the skill & observation of the best physician

the diligence & vigilance of the best nurse, and the tenderness and patience of the best Mother."

Liberality.

"Liberality consists less in giving profusely than in giving judiciously."

Generosity.

"He doubles the obligation, who gives with readiness."

"Once saying take this is better than twice saying thou shalt have it."

"Many persons will desert you, if you manifest too great a partiality to yourself." (Lat Prov)

"Health which you give away, will continue to be your own." (Mart.)
 "A party spirit is blighting in its influence, so fatal to self-culture, that I feel myself bound to warn every man against it, who has any desire of improvement. Truth, justice, candor, fair deal, sound judgment, self-control and kind affections are its natural & perpetual prey."

Forgiveness.

Forbearance.

"He who flies from the mill, will not be likely to get meal."

Principle.

"The servant who only proportions his diligence to the hope of reward, renders himself unworthy of all reward."

Cheerfulness.

"Aim at cheerfulness without levity."

Let us sing as we travel onward, it will beguile the tediousness of the road."

Mediocrity.

True virtue consists in a middle course; extremes always lead to vice."

Superabundant prosperity involves the human mind in darkness;

it takes away the greatest stimulus to exertion, it represses activity, and renders us idle and indolent."

"He who is always wishing for more, is always poor." (Claudian)

Carefulness.

"With one of my ears let me act upon the water, while with the other I touch the sand."

Condescension

"It is better to submit, than to ruin one's self by a fruitless opposition."

Calmness.

"A uniform, calm, unruffled mind, is ever a blessing to the possessor."

"It is an indication of a brave & resolute mind, not to betray disquiet, in distressing circumstances" (Cicero)

"No vicissitudes of fortune can discompose a strong mind." (Seneca)

"To speak with calmness and consideration on all occasions; especially in circumstances which tend to irritate." (One of the way marks of Dr. West.)

Patriotism.

"Public good must be preferred to private advantage" (Latin)

"A King should prefer the interest of his country, to those of his own children" (Seneca.)

Chapter III.

Observations on Deportment. Bad.

Jolly.

"By much laughter, you may always distinguish a fool."
 "The most distinguished men in all ages have their follies."

Levity.

"Levity of conduct and manner, sacrifice moral character." (Sen)
 "Nothing can be more absurd than silly unprovoked laughter." Let
 "Never show levity, when any people are professedly engaged in
 worship."
 Never affect to be witty or to jest so as to wound the feelings of another.
 One of Dr. West's rules of life.

Listening.

Obstinancy.

"It belongs to our nature to err, and it is the part of a fool to persist in error." (Latin)

"It is right to yield to truth; we should not contend against what we know to be true."

Pedantry.

"Pedantry is a vice in all professions."

"Speech is the image of vice." "Speech is the picture of the mind."

"Speech is the gift of all; but thought of but few."

"It is more easy to be wise for ourselves than for others."

Pillings.

"Every one knows how to find fault."

Procrastination.

"He who defers the hour of beginning to live correctly, is like the peasant that waited to have the river flow by, or past; but it will continue to flow to the end of time!" (Horace)

"Do not defer till tomorrow, what you may do today." (French)

Rashness.

"Rash judgement maketh haste to repentance."

"Fardiness and precipitation are extremes equally to be avoided."

"Moderate things will last long; all the blessings of Providence all the possessions of this world, may be exhausted by excess, or turned into evils by misapplication or abuse." Seneca. "Hasten slowly" (Aug) Cassan)

"Everything is badly executed, that is done by force or violence"

Revenge.

"We should not seek revenge, but remedy for wrongs we see."

Negligence.

A man is as responsible for his omissions as for his commissions; he is as guilty of the wrong which he could have prevented, but did not, as that which his own hand has perpetrated.

Villany.

"Profit derived from a sacrifice of character, should be considered a loss."

"Oppose villany with your utmost vigor."

Vice.

"The legitimate fruit of vice is servitude. (G. B. A.)"

"Vice must never plead prescription."

"If we indulge our passions they become daily more violent?"

"He who wishes to do evil, will easily find an opportunity."

Vanity.

"Vain glory blossoms but never bears."

"Vanity makes men ridiculous; pride odious."

"The refusal of praise often proceeds from a desire, that it should be repeated. An honest mind will accept a eulogy which it is conscious of meriting, while a vain one in attempting

to shrink from it, seeks only to give it greater eclat."

"A slave has but one master, the ambitious has as many masters as there are persons whose aid may contribute to the advantage of his fortune."

"Neither heaps of gold, or superb halls can assuage cares which press upon the mind." (Latin.)

"This fault is common to all singers, that when requested to sing, they never will comply; but do not ask them, and they will sing without ceasing."

"Praise is commonly bestowed in the expectation that it will be returned with interest."

"Many persons affect to censure themselves, merely for the purpose of attracting praise."

"Men speak little, when vanity does not excite them to speak?"

"Every effort to assume what we do not possess, or to act a part for which we are not qualified, and to seem what we are not, must, of necessity, be productive of constraint."

Sloveness.

"Men by doing nothing, learn to commit evil. Sloveness may be said to be the hot-bed of ignorance and evil."

"The ways of the lazy, are as a hedge of thorns."

"The mind ought occasionally to be indulged with relaxation, that it may with greater vigor, return to duty."

"Sloveness kindles our passions, but the mind engrossed in business, has not time to think of love."

"Sloveness is the bane of chastity." "Sloveness produces every vice."

Partiality.

"No one should sit in judgement in his own cause" (Latin Law Maxim.)

Intemperance.

"Men of intemperate minds cannot be free; passions forge their fetters." (Burke.)

"An intemperate patient makes a physician unfeeling."

Crime.

"He who has the power to prevent the commission of a crime and does not do so, may be said to order it." (Seneca.)

"One way of provoking men to crime, is to suspect them of criminal designs?"

Egotism.

"Egotism is always shameful in society, and should be carefully avoided."

Chapter III.

Observations on Deportment, Which in the Abstract,
 may be either good or bad, according as they are Directed.

Method.

"A variety of books distract the mind."

Observation.

"Study mankind, as well as books." "Study to be truly eminent."

"Study to be worthy of your parents" "Study to be useful rather than diverting."

"The simple believeth every word, but the prudent man looketh well to his going."

"We must consider those men happy, who by their knowledge of the world,
 have learned to bear the inconveniences of life, without complaining of the burden."

"From the faults of others, a wise man will correct his own."

"Happy are they who draw lessons of prudence, from the dangers
 in which their neighbor is involved." Latin.

The weakness, the follies, the errors of others, should by every wise observer

of human actions, be viewed as so many lessons of caution to himself."

"Nothing is so useful, that it can possibly, be profitable by a hasty perusal." (Seneca)

"The most fruitful sources of truth and wisdom are not books, precious as they are, but experience and observation; and these belong to all conditions."

"If there springs up within you any view of Gods word or universe, any sentiment or aspiration which seems to you of a higher order than what you meet abroad, give reverent heed to it, enquire into it, earnestly, solemnly."

"The grand volumes of which all our books are transcripts, nature, revelation, the human soul, & human life, are freely unfolded to every eye."

"Study the manners of men."

Oneness.

"He who pursues two bears, will catch neither."

Progress.

"Reactions are the movement, the ebb and flow of the human mind." (Lamartine)

Policy.

"When a man wishes to establish himself in the world, he does his best to appear already established." (Richesoncault.)

Reserve.

"Those, who, without having an adequate knowledge of us form unfavorable opinions respecting us, do not do us any injury, for it is not, in fact upon us that they reflect, it is on a phantom of their own imagination"
 "It is better to be alone than in bad company."

Secrecy.

"Secrecy is the soul of all great affairs"

"Vice is cherished and flourishes by concealment."

"A bad thing is least injurious when known."

"Love and smoke cannot be concealed."

"There is no secret in the heart, which our actions do not disclose"

"The bee and the serpent extract the same juices, but by the serpent they are converted into poison, while by the bee is produced a sweet and wholesome juice?"

"Every disclosure of a secret is the fault of him who first confided it to another."

Servitude.

Severity

"Birch never grew, that would drive courtesy thro' the skin."

"Severity may be softened by diffidence."

Strife.

"The greatest evil strife among democrats is, to secure their rights without doing their duties; to realize the benefits of government without being governed." N. Hudson.

Traitorism.

"A traitor is to be considered an enemy."

"An enemy who unwillingly discloses the truth, is a betrayer of it."

Forwardness.

"Never obtrude my advice unasked" (Rule of Dr. West.)

Habits.

"An old dog is not apt to alter his way of barking."

"Habit cannot alter the nature of an action, as to right or wrong, nor can it alter the guilt or innocence of an action."

"Associate with the lame, and you will learn to limp"

The mind is slow to unlearn any thing that it has been long learning." (Seneca.) "Like master, like man."

Fasting.

"True religion enjoins abstinence from food, only in connexion with meditation and prayer." (Prof Moore.)

Mirth.

"A laugh costs too much, if it is purchased at the expense of propriety." (Quintillian.)

"He who can excite a laugh at the expense of friendship is a dangerous man." (Horace.)

Suppleness.

"Young men should have at least one hinge in their necks, and keep that well oiled." (School Journal.)

Dissimulation

"Dissimulation, even the most innocent in its nature, is ever productive of embarrassment; whether the design is evil or not, artifice is always dangerous, and almost inevitably disgraceful." (La Bruyere.)

"Hypocrisy is a homage rendered by vice to virtue."

Silence.

"Silence is the sanctuary of truth." "Silence is a cheap virtue."

"Speak not, rather than speak ill." "Little said, is soon amended."

"Silence is a virtue in those who are deficient in understanding."

Silent scorn inflicts a deeper wound on the feelings of a foolish man, than a positive affront."

Saying & Doing.

"Say well is good, but do well is better."

"Men believe more what they see than what they hear; the way to knowledge and experience is therefore slow by precepts, while by the example, it is short and certain." (Seneca.)

"To say little & perform much is noble." "Great barkers are no biters"

"The shortest answer is doing the thing." "He preaches well who lives well."

"One ill example, spoils many good precepts."

"Point not at others spots, with a foul finger."

"Law makers should not be law breakers."

"Sometimes tears have the weight of words."

"Greatness and discernment are two different things, and a love of virtue, and virtuous men, is a third thing."

Part V.
Of Communications.

Chapter II
Of Good Communications.

Instruction.

"A thing is never too often repeated which is never sufficiently known."
"Whatever instructions you may bestow, let them be brief." (Hor.)

Warning.

"Let him who stands take heed lest he falls." (Hor.)

Reproof.

"A smart reproof, is better than smooth deceit."
"Rebuke with soft words and hard arguments."
"Reprove mildly, and correct with caution."

Praise.

"Commend nor discommend one hastily."

"Faint praise is often disparagement."

"Praise is the hire of virtue."

"Let every man praise the bridge he goes over."

"Praise without profit, puts little in the pocket."

"It is the greatest possible praise, to be praised by a man, who is himself deserving of praise"

"Praise undeservedly bestowed, wounds a sensitive mind"

"Speak well of your friend, of your enemy say nothing"

Obligation

"An obligation in writing, cannot be discharged, but by an obligation in writing, and not by verbal argument." (Lat Law)

Pleasantness.

"The influence of a smile, — Who can tell the value of a smile; it costs the giver nothing, but is beyond price to the erring and

relenting, the sad and cheerless, the lost and forsaken. It disarms malice, subdues temper, turns hatred to love, revenge to kindness, and paves the darkest path with gems of sunlight. A smile on the brow betrays a kind heart, a pleasant friend, an affectionate brother, a dutiful son, a happy companion. It adds a charm to beauty, it decorates the face of the deformed."

Counsel.

"Good counsel is above all price"

"Good words cost nothing, but are worth much."

"If the counsel be good, no matter who gave it."

Confidence.

"Men cannot be perfectly happy, without the existence of mutual confidence"

"He who takes to himself an accusation that was not levelled at him, saddles himself with the fault committed."

Chapter III. Of Bad Communications

Affectation

"Affectation is always contemptible, a proof of weakness, a proof of folly."

"Assumed qualities may catch the affections of some, but one must possess qualities really good, to fix the heart."

"He lays aside his inflated phrases, and his words of a foot and a half long, when he wishes to move the hearts of his friends."

"Never assume a character to which you have not a just claim."

Jesting.

"A bitter jest, is the poison of friendship?"

"Jests like sweetmeats have often sour sauce."

"Many a true word is spoken in jest."

"Coarse jests leave a sting which is long felt."

"That which commenced in sport may come to a serious issue."

"Cutting jests, especially when the satire is true, inflicts a wound which is not soon forgotten."

Loquacity.

"Confine your tongue, lest it confine you."

"Empty vessels make the greatest sound."

"Loose conversation is a proof of a weak mind."

"Perspicuity is the best kind of eloquence."

"The loquacity of fools is a lecture to the wise."

"Swift to hear, and slow to speak."

"It is a subject of rare occurrence to have reason to repent of having spoken too little; but we very often have reason to repent of having said too much."

"What orators fail in as to depth, they make up in length."

"The unguarded and imprudent communications of a too loquacious tongue, are often productive of mischief."

"Speak little and well, if you wish to be considered by others as possessing merit."

"Never tire others by your talkativeness, nor disgust by incorrectness or vulgarity of expression."

Prolivity

"The shortest expressions, supposing equal perspicuity and eloquence are the best. The rays of sense, like those of the sun, acquire a force by converging, and act more vigorously in a narrow compass." (Constellation.)

Ridicule.

"Never to ridicule sacred things, or what others may esteem such, however absurd they may appear to be. (One of the rules of Dr West.)

Scandal.

"No one says Jerome, loves to tell a tale of scandal, except him who loves to hear it. Learn therefore to rebuke the slanderous tongue, by showing that you do not listen to it with pleasure."

"There are some species of calumny, which it is necessary to repel the shafts, and to pass over which, in silence, would be construed into an acquiescence in the charge."

Slander.

"Avoid a slanderer, as you would a scorpion."

"Those who injure the reputation ^{or the fortune} of others, rather than loose a witty sally, deserves to be branded as infamous."

"He who backbites a friend, who does not defend him against the censure of others, who excites a laugh at anothers expense, and aims at the character of a merry fellow, who can relate things he never saw happen, who is incapable of keeping a secret, is a dangerous man; and be thou aware of him." (Horace.)

"The best way to treat slander is to let it alone and say nothing about it; it soon dies, when fed on silent contempt." (Hacker.)

Slander cannot make the subject of it either better or worse. It may represent us in a false light, or place the likeness of us in a bad one; but we are the same. Not so the slanderer. The slander that he utters makes him worse; the slandered never."

"A taste for slander, betrays a vacant mind."

"Whoever suffered for not speaking ill of others."

"To hear an open slander is a curse

"But not to find an answer is a worse." Dryden.

"There is a lust in man no power can tame,

Of loudly publishing his neighbor's shame;
 On eagles wings immortal scandals fly,
 While virtuous ^{actions} are but born & die." (Horace)
 Paraphrased by the Earl of Cork.

Sophistry.

"Subtle sophistry prevents true philosophy."

Tattling.

"Suspect a talebearer and trust him not" "Be not a talebearer."
 "Shun the inquisitive and curious man, for what he hears
 he will relate again"

Versatility.

"Versatility is essential to render either conversation or
 writing agreeable."

Threats.

"Loud threatenings make men stubborn."

Wrangling.

"Avoid wrangling with the contentious; Speech is given to every man, wisdom to but few."

Boasting.

"He who boasts of his descent, boasts of that which he owes not to his own merit, but to his progenitors."

Calumny.

Calumny and detraction are sparks, which, if you do not blow them, will go out of themselves."

Censure.

"Censure grants pardon to the crows, while it tortures the doves?"

"The happiness of the human race does not consist in our being devoid of passions, but in our learning to command them."

"It has ever been and always will be lawful to censure vice, but it should be done with delicacy towards the individual."

"The best and surest method of advice,
Should spare the person tho' it brands the vice."

"He who indulges in liberty of speech, will hear things in return, which he will not like."

Always take the part of an absent person, who is censured in company, so far as truth and propriety will allow." (Dr. West.)

Contradiction.

"To contradict sometimes means to knock at the door, to see if any one is at home. Contradiction is sometimes made use of (not in opposition,) but to find out on what grounds the first position started can be defended, to draw out an argument."

Contentions

"Keep out of brawls, and you will neither be a principal nor a witness."

"Religious contentions are Satans harvest."

"Any contempt of the powers of our enemy always leads to insecurity, and very often incurs defeat."

"Quarrels would not last long, if the fault all lay on one side. But both parties generally being in error, the dispute is supported by the exaggerated views which each takes of the transgression of his opponent."

"Quarrelling dogs come halting home."

"We hate the hawk because he always lies in arms."

Disputation.

"Never dispute, if I can fairly avoid it." "Never dispute with a man more than seventy years of age, nor with a woman nor an enthusiast." (Dr. West.)

Flattery.

"A flatterer is a dangerous enemy." "Self love is the greatest of flatterers."

"Flattery sits in the parlor, while plain dealing is kicked out of doors."

"Few persons have sufficient wisdom to prefer censure, which is useful to them to praise, which deceives."

"Never court the favor of the rich, by flattering their vanity or vices."

"If we did not entertain a too flattering opinion of ourselves, the flattery of others would not injure us."

Hypocrisy.

"Assumed sorrow is often betrayed, by being too highly colored."

"It is base to say one thing, while you think another; and how much more infamous to write sentiments in opposition to your principles."

Revenge.

"A narrow and a little mind can alone feel delighted in revenge."

"Is true, revenge we ever find the weakest frailty of a feeble mind?"

Retaliation.

Never resent a supposed injury, till I know the motives and the views of the author of it. Nor on any occasion to retaliate." (Dr West.)

"As you have acted towards others, you may expect others to act towards you."

Chapter III.

Communications which may be either good or bad, according to their use.

Judging.

"We are not to judge of men from their garb, or even from the sanctity of their appearance." (Dr West's rule.)

"Every act is to be judged by the intentions of the person who does it." "Events are to be estimated by their consequences."

Promises.

"He who promiseth runs in debt." "Promise little, I do much."

"Ratify promises by performance"

"Vows made in storms, are forgotten in calms"

"A civil denial is better than a rude grant."

"He who is most slow in making a promise, is most faithful in the performance of it."

Positiveness.

"Positive men, are most often in error"

Quotations.

"A good maxim is never out of season."

Appearances.

"A bad cask may often contain the best wine."

Argument.

"When either side grows warm with arguments, the wisest man gives over first."

"A man only exposes his own weakness, who attempts to argue on a subject he does not understand. They are like a beggar never on their way"

"In too eager disputation, truth is lost sight of." (Latin Prov.)

Ceremony.

"Nothing is more ridiculous or tiresome than mere ceremony."

Conversation

"Conversation is the daughter of reasoning, the Mother of knowledge, the breath of the soul, the commerce of hearts, the bond of friendship, the nourishment of content, and the occupation of men of wit."

Salutation.

"As you salute, so you will be saluted."

Acknowledgements.

"Confession of a fault, makes half amends for it."

Communications.

"A bad style is better than a lewd story."

"Conversation teaches more than meditation."

"All truths must not be told at all times."

"Almost, and very nigh, save many a lie."

"Better to slip with the foot than the tongue."

"Discretion of speech, is superior to eloquence."

"Draw not thy bow, till thy arrow is fixed."

"Words may pass, but blows fall heavy."

"Kindness begets kindness, love begets love."

"Words not only express, but help create our character."

In many departments of duty, words are our only possible deeds; it is by words alone, we can perform or violate our duty."

He who inconsiderately expresses himself, without regard to the circumstances in which he stands, or engrosses the conversation, or boastingly makes himself the subject of his discourse, or does not show becoming respect to those in whose company he is, may without hesitation be pronounced a fool. (Tull.)

Commendation.

"Examine minutely into the worth of a person you would recommend lest the faults of others involve you in shame." (Horace)

Diffidence.

"Diffidence is the Mother of safety"

Example.

"Precept begins, examples perfect in children, especially; the force of example is irresistible."

H. JOHN MAHEW

"He who forms the mind of a Prince, and implants in him good principles, may see the precepts he has inculcated, extend thro a large portion of his subjects."

"As every parent wishes his children to be, so they generally are."

"Examples of vicious courses practiced in a domestic circle, corrupt more readily and more deeply, when we behold them in persons of authority." "As the King is, so are his subjects."

Faulting.

"Let him that is without fault among you, cast the first stone."

"He may find fault that cannot mend."

"The faults, the vanities, the transgressions of other men should serve us so many beacons, to warn us against the quick-sands in which they have been overwhelmed."

Familiarity.

"Too much familiarity breeds contempt."

Governmental.

"The exception proves the existence of a rule."

"The naming of one man is the exclusion of the other." (Latin Law Maxim.)

"In a city governed by law, all violations of those laws is criminal."

"Power unjustly obtained, is not of long duration."

"Our official duties are more zealously, more vigorously performed in the beginning of our career, but towards the end they become feeble and languid."

"He who passes over a crime unpunished or unreprieved, encourages a repetition of the offence."

"A multitude of laws or of Physicians in any country, are proofs alike of its bad state."

"Morality too rigidly enforced makes itself less beloved than feared; and any man who is anxious that his hearers should profit by his lessons, should impart to them a desire to hear them."

"Fear is a bad preserver of any thing that is intended long to endure; on the contrary, kind treatment will ensure fidelity even to the end." (Cicero) (The foregoing sentence is applied to government.)

"Usage long established, stands in the place of law."

"A power derived from high station, is nothing but a fever of the mind."

"No propensity of the human heart is so powerful that it may not be subdued by discipline, by instructions, by punishment, or by reward." (Seneca.)

"Power exerted with temperance can effect what, by violence, never could be accomplished, and calmness enforces with more effect even imperial mandates." (Cland.)

"Power is maintained more by mild and prudent counsels, than by harsher measures."

"Conciliatory government should be combined with vigilance?"

"That which natural reason has established among all men, is called the law of nations."

"Reason and deliberation are ever to have weight in the counsel of commanders."

"The practice is to be taken from the law, not the law from the practice."

"Power is confided solely to be exercised for the public good?"

"The well-being of the people is the first & great law of government?"

"Precipitate counsels are generally productive of subsequent repentance."

"Power exercised by violence, has seldom been of long duration; but temperance and moderation generally produce permanance in all things." "Force unaided by wisdom, falls by its own weight."

"The body may be coerced, but the movements of the human mind no human power can controul."

"He does an injury to the good, who spares the bad. Nothing is more prejudicial to society, and the interests of good order, than mistaken levity, shown to undeserving objects."

"One whose office it is to give medicine to the mind, must, as well as the physician, conquer his reluctance to give temporary pain, for the sake of affording lasting benefit. Cicero in politeness deviates in this weakness. It makes no distinction in saying an unpleasant thing and a rude one." "Power is strengthened by union."

Influence.

"One dog barking, another immediately follows him."

"We are all embarked on the sea of evils, the sea of time."

"The contemplation of heavenly things, will make a man both speak and think in a more sublime and elevated strain, when he descends to human affairs." (Cicero.)

"What we wish we readily believe, and what we think we suppose others think also." "Even a hair has its shadow."

"A new cask will long preserve the tincture of the liquor with which it was first impregnated."

"The odors of the wine that first shall stain
The virgin vessel it shall long retain."

"He who sins, sins against himself."

"We cannot easily avoid contracting manners, catching the dialect, or adopting the manners of those with whom we associate." (Latin)

"Unless your cask is perfectly clean, whatever you put into it turns sour." If evil propensities which appear in young minds, are not eradicated by early education, all after instructions will be to no purpose."

"If one would think to affect others, he must convince them by his gestures and looks that he does himself feel."

"Your own house is in danger, when the adjoining house is in flames."

"Where love has once obtained an influence, any reasoning will please."

"Who hath counted the links that bind an omen to its issue."

"The soul hath its feelers, cobwebs floating on the wind, that catch events in their approach, with sure and apt presentiment, so that some halo of attraction, heralds a coming friend" (Duffer.)

"The voice of the people is the voice of God." (Latin Law Maxim.)

"To imitate evil is to be evil; for it is hard to separate the passion from its corresponding gestures, for the consent of the will to the appropriate action, is the embodiment of the passion itself, and a realization in feeling, of that which otherwise only exists in idea" (More)

"It is by partially yielding to the mistaken interests that absorb the disordered mind, that we persuade, and acquire the power of conducting it to right associations. (Prof Moore.)

"Influence is to be measured, not by the extent of surface it covers, but by its kind." Dr Channing.

"The Latin poet has said, If you wish me to weep, you must first weep yourself."

"Every thought we foster, every word we speak, and every act we do, is a prayer directed either to the Throne of grace, or to the synagogue of Satan, according to its kind and quality." (G. B. A.)

Importunity.

"He who asks with timidity, prepares for himself a denial." (Seneca.)

Brevity.

"Brevity is the soul of wit."

Pardon.

"Pardon is the most glorious kind of revenge."

"Pardon others often, thyself seldom."

"Reconcile enmities, and cement friendships?"

"To forgive and not forget is satans kind of forgiveness."

Tho' the wound is healed, the scar remains; so injuries and offenses that interrupt friendships are often pardoned tho' not forgotten."

"He who has offended you will never pardon you."

Precepts.

"Precepts may lead, but examples draw."

"For my Savior & for Zion. (Motto of a good Believer) For the safety of the soul. (gba.)"

Mediocrity.

"Some of our most enviable virtues when carried to excess, induce destruction."

"Avoid extremes and preserve a middle course."

"The middle station is the most secure"

Mediocrity is insufferable in poetry." Hor.

Excitement

"The mind must be excited, to make a beginning."

Part VII.
 Chapter I
 Of Certain Conditions of Body or Mind.
 Difficulty.

"The difficulties of doing right are always magnified and sometimes imaginary."

Accomplishments.

"He has accomplished every thing, who has well blended the useful with the agreeable, amusing his readers while he instructs them." (Horace)

Fortune.

"We do not know what is really good or bad fortune." (Rousseau)

"Misfortunes are often blessings in disguise."

"The prosperous man seems as a magnet to attract prosperity; while he who has once been visited by misfortune, it appears as if she had marked him for her own."

Dissipation.

"Between virtue and dissipation no fellowship can exist."

"It is unbecoming in a Philosopher to submit to dejection of mind."

Society.

"Avoid all associations with the wicked."

"Associations between persons of different temperaments, cannot be productive of pleasure to either, nor is it possible they can be durable." (Hobbes)

Fullness.

"Every thing superfluous flows out from a full bosom."

Hypochondria.

"Nothing more is wanting to render a man miserable, than that he should fancy that he is so." (Horace.)

Gluttony.

"Gluttony kills more than the sword." (Latin.)

Riches.

"To what crimes are not men impelled, by the cursed thirst after gold." (Virgil.)

"He who loves riches more than he does his friend, does not deserve to be beloved."

Liberty.

Life.

When first an infant draws the vital air,
Officious grief should welcome him to care;
But joy should life's concluding scene attend
And mirth be kept to grace a dying friend."

Luxury.

"He who requires many luxuries, is always in want of many."

"Happy is he to whom God has given a sufficiency with a sparing hand."

"Nothing is more prejudicial to the health or constitution, than too great luxuries."

Pleasure.

"Where a love of pleasure is suffered to be paramount to duty, the greatest pleasures will obscure and inactive. (Cicero.)"

"Short lived pleasures are often productive of pain."

Safety.

"Safety is alone ensured by serving God."

Suffering.

"He suffers who conquers."

(Motto of Baron Munnia.)

Useful.

"Nothing can be more despicable than an old man who has no other proof of his having lived long in the world, than his age."

Shame.

"That man is undone who is insensible to shame."

Part VII.
Chapter I.
Miscellaneous Maxims.
Providence.

"Every thing that the earth produces was created for the use of man." (Cicero.)

"The heart that is well prepared for all occurrences, never loses hope in adversity, while in prosperity it is not without fear."

"If you hear a wise sentence or an apt phrase commit it to your memory with respect to the circumstances when you shall speak." (Tho. Sidney.)

"Every man in his prosperity, should make provisions to meet adversity." (Horace)

"The present moment is for those who enjoy; the future, for those who suffer."

"The smell of profit is good, let it arise from what source it may" (Tilley)

Little Things.

"Every thing great is composed of an assemblage of minute particles. Sands form mountains, Moments make the year?" (Young.)

Law.

"The law prohibits any man to do even on his own premises, any act that can injure his neighbor."

"What efficacy have empty laws where the morals of the community are depraved." (Horace)

"Who would adhere to the laws of rigid virtue, if the observance of them were not to be followed by any reward?"

"Privileges established by one law, are done away by the provisions of an opposite law."

"In those states which are the most corrupt, the laws are always the most multiplied."

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"In a thousand pounds of law, there is not one pound of love"

"Two parties having made an agreement which has received the concurrence of each, their bargain, if not in contravention of any law, is not a subject for legal consideration. The terms of their agreement must be fulfilled. (Lat Law)

"An American opinion and system union in the executive, is as firmly rooted as duality in the legislative department." (Law Maxim.)

Means & Ends.

"There is nothing advantageous which may not be converted to injurious purposes." (Ovid.)

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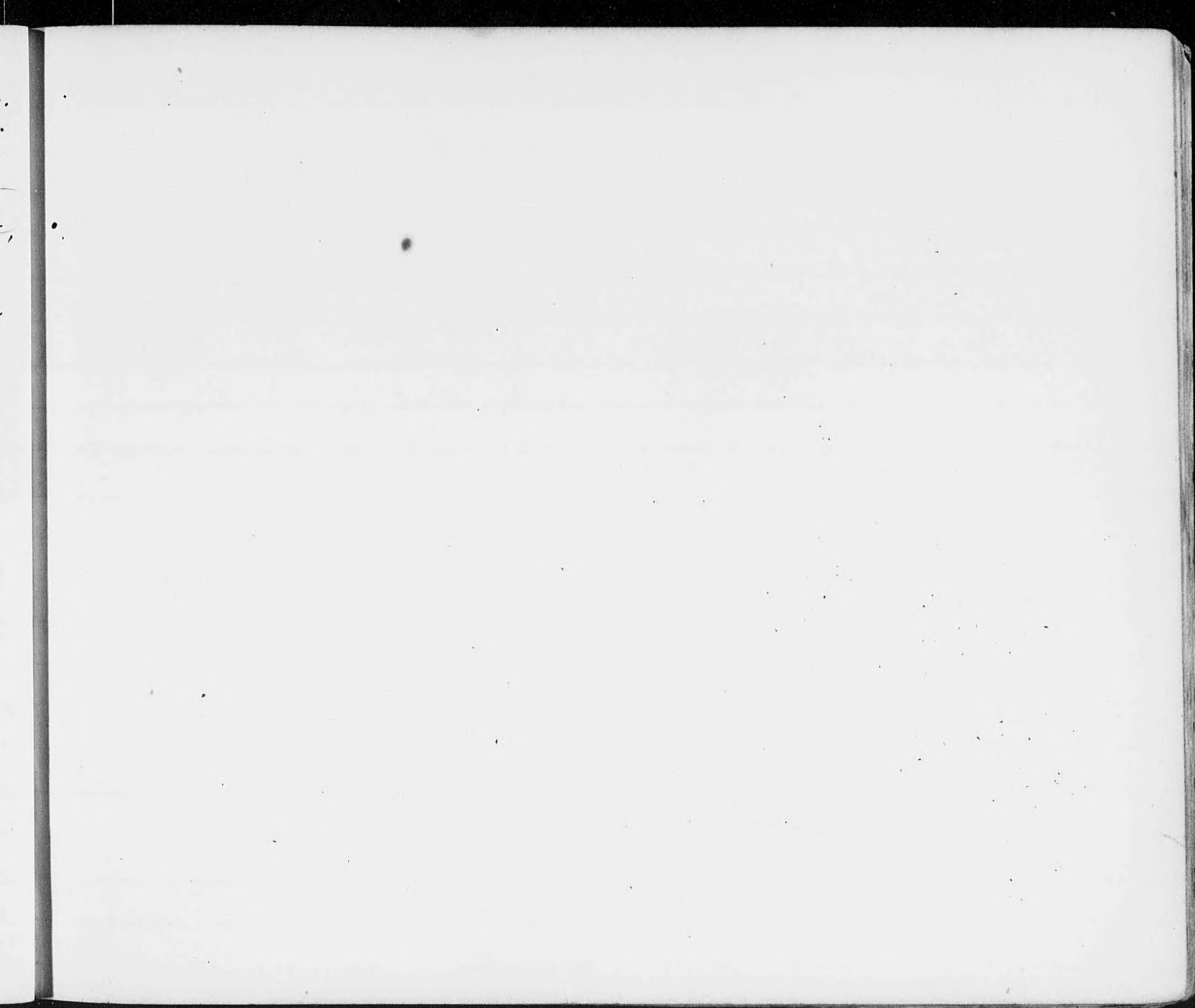
Influence.

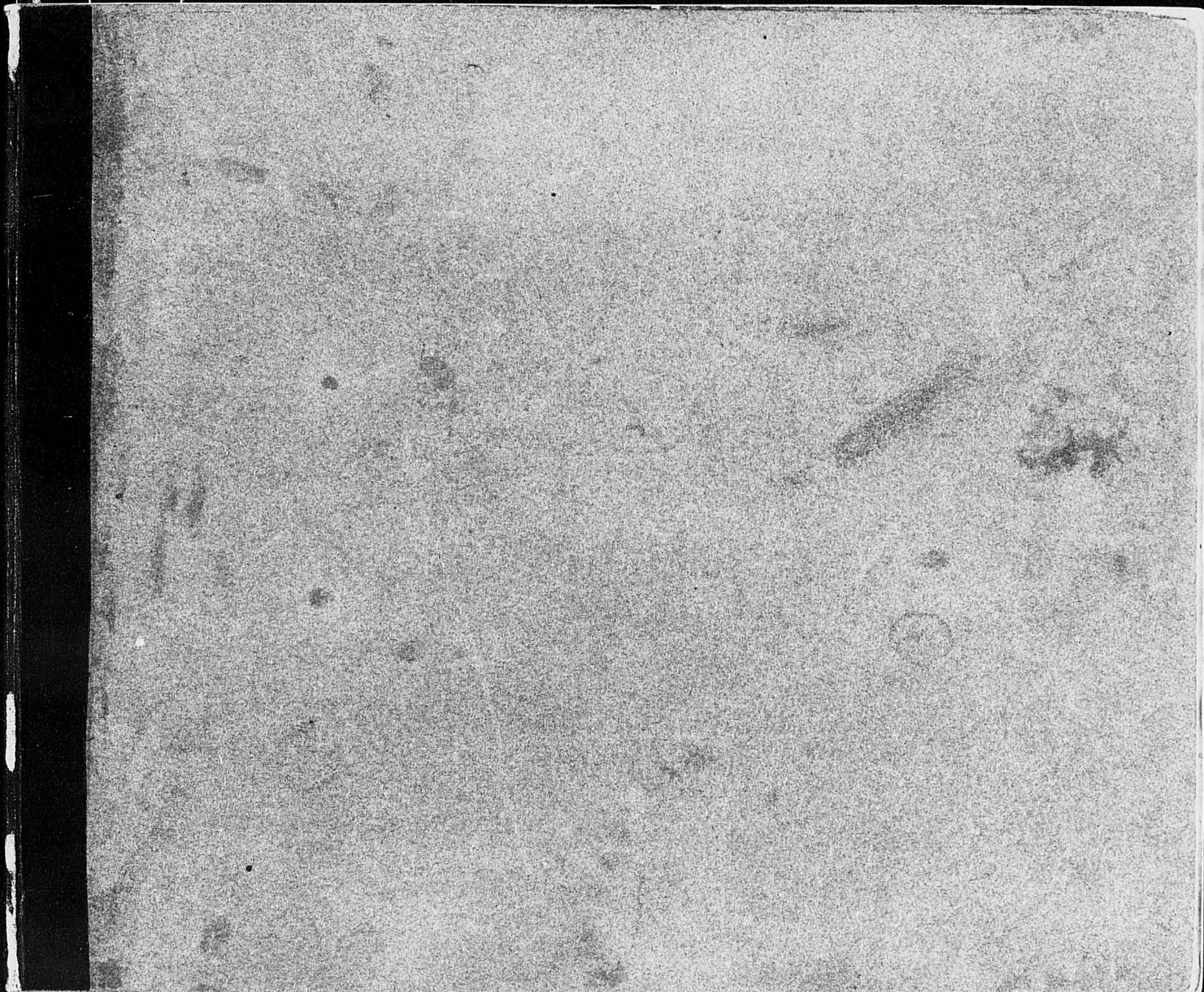
That influence so powerful in its sway over us, we must in turn exert upon others. Other minds must become in part, transcripts of ours, and perpetuate the evil or the excellence of our short being here. It is not given alone to the Great the eloquent or the learned; to those who speak trumpet-tongued to millions of their fellow creatures, from the proud elevations of power or talent, thus to extend themselves in production of good or ill into after times.

We are each and all of us as waves in the vast ocean of human existence. Our own little agitation soon subsides, but it communicates itself far onward and onward, and it may often swell, as it advances, into a majesty of power, with which it would hardly seem possible that our littleness could have had any participation. Happy then, happy then, if thou hast confined the bad tendencies of thy nature to thine own breast. If thou hast never proved the cause of offence, not even to any little one. If thou hast led none into dangerous error lulled none into careless or contemptuous neglect of duty, nor even sullied the whiteness of an innocent mind, yet remember that it is the mysterious and awful law of thy nature, that no one of us can pass thro'

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^{isolated}
This life insulated or solitary, leaving no trace behind him.
Thy influence will be, must be, for good or evil after thee.
Then altho haply thou mayst have but a single talent committed to thy charge, whether thou writest thy thoughts on paper, or engravest them in living characters upon the hearts of those who love, or trust, or honor thee, strive always that they may be such as will tend to give ardor to virtue, and confidence to truth, so that others may be holier and happier because thou hast lived."





W. J. ...
1894

[Faint, illegible handwriting, likely bleed-through from the reverse side of the page.]



Dear Mother I have been thinking of you
and how much I love you and how much I
miss you and how much I want to see you

and how much I want to hear your voice
and how much I want to feel your arms
around me and how much I want to
be with you all the time

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