

Hearken and behold and keep silent if thou wouldst live in peace.

It is better to stand upright by the side of a good man until thy legs ache than to sit upon a bench by the side of a wicked man.

Like unto the body without a soul is the man without a friend.

Thou wilt more often repent having spoken than having kept silence.

Speak not of those who are present.

Be not so bitter that every man spitteth thee out of his mouth, nor yet so sweet that every man sucketh thee dry.

It is good to live in strange cities, but bad to die there.

And many others could we mention of these sayings scattered here and there amongst moral and religious warnings, which, as is natural, occur the most frequently. For the safety of their souls and their duty towards God were the most important things in the eyes of these simple and valiant men, who, notwithstanding the preoccupations of their business and the necessity of protecting themselves against enemies and rivals, kept ever in mind the urgency of their own spiritual advancement. But they thought of it and fulfilled their religious duties without being in any way bigots: "Go to church upon Feast Days, and upon the other days when thou canst safely and properly leave thy shop or thy warehouse." Moreover, there is a certain use in church-going. "Frequent the preachers, for of them wilt thou learn many good examples and manners." It was also a duty to "go and visit the sick, to encourage and comfort them, and likewise to watch them die, that thou mayest take an example therefrom; and likewise must thou go and see men executed, not for the pleasure of beholding them killed, but in order that they may be examples unto thee." Such brutal lessons were necessary for the instilling of good into the minds of these still rude and uncivilised men; nowadays morality is inculcated by the flowery descriptions in the police records and daily papers.

For the mortification of the flesh the good Paolo recommends fasting.

Make it thy custom to fast upon Saturday in honour of the blessed Virgin Mary, and take heed that upon that day thou sinnest not, for it is not sufficient