

upon our beds, what precious opportunities have we to search our hearts, and lift up our souls, in fervent aspirations to God for his grace, comfort, and assistance: To examine our conduct through the day past, and establish good resolutions for the day coming:

When all this time is expended, and all these precautions taken, for the interest of our souls, there will remain time fully sufficient for the discharge of worldly duties, to provide for the body, for our families, and for the community of which we are members; provided our time be improved with industry, prudence and œconomy.

But you will enquire "Is there no time to be allowed for diversion and sociability? would you recommend a solitary monastic life? would you debar us of all amusements and social comforts, of which all social beings are very fond, to which our nature is strongly inclined, and perfectly adapted?"

I have no objection to such amusements and recreations as are innocent and decent. But let them be few; and take special care that the companions of your diversions be discreetly chosen; persons of modesty, honesty and reputation. The force of example is great: it attracts stronger than is generally imagined. *Evil communications corrupt good manners.* One half of the wickedness in the world, is, perhaps, communicated by example.