

sire to acquire them, and by prayer to obtain from God the grace of duly practising them.

90. *Should not a young man take the habit of keeping account of his earnings and expenses?*

Keeping an account of what he earns and spends is an excellent means, for a young man, to preserve himself from the habit of drinking. At the end of the year he will be surprised at the sum he has saved by not acting foolishly like so many others.

91. *Should he not attend to his health?*

Yes, and to do so, he must practise frugality and avoid all excess in eating and drinking.

92. *Cannot reason also be a great help to him?*

Certainly. By recalling to mind on one hand the necessity and advantages of Sobriety; and on the other, all the troubles that liquor causes to persons, to families and to society;