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nation to play frequently continues all their life, to the ruin of their wealth and honour, and reduces them to the utmost misery, as we daily see by too many examples, and in short makes a man incapable of all good.

Avoid all prohibited games, Theotime, as absolutely inconsistent with your salvation : amuse yourself in some laudible diversion, which may serve to unbend the mind, or exercise the body, observing therein the conditions we have spoken of, especially avoiding all excess, which St. Augustin, in his confessions, acknowledged to be one of the causes of the wickedness of his youth. Now this excess is understood, not only of the time employed therein, which ought to be well regulated, but also of the money you play for, which ought always to be very little ; otherwise you will play for gain, and not for recreation, and the sport will be a rack and disquiet, rather than a diversion. Besides, the money you lose at play would be better employed amongst the poor, whose necessity will cry one day to God against your excesses, and those of all gamesters.

## CHAPTER XXII.

*The conclusion of all that has been said in the foregoing Chapters.*

It is certainly, Theotime, of great consequence that you should be virtuous in your younger years, and that the good or evil life of youth is not trifling, nor a thing that deserves little care or regard, as the greatest part of the world thinks ; but that it is a business of high importance, the truth of which is founded upon all that is great and sacred, in what concerns the service of God, and salvation of men.

1. You are obliged to serve God in your youth, because you ought to acknowledge him as your Creator and sovereign Master, for the being you have received from him, and on account of the most sublime and excellent end for which he has created you ; having made you for nothing less than to possess him eternally in heaven, after you have faithfully served him upon earth.

2. On account of the great favour he has shown you, in calling you to Christianity and the Catholic religion, out of which all those who obstinately remain cannot be saved.

3. Because the service of young people is singularly pleasing to God, since he loves them with a particular affection, and is pleased to confer many benefits upon them.