

sleepy and heavy, and I am not quite certain that I have had rest enough, for some constitutions require more sleep than others,) so I give myself the benefit of the doubt, and doze away another hour or two—till at length I am absolutely tired of lying in bed ; and then, as there is no doubt to take any benefit of, I get up, and I am in a most amiable humour, and not crabbed and cross as those poor creatures are who leave their beds before they have had their natural rest. When I am once up, it frequently occurs to me that I ought not to spend the day in idleness, but to give myself seriously to some occupation ; but so many various modes of occupying myself are presented, that out of the multitude I know not which to choose ; then, in the midst of my perplexity, I bethink myself that while some of mankind are best employed in action, others are most profitably employed in contemplation, and if I have any doubt as to which of the two I am most fitted for, I immediately take the benefit of the doubt, and give myself to contemplation, and thus I find myself most amiably disposed. If I have a necessity to visit a distant part of the city or suburbs, and if I think that the walk may do me good, I peradventure also fear it may be too much for me,—thereupon I give myself the benefit of the doubt, and take a cab,—this preserves my equanimity of temper ; and I am not fretful and peevish as those who are fatigued invariably are. If I meet in the streets a half starved beggar, or one who says that he is half-starved, and if I feel inclined to pity and relieve him, I think it possible that he may be an impostor, and only wants the money to spend at the public-house : thereupon I give myself the benefit of the doubt, and keep the money in my pocket ; and I comfort myself with the pleasing reflection, that I have not in any way contributed to countenance hypocrisy, or to promote intemperance ; and as nothing more effectually tends to make a man amiable than the possession of a good conscience, I am quite pleased with myself for not having been instrumental in assisting an evil-disposed person with the means of vice. If I receive two invitations to dinner—for such things will sometimes happen—and if one of the invitations should be