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The truest teaching is living; and the primary philanthropy is to live a good life . . . Just to be good; to keep life pure from degrading elements, to make it constantly helpful in little ways to those who are touched by it, to keep one's spirit always sweet, to avoid all manner of petty anger and irritability—that is an ideal as noble as it is difficult. To seek to be true to our best insight, to express in personal life the noblest ideal we know, is the highest possible service in the problem of social reconstruction.

Edward Howard Griggs.