

of it any farther than we are willing to serve them ; their chains cannot bind it, and in whatever place the body be shut up, the soul never changes its place or dwelling. Thus we may find contentment even in the meanest hovel, if we will only endeavour to make ourselves so. Let the man of a firm health not account himself happy only in the enjoyment of this good, but may the thoughts of suffering nothing among so many calamitous objects, which are about him, make him yet more content ; let him enjoy himself not only from the good circumstances that are his lot, but from the evils too which do not befall him. May the pleasures he tastes, and the pain he suffers not, afford him equal satisfaction.

In reality, however innocent they may appear, excess is ever criminal, and produces not only infamy, but sickness and pain ; a man who looses his reputation by a debauch, very often looses his health too, and wounds his constitution no less than his honor. It becomes every man to live with restriction. Pleasure is the view of our actions ; and altho' we pursue different plans, we aim at the same point. Let every one live as is most agreeable to his innocent inclinations, and enjoy all the delights that offer, when they are consistent with the principles of conscience and honor.

It is preposterous for any one to expect to be truly happy in this world, unless he is truly pious ; he who aims to be happy, with all his earthly possessions, if he possesses not religion, he is indeed a miserable inhabitant of what he is pleased to call "miserable world." True happiness is not to be found in the excesses of wine or of women, nor in the largest prodigalities of fortune. He who would perfectly know himself, let him set aside his money, his fortune, his dignity, and examine himself naked. It is dangerous for a man too suddenly or too easily to believe himself ; wherefore, let us examine, watch, observe, and inspect our hearts.—We should every night call ourselves to an account.—What infirmity have I mastered to-day ? or what passion opposed ? what temptation resisted ? what virtue acquired ? Our vices will abate of themselves if they are brought every day to the shift. What can be more reasonable than this daily review of a life that we cannot warrant for a moment ? There is a great variety in our lives, but all tends to the same issue—nature may use her bodies as she pleases, but a good man has this consolation, that nothing perishes which he can call