

time expand the powers of your minds. Every hour spent in such pursuits (where higher duties do not demand it,) is an hour well spent ; not only as they cultivate and improve the mind, but as they prevent, for the time, the introduction of wrong thoughts and feelings, and give the mind an habitual bent to those which refine it, and which, while they oppose and check impure desires and affections, claim an alliance with and cherish those which will accompany to heaven.

3. Cultivate a high sense of your duties to others. Remember that you are placed here not for your own welfare merely, but to contribute all you can to the welfare of others. With this view let every feeling be checked that prompts to conduct which will narrow, perhaps altogether destroy your powers of usefulness, which will necessarily prevent the due fulfilment of social duty, and perhaps lead others to depart, even more widely than yourselves, from the course which prudence and benevolence and piety all direct as necessary for your well being. — Think, too, what you owe to those who for a long succession of years have been your guardians ; who have cared for you when you could not care for yourselves ; who, to fulfil their duties to you, have gone through numberless anxieties and privations, and experienced many painful days and sleepless nights ; and who have laboured to instil those principles and to give that regulation which direct the heart to God and duty, and which, carefully cultivated by yourselves, will make you useful, respectable, and happy. Let it be your earnest determination, that your conduct shall not wound those to whom under Providence you owe every thing.

4. Cultivate, by all the means in your power, and par-