

'Oh, that I had known the art of life, or found some book, or some man to tell me how to live, to study, to take exercise.'"¹

It is recorded that in Athens there was a law according to which any man who had a lighted candle and refused to allow another to light his at it, was to be punished with death.

Plutarch tells us in a noble passage that "It was for the sake of others that I first undertook to write biographies; but I soon began to dwell upon and delight in them for myself, endeavouring, to the best of my ability, to regulate my own life, and to make it like those who were reflected in their history as it were in a mirror before me. . . . Thus, by our familiarity with history and the habit of writing it, we so train ourselves by constantly receiving into our minds the memorials of the great and good, that should anything base or vicious be placed in our way by the society into which we are necessarily thrown, we reject it from our thought by fixing them calmly and serenely on some of these great exemplars."²

¹ Youman's *Modern Culture*.

² *Life of Timoleon*.