

To those who happily have not yet felt the power of licentious inclinations, as well as to those who perceive wrong tendencies in their minds and are desirous of correcting and restraining them, it may not be useless to suggest some obvious directions, which will assist them to submit their hearts to that regulation whose end is peace and everlasting happiness.

1. Shun, as much as practicable, the company of those whose words or actions are inconsistent with that purity of mind which the gospel inculcates, and which it is your highest wisdom to cultivate. In choosing your situations for life, let it be your object to keep clear of those which will inevitably lead you into temptation. If with all your care and caution, you are exposed to the influence of evil example, if you are obliged sometimes to hear or see what has a tendency to call up wrong feelings in the mind, earnestly endeavour to connect with it feelings of disapprobation, — never suffer yourselves to approve what you know that God forbids, — and strive to divert the current of thought and feeling from that channel into which they have unintentionally been led. For this purpose, then,

2. Endeavour to find full and useful, or at least innocent, employment for your time and thoughts. Think nothing innocent which diminishes your power over your own minds, which leads you to seek for gratification rather than improvement. Devote yourselves to the full discharge of the duties of your station: let your amusements be active and cheerful, but innocent: and let your leisure time be, as much as practicable, employed in cultivating those branches of knowledge which will furnish a useful occupation for your thoughts, and at the same