

those practices of piety which she approves.

V.

I will labour with sentiments of the tenderest compassion for the conversion of sinners, libertines, and those who live in a deplorable indifference with regard to their salvation. I will for that purpose, make use of prayer, good example, kind offices, and admonitions, conformable to the charity with which Jesus Christ loaded sinners and conversed with them.

VI.

I will avoid the company of persons of the other sex, theatres, dances, wakes, and in general all those worldly amusements which are the destruction of virtue and the school of the devil.

VII.

I will avoid all bad company; and I will avoid all friendships, unless with those who have a reputation for good morals and a faithful discharge of the duties of their state.

VIII.

I will never read bad books; and in order more faithfully to observe this resolution, I will be always guided in my choice of books, by the advice of my confessor, or of some enlightened and virtuous christian.

IX.

I will have a profound horror of

indecent songs, licentious discourses, improper pictures, and immodest dresses.

X.

I will avoid the occasions of sins; and I will say to myself in the moment of temptation: "God sees you! God will judge you! God will condemn you! The sentence will be irrevocable, and for an entire eternity! What have you promised on the day of your first communion?"

XI.

I will be prompt in asking pardon of God for any sins which I may have the misfortune to commit; and if my fault be grievous I will confess it at the first opportunity.

XII.

I will love and respect my father and mother; I will obey them, I will help them in their sufferings, in their sickness, and particularly in the infirmities of age; and I shall look upon it, as my greatest enjoyment, to contribute to their comfort and happiness.

XIII.

I will love my neighbour. I will prove my charity for him by my works. I will give good example, particularly in my family. I will contribute, by a prudent and holy zeal, to the salvation of my parents, my friends and my neighbours.