

He who loves to laugh at folly, is himself a fool. Do you love and seek the society of the wise and good? Is this your habit? Had you rather take the lowest seat among these than the highest seat among others? Then you have already learned to be good. You may not make very much progress, but even a good beginning is not to be despised.

7. **Sinks of Pollution.**—Strive for mental excellence, and strict integrity, and you never will be found in the sinks of pollution, and on the benches of retailers and gamblers. Once habituate yourself to a virtuous course, once secure a love of good society, and no punishment would be greater than by accident to be obliged for half a day to associate with the low and vulgar. Try to frequent the company of your betters.

8. **Procure no Friend in Haste.**—Nor, if once secured, in haste abandon them. Be slow in choosing an associate, and slower to change him; slight no man for poverty, nor esteem any one for his wealth. Good friends should not be easily forgotten, nor used as suits of apparel, which, when we have worn them threadbare, we cast them off, and call for new. When once you profess yourself a friend, endeavor to be always such. He can never have any true friends that will be often changing them.

9. **Have the Courage to Cut the Most Agreeable Acquaintance.**—Do this when you are convinced that he lacks principle; a friend should bear with a friend's infirmities, but not with his vices. He that does a base thing in zeal for his friend, burns the golden thread that ties their hearts together.

## Self-Control.

"Honor and profit do not always lie in the same sack."

—GEORGE HERBERT.

"The government of one's self is the only true freedom for the individual."—FREDERICK PERTHES.

"It is length of patience, and endurance, and forbearance, that so much of what is called good in mankind and womankind is shown."

—ARTHUR HELPS.

1. **Essence of Character.**—Self-control is only courage under another form. It may also be regarded as the primary essence of character. It is in virtue of this quality that Shakespeare defines man as a being "looking before and after." It forms the chief distinction between man and the mere animal; and, indeed, there can be no true manhood without it.

2. **Root of all the Virtues.**—Self-control is at the root