

S	M	T	W	T	F	S	
							<i>Temperance</i>
							<i>Silence</i>
							<i>Order</i>
							<i>Resolution</i>
							<i>Frugality</i>
							<i>Industry</i>
							<i>Sincerity</i>
							<i>Justice</i>
							<i>Moderation</i>
							<i>Cleanliness</i>
							<i>Tranquillity</i>
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**1TEMPERANCE.**  
Eat not to dullness; drink not to elevation.

**SILENCE.**  
Speak not but what may benefit others or yourself; avoid trifling conversation.

**ORDER.**  
Let all your things have their places; let each part of your business have its time.

**RESOLUTION.**  
Resolve to perform what you ought; perform without fail what you resolve.

**FRUGALITY.**  
Make no expense but to do good to others or yourself; i. e., waste nothing.

**INDUSTRY.**  
Lose no time; be always employ'd in something useful; cut off all unnecessary actions.

**SINCERITY.**  
Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.

**JUSTICE.**  
Wrong none by doing injuries, or omitting the benefits that are your duty.

**MODERATION.**  
Avoid extremes; forbear resenting injuries so much as you think they deserve.

**CLEANLINESS.**  
Tolerate no uncleanness in body, cloaths, or habitation.

**TRANQUILLITY.**  
Be not disturbed at trifles, or at accidents common or unavoidable.

**CHASTITY.**  
Rarely use venery but for health or offspring, never to dulness, weakness, or the injury of your own or another's peace or reputation.

**HUMILITY.**  
Imitate Jesus and Socrates.

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