

**temperance**

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 employed 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, clothes, or habitation.

**tranquility**

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

**chastity**

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

**humility**

Imitate Jesus and Socrates.