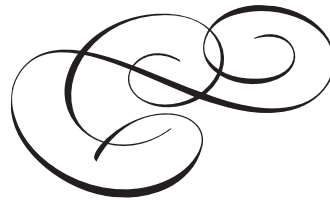
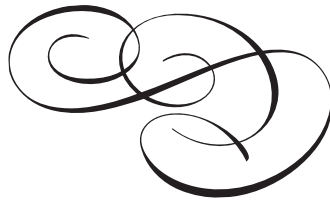







The 13 Virtues


According to Benjamin Franklin





 **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; 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.

