

Ben's Thirteen virtues

Copywork

1. Temperance: Eat not to dullness and drink not to elevation.

2. Silence: Speak not but what may benefit others or yourself. Avoid trifling conversation.

3. Order: Let all your things have their places. Let each part of your business have its time.

4. Resolution: Resolve to perform what you ought. Perform without fail what you resolve.

5. Frugality: Make no expense but to do good to others or yourself: i.e. Waste nothing.

6. Industry: Lose no time. Be always employed in something useful. Cut off all unnecessary actions.

7. Sincerity: Use no hurtful deceit. Think innocently and justly; and, if you speak, speak accordingly.

8. Justice: Wrong none, by doing injuries or omitting the benefits that are your duty.

9. Moderation: Avoid extremes. Forebear resenting injuries so much as you think they deserve.

10. Cleanliness: Tolerate no uncleanness in body, clothes or habitation.

11. 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.

12. Tranquility: Be not disturbed at trifles, or at accidents common or unavoidable.

13. Humility: Imitate Jesus and Socrates.

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Handwriting practice lines consisting of 15 sets of three horizontal lines: a solid top line, a dashed middle line, and a solid bottom line.