

(In another handwriting, no heading or date).

Let your first action be the lifting up of your mind to Almighty God by hearty prayer; and feelingly digest the words you speak with continual meditation and thinking of Him to whom you pray. Be humble and obedient to your Masters; for unless you frame yourself to obey others and feel in yourself what obedience is you shall never be able to teach others to obey you. Be courteous of gesture, and affable to all men with diversity of reverence according to the dignity of the person. There is nothing that winneth so much at so little cost -. Give yourself to be merry, but let your mirth be ever void of scurrility and biting words to any man - Be you rather a hearer and bearer away of other men's talk than a speaker of or procurer of speech - Let never oath be heard to come out of your mouth nor word of ribaldry, detest it in others, so shall custom make to yourself a law against it in your own self Above all things tell no untruth, no not in trifles for there cannot be a greater reproach to a gentleman than to be accounted a liar.

(In Mrs Osler's handwriting)

N.B. If you cannot make out this illegible scribble I will transcribe it for you next time.