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Go placedly anied the noise and baste, and remember what peace there may be in silence. As far as possible without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story.

Anoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself.

Empsy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery.

But let the not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of beroism.

Be yourself, Especially, do not feign affection. Neither he cynical about love; for in the face of all aridity and disenchantment, it is necessitid as the years.

perconnel as the gents.

Take lendly the coursel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortium. But do not distress yourself with misgnings. Many fears are born of fatigue and lonelinest.

Beyond a wholesome discipline, he gentle with yourself. You are a child of the universe, no less than the trees and the stars; You

base a right to be here.

And a bether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore he at peace with God, whatever you concein edition to be, and whatever your labors and aspirations, in the noisy confusion of life keep peace with your soid.

With all its sham, dradgery and broken dreams, it is still a beautiful world. Be careful, Strive to be happy.