

I have found that too much labour in the summer heats the blood, that taking strong drink to support the body under such labour, increaseth that heat, and though a person may be so far temperate as not to manifest the least disorder, yet the mind, in such a circumstance, doth not retain that calmness and serenity, which we should endeavour to live in.

Thus toiling in the heat, and drinking strong liquor, makes men more resolute, and less considerate, and tends very much to disqualify from successfully following him who is meek and low of heart.

As laying out business, more than is consistent with pure wisdom, is an evil, so this evil frequently leads into more. Too much business leads to hurry. In the hurry and toil too much strong drink is often used, and hereby many proceed to noise and wantonness, and some, tho' more considerate, do often suffer loss, as to a true composedness of mind.

I feel sincere desires in my heart that no rent, nor interest, might be laid so high as to be a snare to tenants. That no desires of gain may draw any too far in business. That no cares to support customs, which have not their foundation in pure wisdom, may have place in our minds, but that we may build on the sure foundation, and feel our holy shepherd to lead us, who alone is able to preserve us, and bring forth from every thing which defiles.