

IX. Once a day, especially in the early years of life and study, call yourselves to an account what new ideas, what new proposition or truth you have gained, what further confirmation of known truths, and what advances you have made in any part of knowledge; and let no day, if possible, pass away without some intellectual gain: such a course, well pursued, must certainly advance us in useful knowledge. It is a wise proverb among the learned, borrowed from the lips and practice of a celebrated painter, *Nulla dies sine lineâ*, ‘Let no day pass without one line at least:’ and it was a sacred rule among the Pythagoreans, That they should every evening thrice run over the actions and affairs of the day, and examine what their conduct had been, what they had done, or what they had neglected: and they assured their pupils, that by this method they would make a noble progress in the path of virtue.

Μὴ δ' ὕπνον μαλακοῖσιν ἐπ' ὄμμασι προσδέξασθαι
Πρὶν τῶν ἡμερινῶν ἔργων τρεῖς ἑκάστον ἐπελθεῖν.
Πῆ παρέβην; τί δ' ἔρεζα; τί μοι δέον οὐκ' ἐτελέσθη;
Ταῦτα σε τῆς θείης ἀρετῆς εἰς ἴχνηα δῆσει.