

Watts says that we should once a day especially in early life and years of study, call ourselves to account what new ideas, what new propositions or truth you have gained, what farther 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 philosopher "Nullus dies sine linea" 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 paths of virtue.

Nor let soft slumber close your eyes,  
Before you're recollected thrice  
The train of action through the day:  
Where have my feet chose out their way?  
What have I learn'd, wherever I've been,  
From all I've heard, from all I've seen?  
What know I more than with the knowings?  
What have I done that's worth the doing?  
What have I sought that I should shun?  
What duty have I left undone?  
Or into what new follies run?  
These self inquiries are the road  
That leads to virtue, and to God.

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