

## Training in the Virtues

Benjamin Franklin  
Autobiography

Part Two  
1784

*Franklin's plan for self-improvement displays the simplicity of thought that was the unique mark of his genius. The opening paragraphs describe the core tenets of natural religion and the importance of virtue. Franklin considered these conviction to be the test of all sound religions. He also expresses his abhorrence of the use of faith to divide society into unfriendly sects.*

I had been religiously educated as a Presbyterian; and tho' some of the dogmas of that persuasion, such as the eternal decrees of God, election, reprobation, etc., appeared to me unintelligible, others doubtful, and I early absented myself from the public assemblies of the sect, Sunday being my studying day, I never was without some religious principles.

I never doubted, for instance, the existence of the Deity; that he made the world, and govern'd it by his

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Providence; that the most acceptable service of God was the doing good to man; that our souls are immortal; and that all crime will be punished, and virtue rewarded, either here or hereafter. These I esteem'd the essentials of every religion; and, being to be found in all the religions we had in our country, I respected them all, tho' with different degrees of respect, as I found them more or less mix'd with other articles, which, without any tendency to inspire, promote, or confirm morality, serv'd principally to divide us, and make us unfriendly to one another.

This respect to all, with an opinion that the worst had some good effects, induc'd me to avoid all discourse that might tend to lessen the good opinion another might have of his own religion; and as our province increas'd in people, and new places of worship were continually wanted, and generally erected by voluntary contributions, my mite for such purpose, whatever might be the sect, was never refused.

Tho' I seldom attended any public worship, I had still an opinion of its propriety, and of its utility when rightly conducted, and I regularly paid my annual subscription for the support of the only Presbyterian minister or meeting we had in Philadelphia. He us'd to visit me sometimes as a friend, and admonish me to attend his administrations, and I was now and then prevail'd on to do so, once for five Sundays successively. Had he been in my opinion a good preacher, perhaps I might have continued, notwithstanding the occasion I had for the Sunday's leisure in my course of study; but his discourses were chiefly either polemic arguments, or

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explications of the peculiar doctrines of our sect, and were all to me very dry, uninteresting, and unedifying, since not a single moral principle was inculcated or enforc'd, their aim seeming to be rather to make us Presbyterians than good citizens.

At length he took for his text that verse of the fourth chapter of Philippians, "Finally, brethren, whatsoever things are true, honest, just, pure, lovely, or of good report, if there be any virtue, or any praise, think on these things." And I imagin'd, in a sermon on such a text, we could not miss of having some morality. But he confin'd himself to five points only, as meant by the apostle, viz.: 1. Keeping holy the Sabbath day. 2. Being diligent in reading the holy Scriptures. 3. Attending duly the publick worship. 4. Partaking of the Sacrament. 5. Paying a due respect to God's ministers. These might be all good things; but, as they were not the kind of good things that I expected from that text, I despaired of ever meeting with them from any other, was disgusted, and attended his preaching no more.

I had some years before compos'd a little Liturgy, or form of prayer, for my own private use (viz., in 1728), entitled, "Articles of Belief and Acts of Religion." I return'd to the use of this, and went no more to the public assemblies. My conduct might be blameable, but I leave it, without attempting further to excuse it; my present purpose being to relate facts, and not to make apologies for them.

It was about this time I conceiv'd the bold and arduous project of arriving at moral perfection. I wish'd to

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live without committing any fault at any time; I would conquer all that either natural inclination, custom, or company might lead me into. As I knew, or thought I knew, what was right and wrong, I did not see why I might not always do the one and avoid the other. But I soon found I had undertaken a task of more difficulty than I had imagined. While my care was employ'd in guarding against one fault, I was often surprised by another; habit took the advantage of inattention; inclination was sometimes too strong for reason. I concluded, at length, that the mere speculative conviction that it was our interest to be completely virtuous, was not sufficient to prevent our slipping; and that the contrary habits must be broken, and good ones acquired and established, before we can have any dependence on a steady, uniform rectitude of conduct. For this purpose I therefore contrived the following method.

In the various enumerations of the moral virtues I had met with in my reading, I found the catalogue more or less numerous, as different writers included more or fewer ideas under the same name. Temperance, for example, was by some confined to eating and drinking, while by others it was extended to mean the moderating every other pleasure, appetite, inclination, or passion, bodily or mental, even to our avarice and ambition. I propos'd to myself, for the sake of clearness, to use rather more names, with fewer ideas annex'd to each, than a few names with more ideas; and I included under thirteen names of virtues all that at that time occur'd to me as necessary or desirable, and annexed to each a short precept, which fully express'd the extent I gave to its meaning.

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These names of virtues, with their precepts, were:

1. TEMPERANCE.

Eat not to dullness; drink not to elevation.

2. SILENCE.

Speak not but what may benefit others or yourself; avoid trifling conversation.

3. ORDER.

Let all your things have their places; let each part of your business have its time.

4. RESOLUTION.

Resolve to perform what you ought; perform without fail what you resolve.

5. FRUGALITY.

Make no expense but to do good to others or yourself; i.e., waste nothing.

6. INDUSTRY.

Lose no time; be always employ'd in something useful; cut off all unnecessary actions.

7. SINCERITY.

Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.

8. JUSTICE.

Wrong none by doing injuries, or omitting the benefits that are your duty.

9. MODERATION.

Avoid extremes; forbear resenting injuries so much as you think they deserve.

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### 10. CLEANLINESS.

Tolerate no uncleanness in body, cloaths, or habitation.

### 11. TRANQUILLITY.

Be not disturbed at trifles, or at accidents common or unavoidable.

### 12. CHASTITY.

Rarely use venery but for health or offspring, never to dulness, weakness, or the injury of your own or another's peace or reputation.

### 13. HUMILITY.

Imitate Jesus and Socrates.

My intention being to acquire the habitude of all these virtues, I judg'd it would be well not to distract my attention by attempting the whole at once, but to fix it on one of them at a time; and, when I should be master of that, then to proceed to another, and so on, till I should have gone thro' the thirteen; and, as the previous acquisition of some might facilitate the acquisition of certain others, I arrang'd them with that view, as they stand above.

Temperance first, as it tends to procure that coolness and clearness of head, which is so necessary where constant vigilance was to be kept up, and guard maintained against the unremitting attraction of ancient habits, and the force of perpetual temptations. This being acquir'd and establish'd, Silence would be more easy; and my desire being to gain knowledge at the same time that I improv'd in virtue, and consider-

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ing that in conversation it was obtain'd rather by the use of the ears than of the tongue, and therefore wishing to break a habit I was getting into of prattling, punning, and joking, which only made me acceptable to trifling company, I gave Silence the second place. This and the next, Order, I expected would allow me more time for attending to my project and my studies. Resolution, once become habitual, would keep me firm in my endeavors to obtain all the subsequent virtues; Frugality and Industry freeing me from my remaining debt, and producing affluence and independence, would make more easy the practice of Sincerity and Justice, etc., etc. Conceiving then, that, agreeably to the advice of Pythagoras in his Golden Verses, daily examination would be necessary, I contrived the following method for conducting that examination.

I made a little book, in which I allotted a page for each of the virtues. I rul'd each page with red ink, so as to have seven columns, one for each day of the week, marking each column with a letter for the day. I cross'd these columns with thirteen red lines, marking the beginning of each line with the first letter of one of the virtues, on which line, and in its proper column, I might mark, by a little black spot, every fault I found upon examination to have been committed respecting that virtue upon that day.

I determined to give a week's strict attention to each of the virtues successively. Thus, in the first week, my great guard was to avoid every the least offence against Temperance, leaving the other virtues

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to their ordinary chance, only marking every evening the faults of the day. Thus, if in the first week I could keep my first line, marked T, clear of spots, I suppos'd the habit of that virtue so much strengthen'd and its opposite weaken'd, that I might venture extending my attention to include the next, and for the following week keep both lines clear of spots. Proceeding thus to the last, I could go thro' a course compleat in thirteen weeks, and four courses in a year. And like him who, having a garden to weed, does not attempt to eradicate all the bad herbs at once, which would exceed his reach and his strength, but works on one of the beds at a time, and, having accomplish'd the first, proceeds to a second, so I should have, I hoped, the encouraging pleasure of seeing on my pages the progress I made in virtue, by clearing successively my lines of their spots, till in the end, by a number of courses, I should be happy in viewing a clean book, after a thirteen weeks' daily examination.

This my little book had for its motto these lines from Addison's Cato:

“Here will I hold. If there's a power above us  
(And that there is all nature cries aloud  
Thro' all her works), He must delight in virtue;  
And that which he delights in must be happy.”

Another from Cicero,

“O vitae Philosophia dux!

O virtutum indagatrix expultrixque vitiorum!  
Unus dies, bene et ex praeceptis tuis actus,  
peccanti immortalitati est anteponeendus.”



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Another from the Proverbs of Solomon, speaking of wisdom or virtue:

“Length of days is in her right hand, and in her left hand riches and honour. Her ways are ways of pleasantness, and all her paths are peace.” iii. 16, 17.

And conceiving God to be the fountain of wisdom, I thought it right and necessary to solicit his assistance for obtaining it; to this end I formed the following little prayer, which was prefix'd to my tables of examination, for daily use.

“O powerful Goodness! bountiful Father! merciful Guide! increase in me that wisdom which discovers my truest interest. strengthen my resolutions to perform what that wisdom dictates. Accept my kind offices to thy other children as the only return in my power for thy continual favors to me.”

I used also sometimes a little prayer which I took from Thomson's Poems, viz.:

“Father of light and life, thou Good Supreme!  
O teach me what is good; teach me Thyself!  
Save me from folly, vanity, and vice,  
From every low pursuit; and fill my soul  
With knowledge, conscious peace, and virtue pure;  
Sacred, substantial, never-fading bliss!”

The precept of Order requiring that every part of my business should have its allotted time, one page in

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my little book contain'd the following scheme of employment for the twenty-four hours of a natural day:

[Franklin lays out a schedule]

I enter'd upon the execution of this plan for self-examination, and continu'd it with occasional intermissions for some time. I was surpris'd to find myself so much fuller of faults than I had imagined; but I had the satisfaction of seeing them diminish. To avoid the trouble of renewing now and then my little book, which, by scraping out the marks on the paper of old faults to make room for new ones in a new course, became full of holes, I transferr'd my tables and precepts to the ivory leaves of a memorandum book, on which the lines were drawn with red ink, that made a durable stain, and on those lines I mark'd my faults with a black-lead pencil, which marks I could easily wipe out with a wet sponge. After a while I went thro' one course only in a year, and afterward only one in several years, till at length I omitted them entirely, being employ'd in voyages and business abroad, with a multiplicity of affairs that interfered; but I always carried my little book with me.

## The Party of Virtue

Benjamin Franklin  
Autobiography

Part Three  
August 1788

*Franklin here gives us an example of how to join religious conviction to politics without uniting Church and State. In order to temper the passions of party factions, Franklin here inaugurates a political organization rooted in theological understanding. The platform of “The United Party of Virtue” consists only of those truths that are common to all religious faiths.*

HAVING mentioned a great and extensive project which I had conceiv'd, it seems proper that some account should be here given of that project and its object. Its first rise in my mind appears in the following little paper, accidentally preserv'd, viz.:

Observations on my reading history, in Library, May 19th, 1731.

“That the great affairs of the world, the wars, revolutions, etc., are carried on and affected by parties.

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“That the view of these parties is their present general interest, or what they take to be such.

“That the different views of these different parties occasion all confusion.

“That while a party is carrying on a general design, each man has his particular private interest in view.

“That as soon as a party has gain'd its general point, each member becomes intent upon his particular interest; which, thwarting others, breaks that party into divisions, and occasions more confusion.

“That few in public affairs act from a meer view of the good of their country, whatever they may pretend; and, tho' their actings bring real good to their country, yet men primarily considered that their own and their country's interest was united, and did not act from a principle of benevolence.

“That fewer still, in public affairs, act with a view to the good of mankind.

“There seems to me at present to be great occasion for raising a United Party for Virtue, by forming the virtuous and good men of all nations into a regular body, to be govern'd by suitable good and wise rules, which good and wise men may probably be more unanimous in their obedience to, than common people are to common laws.

“I at present think that whoever attempts this aright, and is well qualified, can not fail of pleasing God, and of meeting with success. B. F.”

Revolving this project in my mind, as to be undertaken hereafter, when my circumstances should

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afford me the necessary leisure, I put down from time to time, on pieces of paper, such thoughts as occur'd to me respecting it. Most of these are lost; but I find one purporting to be the substance of an intended creed containing, as I thought, the essentials of every known religion, and being free of every thing that might shock the professors of any religion. It is express'd in these words, viz.:

“That there is one God, who made all things.

“That he governs the world by his providence.

“That he ought to be worshiped by adoration, prayer, and thanksgiving.

“But that the most acceptable service of God is doing good to man.

“That the soul is immortal.

“And that God will certainly reward virtue and punish vice either here or hereafter.”

My ideas at that time were, that the sect should be begun and spread at first among young and single men only; that each person to be initiated should not only declare his assent to such creed, but should have exercised himself with the thirteen weeks' examination and practice of the virtues) as in the before-mention'd model; that the existence of such a society should be kept a secret, till it was become considerable, to prevent solicitations for the admission of improper persons, but that the members should each of them search among his acquaintance for ingenuous, well-disposed youths, to whom, with prudent caution, the scheme should be gradually communicated;

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that the members should engage to afford their advice, assistance, and support to each other in promoting one another's interests, business, and advancement in life; that, for distinction, we should be call'd The Society of the Free and Easy: free, as being, by the general practice and habit of the virtues, free from the dominion of vice; and particularly by the practice of industry and frugality, free from debt, which exposes a man to confinement, and a species of slavery to his creditors.

This is as much as I can now recollect of the project, except that I communicated it in part to two young men, who adopted it with some enthusiasm; but my then narrow circumstances, and the necessity I was under of sticking close to my business, occasion'd my postponing the further prosecution of it at that time; and my multifarious occupations, public and private, induc'd me to continue postponing, so that it has been omitted till I have no longer strength or activity left sufficient for such an enterprise; tho' I am still of opinion that it was a practicable scheme, and might have been very useful, by forming a great number of good citizens; and I was not discourag'd by the seeming magnitude of the undertaking, as I have always thought that one man of tolerable abilities may work great changes, and accomplish great affairs among mankind, if he first forms a good plan, and, cutting off all amusements or other employments that would divert his attention, makes the execution of that same plan his sole study and business.