

Passage 1a: Thomas De Quincey, *Confessions of an English
Opium-Eater*

I here present you, courteous reader, with the record of a remarkable period in my life: according to my application of it, I trust that it will prove not merely an interesting record, but in a considerable degree useful and instructive. In that hope it is that I have drawn it up; and that must be my apology for breaking through that delicate and honourable reserve which, for the most part, restrains us from the public exposure of our own errors and infirmities. Nothing, indeed, is more revolting to English feelings than the spectacle of a human being obtruding on our notice his moral ulcers or scars, and tearing away that "decent drapery" which time or indulgence to human frailty may have drawn over them; accordingly, the greater part of our confessions (that is, spontaneous and extra-judicial confessions) proceed from demireps, adventurers, or swindlers: and for any such acts of gratuitous self-humiliation from those who can be supposed in sympathy with the decent and self-respecting part of society, we must look to French literature, or to that part of the German which is tainted with the spurious and defective sensibility of the French. All this I feel so forcibly, and so nervously am I alive to reproach of this tendency, that I have for many months hesitated about the propriety of allowing this or any part of my narrative to come before the public eye until after my death (when, for many reasons, the whole will be published); and it is not without an anxious review of the reasons for and against this step that I have at last concluded on taking it.

Guilt and misery shrink, by a natural instinct, from public notice: they court privacy and solitude: and even in their choice of a grave will sometimes sequester themselves from the general population of the churchyard, as if declining to claim fellowship with the great family of man, and wishing (in the affecting language of Mr. Wordsworth):

Humbly to express
A penitential loneliness.

It is well, upon the whole, and for the interest of us all, that it should be so: nor would I willingly in my own person manifest a disregard of such salutary feelings, nor in act or word do anything to weaken them; but, on the one hand,

as my self-accusation does not amount to a confession of guilt, so, on the other, it is possible that, if it did, the benefit resulting to others from the record of an experience purchased at so heavy a price might compensate, by a vast overbalance, for any violence done to the feelings I have noticed, and justify a breach of the general rule. Infirmity and misery do not of necessity imply guilt. They approach or recede from shades of that dark alliance, in proportion to the probable motives and prospects of the offender, and the palliations, known or secret, of the offence; in proportion as the temptations to it were potent from the first, and the resistance to it, in act or in effort, was earnest to the last. For my own part, without breach of truth or modesty, I may affirm that my life has been, on the whole, the life of a philosopher: from my birth I was made an intellectual creature, and intellectual in the highest sense my pursuits and pleasures have been, even from my schoolboy days. If opium-eating be a sensual pleasure, and if I am bound to confess that I have indulged in it to an excess not yet recorded of any other man, it is no less true that I have struggled against this fascinating enthrallment with a religious zeal, and have at length accomplished what I never yet heard attributed to any other man—have untwisted, almost to its final links, the accursed chain which fettered me. Such a self-conquest may reasonably be set off in counterbalance to any kind or degree of self-indulgence. Not to insist that in my case the self-conquest was unquestionable, the self-indulgence open to doubts of casuistry, according as that name shall be extended to acts aiming at the bare relief of pain, or shall be restricted to such as aim at the excitement of positive pleasure.

Passage 1c: Benjamin Franklin. *The Autobiography of Benjamin Franklin*

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

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.
10. CLEANLINESS. Tolerate no uncleanness in body, cloaths, or habitation.
11. TRANQUILITY. Be not disturbed at trifles, or at accidents common or

edge at the same time that I improv'd in virtue, and considering 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.