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Two and three. Dined and slept well.
From four to six. Went to the coffee-house. Met Mr. Nisby there. Smoked several pipes. Mr. Nisby of opinion that laced coffee is bad for the head.
Six o'clock. At the Club as steward. Sat late.
Twelve o'clock. Went to bed, dreamt that I drank small-beer with the Grand Visier.

SATURDAY. Waked at eleven, walked in the fields, wind N. E.
Twelve. Caught in a shower.
One in the afternoon. Returned home, and dried myself.
Two. Mr. Nisby dined with me. First course, marrow-bones; second, ox-cheek, with a bottle of Brooks and Hellier.
Three. Overslept myself.
Six. Went to the Club. Like to have fallen into a gutter. Grand Visier certainly dead. &c.

a very bad dinner when Mr Nisby came m-thinks.

I question not but the reader will be surpris'd to find the above-mentioned *Journalist* taking so much care of a life that was filled with such inconsiderable actions, and received so very small improvements; and yet if we look into the behaviour of many whom we daily converse with, we shall find that most of their hours are taken up in those three important articles of eating, drinking, and sleeping. I do not suppose that a man loses his time, who is not engaged in public affairs, or in an illustrious course of action.

It is a melancholy Reflexion . . . but a true one . . . that Voltaire & Rousseau will one day wish they had kept such a Journal as the Englishman Addison tells of; or rub'd two smooth Stones together with the Scavenger desir'd by La Bruyere.

action. On the contrary, I believe our hours may very often be more profitably laid out in such transactions as make no figure in the world, than in such as are apt to draw upon them the attention of mankind. One may become wiser and better by several methods of employing one's self in secrecy and silence, and do what is laudable without noise or ostentation. I would however, recommend to every one of my readers, the keeping a *Journal* of their lives for one week, and setting down punctually their whole series of employments during that space of time. This kind of self-examination would give them a true state of themselves, and incline them to consider seriously what they are about. One day would rectify the omissions of another, and make a man weigh all those indifferent actions, which, though they are easily forgotten, must certainly be accounted for *.

To see what they may.

That I do, I think reason. I do himself to his Journal as he does to his life.

--- After all, which of us is it doing any thing better? not I am sure.

* See SPEC. Vol. I. N° 54, and Vol. IV. N° 286, N° 292, and N° 320.

† By ADDISON, dated it is supposed, London. See N° 221, Note on ADDISON'S Signatures C, L, I, O. This Speculation, N° 317, as it stands in connection, appears to have been ADDISON'S reflections on the preceding Paper, of which it may be considered as a Sequel.

H. L. P.

When Vice is so rank as now 1801. The Redoubting Innocence hardly pleases. This wretched Animatee seems to have pass'd a whole Week without doing any thing bad except giving Ralph a box on the ear, and he could not do it now, for Ralph would not endure it. . . . A Week pass'd harmlessly is better than a Week spent in Stratagems to get Money, or Continuance to spend it.