

# **ON TRANQUILLITY OF MIND**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649249565

On tranquillity of mind by Hugh Blair

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**HUGH BLAIR**

**ON TRANQUILLITY  
OF MIND**



## **Leaven Leaves.**

*"A little leaven leaveneth the whole lump."*

GALATIANS V. 9.

ON  
Tranquillity  
OF  
Mind.

BY HUGH BLAIR, D.D.



EDINBURGH: JAMES HOGG.  
LONDON: R. GROOMBRIDGE AND SONS.

MDCCCLVII.

*141. cl. 503.*

“He that doeth these things shall never  
be moved.” *Psalms xv. 5.*



ON

TRANQUILLITY OF MIND.



TRANQUILLITY of mind, or, in the words of the text, a mind *not moved* or disquieted by the accidents of life, is undoubtedly one of the greatest blessings that we can possess on earth. It is here mentioned as the reward of the man whose character had been described in this psalm, as leading a virtuous life, and discharging his duty towards God and his neighbour. It is indeed the ultimate aim, to which the wishes of the wife and



6      *On Tranquillity of Mind.*

reflecting have ever been directed, that, with a mind undisturbed by anxieties, cares, and fears, they might pass their days in a pleasing serenity. They justly concluded that, by enjoying themselves in peace, they would enjoy, to the greatest advantage, all the comforts of life that came within their reach.

This happy tranquillity the multitude conceive to be most readily attainable by means of wealth, or, at least, of an easy fortune; which they imagine would set them above all the ordinary disturbances of life. That it has some effect for this purpose, cannot be denied. Poverty and straitened circumstances are often inconsistent with tranquillity. To be desti-

*On Tranquillity of Mind.* 7

tute of those conveniences that suit our rank in the world; to be burdened with anxiety about making provision for every day which passes over our head; instead of bringing comfort to a family who look up to us for aid, to behold ourselves surrounded with their wants and complaints, are circumstances which cannot fail to give much uneasiness to every feeling mind. To take measures, therefore, for attaining a competent fortune by laudable means, is wise and proper. Entire negligence of our affairs, and indifference about our worldly circumstances, is, for the most part, the consequence of some vice, or some folly. At the same time, I must observe that the attainment of

8      *On Tranquillity of Mind.*

opulence is no certain method of attaining tranquillity. Embarrassments and vexations often attend it; and long experience has shown that tranquillity is far from being always found among the rich. Nay, the higher that men rise in the world, the greater degrees of power and distinction which they acquire, they are often the farther removed from internal peace. The world affords so many instances of miseries abounding in the higher ranks of life, that it were needless to enlarge on a topic so generally known and admitted.

Assuming it, therefore, for an undoubted truth, that the mere possession of the goods of fortune may be consist-