

<p>Self-laudation abounds among the unpolished; but nothing can stamp a man more sharply as ill-bred. ~ <i>Charles Buxton</i></p>	<p>I do myself a greater injury in lying than I do him of whom I tell a lie. ~ <i>Michel Eyquem de Montaigne</i></p>
<p>The tendency to whining and complaining may be taken as the surest sign symptom of little souls and inferior intellects. ~ <i>Lord Jeffrey</i></p>	<p>If it's very painful for you to criticize your friends, you're safe in doing it. But if you take the slightest pleasure in it, that's the time to hold your tongue. ~ <i>Alice Duer Miller</i></p>
<p>Cherish the friend who tells you a harsh truth, wanting ten times more to tell you a loving lie. ~ <i>Robert Brault</i></p>	<p>Words have the power to both destroy and heal. When words are both true and kind, they can change our world. ~ <i>The Buddha</i></p>
<p>He who permits himself to tell a lie once, finds it much easier to do it a second and third time, till at length it becomes habitual. ~ <i>Thomas Jefferson</i></p>	<p>In our appetite for gossip, we tend to gobble down everything before us, only to find, too late, that it is our ideals we have consumed, and we have not been enlarged by the feasts but only diminished. ~ <i>Pico Iver</i></p>
<p>Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity. ~ <i>The Buddha</i></p>	<p>Believe me, it is not failing to speak out with promptitude and energy that is the matter with you; it is having nothing consistent or valuable to say. ~ <i>Matthew Arnold</i></p>
<p>The wise speak only of what they know. . ~ <i>J.R.R. Tolkien</i></p>	<p>No sword bites so fiercely as an evil tongue. ~ <i>Sir Philip Sidney</i></p>
<p>Your tittle-tattlers, and those who listen to slander, by my good will should all be hanged — the former by their tongues, the latter by the ears. ~ <i>Titus Maccius Platus</i></p>	<p>Remember, when incited to slander, that it is only he among you who is without sin that may cast the first stone. ~ <i>Hosea Ballou (early influential Universalist preacher)</i></p>

<p>Let thy speech be better than silence, or be silent. ~ <i>Dionysius, the Elder</i></p>	<p>A truth that's told with bad intent beats all the lies you can invent. ~ <i>William Blake</i></p>
<p>Those who think it is permissible to tell white lies soon grow color-blind. ~ <i>Austin O'Malley</i></p>	<p>Trying to squash a rumor is like trying to unring a bell. ~ <i>Shana Alexander</i></p>
<p>One should be cautious not to speak anything that hurts others. Such kind of speech never helps but always brings destruction. ~ <i>Rig Veda</i></p>	<p>Believe nothing against another, but on good authority; nor report what may hurt another, unless it be a greater hurt to another to conceal it. ~ <i>William Penn</i></p>
<p>If you speak or act with a corrupted heart, then suffering follows you like the cart's wheel follows the foot of the ox. If you speak or act with a calm, bright heart, then happiness follows you, like a never-departing shadow. ~ <i>Dhammapada 1:1-2</i></p>	<p>It is just as cowardly to judge an absent person as it is wicked to strike a defenseless one. Only the ignorant and narrow-minded gossip, for they speak of persons instead of things. ~ <i>Lawrence G. Lovasik</i></p>
<p>Do not repeat anything you will not sign your name to. ~ <i>Author unknown</i></p>	<p>What you don't see with your eyes, don't witness with your mouth. ~ <i>Jewish proverb</i></p>
<p>Gossip is a sort of smoke that comes from the dirty tobacco-pipes of those who diffuse it: it proves nothing but the bad taste of the smoker. ~ <i>George Eliot</i></p>	<p>I am different from Washington; I have a higher, grander standard of principle. Washington could not lie. I can lie, but I won't. ~ <i>Mark Twain</i></p>
<p>Gossip needn't be false to be evil — there's a lot of truth that shouldn't be passed around. ~ <i>Frank A. Clark</i></p>	<p>Speak when you are angry — and you'll make the best speech you'll ever regret. ~ <i>Dr. Laurence J. Peter</i></p>