**“A kindly tongue is the lodestone of the hearts of men. It is the bread of the spirit. It clotheth the words with meaning. It is the fountain of the light of wisdom and understanding.”**

To Juliet Thompson the Master said, ‘Never let anyone speak of another unkindly in your presence. Should anyone do so, stop them. Tell them it is against the commands of Bahá’u’lláh, that He has commanded: “Love one another.” Never speak an unkind word, yourself, against anyone. If you see something wrong, let your silence be your only comment...’

(Honnold, Annamarie, Vignettes from the Life of “‘Abdu’l-Bah�, p. 39)