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1. This exhortation will show that seclusion suits superior beings such as God, princes, and women. Nature and the First Cause prescribed seclusion to women more than to men.	43
2. From this advice you will learn that it is laudable to attend to one's activities and tasks and that the study of literature is a useless vanity of little profit.	54
3. We exhort women to realize how noble, useful, and appropriate womanly arts are. Empresses, queens, and goddesses have practiced them, and therefore I believe no one should be ashamed to be seen weaving.	80
4. We exhort those who desire praise to be cautious when speaking, unless their arguments are to provide something good, useful, or worthy to the less fortunate.	99
5. The origin of ornaments and luxury, and how they became increasingly important, is discussed. We exhort women to use them with modesty and moderation.	110
6. Women's prudence.	120

7.	We exhort husband and wife to live in harmony. This brings honor and prosperity to the household, praise to the husband and wife, glory and satisfaction to their children, and universal happiness.	126
8.	We exhort parents to raise and educate their children to excellent habits and intellectual disciplines, so that they may bring glory and praise to themselves, their house, and the fatherland: this is what happiness is.	149
9.	Exhortation to women so that they may know that there is no reason to boast or be proud of beauty, which is a fragile and fleeting thing. Rather than a divine ray, as some have gathered, beauty is ephemeral and mortal.	196
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