It is annoying when firefox keep asking to update browser or addons.
to disable firefox auto update, stop user from installing addon, updating current addon
add this file

/usr/lib64/firefox/defaults/preferences/local-settings.js
pref("general.config.obscure_value", 0); pref("general.config.filename", "mozilla.cfg");

and this

/usr/lib64/firefox/mozilla.cfg

lockPref("xpinstall.enabled", false);
lockPref("app.update.enabled",false);
lockPref("app.update.auto",false);
lockPref("extensions.update.enabled", false);
lockPref("browser.search.update", false);

more performance tweak

browser.tabs.showSingleWindowModePrefs – true
network.http.max-connections – 48 network.http.max-connections-per-server – 16 network.http.max-persistent-connections-per-proxy – 8 network.http.max-persistent-connections-per-server – 4 network.http.pipelining – true network.http.pipelining.maxrequests – 100 network.http.proxy.pipelining – true network.http.request.timeout – 300 nglayout.initialpaint.delay - 0