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ne antidote to man ?— How Pain and suffering, accepted courageously, modify the temper, as they cause reflection, and elevation of the soul toward its Creator.

As we here understand it, sadness should never be a cause of suffering to man; by it, he should strengthen his soul, as he might his body by a refreshing repose.

Ordinary sadness should be resisted because it dulls all the important vital functions, and leads to discouragement and disgust, which are nothing else than a slow but sure suicide.

558. HOPE.—The patient devoid of hope will never be cured, the man without hope cannot live.

Life is a twilight : a mixture of darkness and light ; the man who cannot discern the beaming rays of the dawn, is a miserable being.

The man who hopes is strong; he is ready for every effort.

If the soul is to exert a happy influence on the body is most be ever hopeful.

SYNOPSIS

The soul possesses a powerful influence on the body.

The soul and the instellectual faculties are but one.

What is the effect of sadness accepted with resignation ?—Is ordinary sadness to be resisted ?

158. Is hope necessary to the heart of man ?--What is life ?--Is the hopeful man strong ?--What must be done for the soul to exert a salutary influence on the body ?