

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 intellectual 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 ?