

Is the spiritual side free from sorrow? Think of all the temptations, doubts and fears that paralyze the soul and we must admit that "man is born to sorrow as the sparks fly upward."

All this sounds very gloomy, and were there no brighter side to the picture our lot would be hard indeed. Were there no Real Presence to soothe the ache, no "Living Bread" to strengthen poor human nature, no "Good Shepherd" to call us by our name, many a struggling soul would be tempted to deaden its soul-hunger for God by grasping at the joys and distractions of earth.

Let us thank God, and thank Him sincerely that there is a silver lining to the cloud of sorrow, and let us be honest and grateful enough to look for the lining and not keep our eyes riveted on the thick black mass. If the lining is not in sight let us wait a while patiently, quietly, hopefully and it will surely come for it is there. Let us, the friends of the "Sentinel" (are not all Sentinels, watchers?) consider together some of the advantages of suffering that we may be better prepared to profit by the trials that must sooner or later come to those who follow the narrow path.

Ist. Suffering purifies us from the stains of sin; just as dross and metal exist together in ore, so in the soul of fallen man good and evil are blended. Even when we are in earnest about our salvation, what a life-long task it is to separate the evil that is in us from the good. When gold is refined it is cast into the furnace, and, as the metal melts, the dross is separated from it. In like manner the Christian is tried in the furnace of affliction. Our loving Father knows exactly what trials are necessary to purify each soul.

In His mercy he chooses the fittest means, and not a pang is allowed to pierce us without His permission. Unless we bring those pangs back to the altar-foot and leave them with our Eucharistic Comforter we are apt to refuse the chalice and rebel against our Creator. Jesus Christ instituted His Sacrament that He might be our



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