THE SENTINEL

nature of man lies hidden beneath the surface.

The double recompense of kind words is the good which they do to others, and the happiness which they procure for ourselves.

How many souls have been saved through the practice of this virtue? So what are we not indebted through its manifestations in the past? Favors have come to us from all sides. What would have become of us, had not God showered on us the waters of His benedictions, if thousands and thousands of times, the kindness of our fellowbeings had not prepared our souls for graces; if in a word we had not encountered kindnesss on our pathway.

Considering the kindness that we have received at the hands of others, should we not feel the obligation of surrounding our fellow-beings with a like series of blessings. The occasions are abundant. Scarcely once in twenty times does it require an act of self-denial; and even in this particular case, the kindness will be ennobled by sacrifice.

Let us, therefore, practice benevolence, and endeaver to imitate our admirable Saviour.

O Jesus, Thou wil't pardon us for having sought to demonstrate the benevolent sentiments of Thy Divine Heart. Is it not filled with love and tenderness? Is it not the sanctuary of Divine Goodness Itself. "Thou an good, Lord; teach us Goodness." (Ps cxvIII.) Grant to Thy adopted children, that imitating Thee, they may bear traits of resemblance to their Father-Heart of Jesus Ocean of Goodness, have mercy on us.

Prayer does not suffice to deliver souls from purgatory ; only the Blood of Jesus Christ can extinguish the flames which consume them. B. HENRY SU 40.

Offer your Communions for the dear departed. The Holy Bread will nourish you, but the crumbs, which are palatable and subs tantial, will go to satiate those poor Lazaruses, who beseech you not to forget them, and to give them, at least, the leavings of you royal banquet P. DE LATOUR.

Pablished with the Approbation of the Archbishop of Montreal.

64