

Our Lord said to St. Gertrude, "God accepts every soul you set free, as if you had redeemed him from captivity, and will reward you in a fitting time for the benefit you have conferred. St. Thomas Aquinas assures us that "prayer for the dead is more acceptable to God than for the living; for the departed soul is in greater need, being no longer able to help itself."

Endeavor then, dear readers, to treat the poor souls with a noble generosity of heart; and then in your own necessities, spiritual and temporal, you will obtain of God, your kind Father, whatever you wish. If you do so, be sure that you will be amply rewarded in this life and much more in the life to come.

This, then, is the brief Message of the *Sentinel* to you for the Month of the Holy Souls. It bids you enter into the spirit of the Church and show compassion to those dear ones of Christ, not in heart only, but also by good works, and every kind of supplication, and again we repeat, especially, by the offering of the Holy Sacrifice. The grace of our Eucharistic Lord be with you forevermore.

IT COSTS SO LITTLE

How little it costs, if we give it a thought,
To make happy some heart each day!

Just one kind word or a tender smile,

As we go on our daily way;

Perchance a look will suffice to clear

The clouds from a neighbor's face,

And the press of a hand in sympathy

A sorrowful tear efface.

One walks in sunlight, another goes

All weary in the shade;

One treads a path that is fair and smooth,

Another must pray for aid.

It costs so little! I wonder why

We give it so little thought;

A smile kind words a glance a touch!

What magic with them is wrought!