

The Cow on the Track.

The one-track mind is a nuisance when a cow gets on the track. Many a student starts out with the best intentions in the world. Things run smoothly until he meets his first obstacles. He can't go around it and he can't remove it -- by himself. He does not seek help. He sits down and waits for the cow to die.

Kill the Cow.

Spiritual reading will put a few switches in your mind, and spiritual counsel will enable you to tackle obstacles in a rational way. Every obstacle you overcome is a grace from God for strengthening your character. The only way to keep the cow off the track is to kill it. If you don't it will wander on again every time you shoo it off.

Cows.

If you were once a daily communicant and have given up the practice, look over your conscience and see which one of the following obstacles got the best of you:

1. Success. How many of us can keep our chest measurement normal if we meet with a little success? If we once pass a set of examinations without making the novena we forget all about God until we get our throat cut in the West End some night.
2. Failure. Humiliations are a wonderful help to us if we take them in the right spirit. They knock off the rough edges of marble but they make a shapeless mass of putty. Putty characters give up God as soon as they meet with a set-back.
3. Scruples. A scruple is a little stone or a wrinkle in the stocking that causes endless worry until you take off your shoe. Scrupulous persons refuse to expose their feet. They will continue their mental inbreeding until they seek light where God placed light.
4. Scandal. A scandal is a stone placed in your way over which you stumble. "A friend of fools shall become like to them."
---Proverbs, 13,20.
5. Temptation. A temptation is a compliment. God does not permit you to be tempted beyond your strength, and when He permits temptation it is because you are strong enough to resist -- if you want to. The pulling-up of weeds cultivates the garden.
6. Sloth. "His watchmen are all blind, they are all ignorant; dumb dogs, not able to bark, seeing vain things, sleeping and loving dreams." -- Isaias 56,10.

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