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Hold On, Friend

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Hold On, Friend

Abstract

In lieu of an abstract, below is the essay's first paragraph.

"There are times when a man can work continuously for long periods of time without accomplishing anything. His whole body can exert itself in tremendous physical effort and yet his goal is never reached, And there are other times when a man can stop working and by merely pausing for awhile accomplish wonders."

Cover Page Footnote

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HOLD ON, FRIEND

There are times when a man can work continuously for long periods of time without accomplishing anything. His whole body can exert itself in tremendous physical effort and yet his goal is never reached. And there are other times when a man can stop working and by merely pausing for awhile accomplish wonders.

What is there about that pause that revitalizes and nourishes the human organism? Is its purpose merely to rest the tired and over-worked nerves and muscles? No doubt, this is an important and essential reason, but is it the only one? Can true progress really be attained by periodic organic rests or are those wonders accomplished by the addition of something else which takes place during the pause?

It is the writer's contention that the certain "something else" which helps to direct a man toward his goal is thought. A man must stop to think about what he is going to do next. If he rushes madly ahead, working vigorously, taking on every responsibility that is offered to him without reflecting on his ability to fulfill the obligations to achieve success, then that man is an unsteered ship roaming aimless over the waters. Thought is the compass which directs our course and we can't just set the compass at the start of the trip and then disregard it. We must stop and check it constantly or lose our direction.

And if during a pause, we find that we really haven't got the fuel or supplies to complete the journey, then we can still turn back or rechart our course towards a more reasonable end. Too often a man will engage himself in an activity which is beyond his capabilities and because of stubborn pride refuse to consider his position or do anything about it. And too often, this results in utter failure and disappointment both to himself and to those who may depend upon him.

It is also absolutely true that thought alone will gain little unless it is put into practice. We can't just sit and think! We cannot separate the mental from the physical. The two must supplement and complement each other. If they do work together; if work allows for thought and vice versa, then men could achieve the ideals which they are capable of, and change the goals which they are not capable of toward more useful ends.

GUY PILATO '58