

It is in the temperate countries of northern Europe that the beneficial effects of cold are most manifest. A cold climate seems to stimulate energy by acting as an obstacle. In the face of an insuperable obstacle our energies are numbed by despair; the total absence of obstacles, on the other hand leaves no room for the exercise and training of energy; but a struggle against difficulties that we have a fair hope of over-coming, calls into active operation all our powers. In like manner, while intense cold numbs human energies, and a hot climate affords little motive for exertion, moderate cold seems to have a bracing effect on the human race. In a moderately cold climate man is engaged in an arduous, but no hopeless struggles and with the inclemency of the weather. He has to build strong houses and procure thick clothes to keep himself warm. To supply fuel for his fires, he must hew down trees and dig coal out of the earth. In the open air, unless he moves quickly, he will suffer pain from the biting wind. Finally, in order to replenish the expenditure of bodily tissue caused by his necessary exertions, he has to procure for himself plenty of nourishing food. Quite different is the lot of man in the tropics. In the neighbourhood of the equator there is little need of clothes or fire, and it is possible with perfect comfort and no danger to health, to pass the livelong day stretched out on the bare ground beneath the shade of a tree. A very little fruit or vegetable food is required to sustain life under such circumstances, and that little can be obtained without much exertion from the bounteous earth. We may recognize much the same difference between ourselves at different seasons of the year, as there is between human nature in the tropics and in temperate climes. In hot weather we are generally languid and inclined to take life easily; but when the cold season comes, we find that we are more inclined to vigorous exertion of our minds and bodies.

The title: The suitable climate for stimulating energy

Human energies are numbed due to bitter cold; and in the hot climate, they are not used either. However, they are exerted in temperate states of northern Europe because climate is comparatively cold there. Resultantly, people of this area have to work hard. For instance, they are to construct strong buildings and get thick clothes to remain warm. Besides, they need to cut trees for supplying fuel for their fires. Moreover, to avoid pain from the cold wind, they have to run fast. In order to feed their stomachs, they have to get food. As far as the people of tropics are concerned, they do not use their energy because climate is hot there. In short, energy is used in suitable climate.

Total words: 350, ~~required words for precis: 117 and~~ precis words: 121

energy is used according to the climatic conditions

when there are a lot of examples you can discuss one or two in a general manner
the way you have done it is ok and acceptable

main idea picked
basics are ok
over all satisfactory
8/20