

## CSS 2018

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 overcoming, 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 struggle 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 all, 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 must 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.

## Effects of variation of climates

In the temperate zone of the Northern Hemisphere, cold has useful outcomes. It becomes a source of energy generation after struggling to overcome climate led hardships. In fact, the extreme cold generates human energy, while hot climate is a little hope. However, normal climate has benefits for mankind such as, ease of doing responsible work for warm climate. On the contrary, need of resources is not a big problem in tropical zones. Because life in tropics is in comfort for living days and needs not more struggle. Similarly, different seasons have different effects on humans. Hot seasons are more comfortable for human life. On the other hand, cold seasons have intense effects on physical and mental sense of a man.

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(Words written in pencil, 120)