

Essay: The more you sweat in peace, the less you bleed in war.

Outline:

1. Introduction

Thesis statement: Human life requires action to make it meaningful. The life of the world depends upon proper management and planning at all levels. Likewise, those who have ~~proper~~ detected certain techniques and strategies can enjoy the fruit of the world.

2. Preparation during happy days reduces the risk of during harsh times.

3. Significance of preparation at individual level.

- a- Work brings gain, he finds who tries
- b- Hard work in youth secures old age benefits
- c- A stitch in time saves nine
- d- Physical exercise leads to a healthy life
- e- Education produces cultured individuals, shaping the direction for future.

4. Significance of preparation at national level

- a- Military training before war
- b- Disaster management for calamities
- c- National savings before recessions of economy
- d- Institutional capacity building before sudden demographic changes
- e- Pre-emptive measures and educate people to tackle epidemics.

5. Significance of preparation at global level

- a- Climate change and global warming
- b- Multilateral diplomacy and interstate conflicts
- c- Global food management and famines

d. Collective security arrangements and threat of use of force

e. Promote non-Discrimination of on global level to counter extremism

6. Conclusion

Organization of ideas is fine

Essay:

Human life requires action to make it meaningful. The life of the world depends upon proper management and planning at all levels. Those who have detected certain techniques and strategies can enjoy the fruit of the world. Likewise, the Army, Navy and Air Force are known for their commitment to invest in training and development. They equip their officers to handle any situation when crisis hits. Their ethos is built on the belief that "the more you sweat in peace, the less you bleed in war". This ethos drives their philosophy of investing in people's development. Thus, hard work pays off if intentions behind them are pure and pious. Moreover, it secures one's future. Pre-war preparations, skills and training prevents huge detrimental consequences. Besides, work is crucial in order to live a healthy life. Individuals, working hard to get education, will be builders of state and cultured nation. On a broader level, i.e., national and state level, military preparation before war, disaster management techniques, national revenue reserves, enhancing institutional capacity to compensate population and spreading awareness counter epidemic diseases. Over and above, action and planning are also necessary on global and international level issues. In this perspective, early preparedness for

environmental disasters and calamities on global level is crucial. Furthermore, in the era of nuclear warfare, conflicts should be resolved via negotiations. Global hunger eradication, collective ^{multilaterally} defense and non-discrimination also require mutual collaboration and preparation.

The statement "The more you sweat in peace, the less you bleed in war" attributed to George S. Patton, highlights the importance of hard work and preparation in achieving success. It can be related to the realm of warfare. This statement suggests that those who put in effort to train and hone their skills during times of peace will be better equipped to handle the challenges of war. Ultimately, they suffer fewer losses. The preparation for war during the times of peace include physical training to improve strength and endurance, as well as tactical training to learn how to effectively coordinate and execute military operations. In addition to these physical skills, preparation during the times of peace can also help to build morale and unity within a group. Courage is necessary in the face of the challenges and hardships of war.

People who always train and work in order to handle the critical situations in life, are rewarded in the end. They always keep themselves prepared in advance to face certain problems and catastrophes for the time being and in the future. The history of the world is witnessed that those nations who were victorious, they managed in a proper way, when they met with disasters. On the

contrary, nations who were not visionary, they were left helpless and faced the music at the time of adversity. The earth and what is in the earth can be enjoyed by those people who are aware of the adversity and negative aspects of life under the sky. To lead a life in the world is not an easy task. It is a difficult task to be fulfilled without proper preparations. Therefore, it is the foremost duty to be aware of the worldly life and its demands in all walks of life.

Furthermore, importance of preparation and hard work cannot be denied in any aspect, at any age and time of life. Since, man is considered to be a supreme creature. Therefore, it is his cardinal duty to do proper preparation and hard work in young age to secure his future. This will ensure old age benefits and avoid the fate of ironies. Besides, the man lives the life of comfort and independence in old age, when one becomes weak. Similarly, people who have saved money for future or made property and invested in different firms can enjoy life peacefully in old age. On the contrary, people who were careless and lived the life of leisure and neglect in young age, reap the thorns of negligence in future. Likewise, a pathetic and miserable life. A small leak at the bottom of a ship may cause the ship to sink, small neglects may cause the loss of kingdoms and precious lives in the world. Hence, one should never neglect anything and any moment ever in life. Otherwise, the result may be barbarous.

The idea behind this statement can also be

applied in war. By preparing for war, individuals and groups develop necessary skills and strategies to be successful in battle. One example of the benefits of preparation can be seen in the story of the 300 Spartans in the Battle of Thermopylae. In 480 BC, a small group of 300 Spartan soldiers faced off against a much larger Persian army at the narrow pass of Thermopylae. Despite being vastly outnumbered, the Spartans were able to hold off the Persians for several days. This became possible due to their superior training and discipline. The Spartans had spent their entire lives preparing for battle, and their hard work and dedication paid off in the battlefield. So, pre-war preparation averts detrimental impacts.

Over and above, this statement is not limited to the war and hard work in life. This principle can be applied to sports and fitness as well. In order to live an active and healthy life, physical exercise is crucial. It is beneficial for muscle building and mental health. Military groups undergo rigorous physical exercise before war to build resilience and raise morale. A famous saying is: "A healthy body has a healthy mind." People who have a habit of physical exercise are less prone to diseases and mental disorders. While people who do not practice exercise are not productive in their routine activities. Thus, physical toil opens doors to a healthy and long life.

In addition to the above, education differentiates man from other creatures. No one should miss the opportunity to educate himself. Without education, man is a burden and a puppet on the surface of earth. Education produces

cultured individuals who shapes the future of the country. In order to get education, proper time management and hard work is required. The successful people of the world give proper time and attention to Like wise they achieve goals do things according to the situation. It can be concluded that proper preparation is mandatory, otherwise it is impossible to entertain the short span of life in a fashionable way.

Nevertheless, the significance of preparation at national level cannot be overlooked. State and society provide facilities to individuals but in return individuals are bound to perform duty. In the realm of military training, soldiers are required to undergo rigorous training in order to be ready for the challenges in the battlefield. By putting the hard work and the effort during times of peace, soldiers are able to develop the skills and expertise that they will need in the battlefield. US Military has a rigorous, trained and well-equipped military. This is because their major focus is on preparation and training. The training has allowed the US Military to be successful in a range of conflicts from WWII to the present. Hence, military training before war ensures success in the battlefield.

Moreover, to avoid natural calamities, proper management is required. Awareness and knowledge regarding disaster management can reduce the risk. With the invention of technology, radars and sensors installed in the Earth have the capability to predict natural disasters. Pre-emptive measures

regarding natural calamities, mitigate the number of deaths and loss of infrastructure to the great extent. Similarly, rehabilitation of people can be ensured by the government. In this way, economic loss may be eschewed. ~~It~~ with mitigation measures, efforts depend on the incorporation of appropriate measures in national and regional development plans. In addition, their effectiveness depends on the availability of information on hazards, emergency risks and counter measures to be taken. Therefore, with the collaboration of government and general public, calamities can be countered via preparedness.

The proper management to save money for internal and external matters of a country is essential. The prosperity of a nation depends upon its economic stability. The proper management is required to save money, reformations may be adopted and people may be aware regarding saving money before recessions. Pakistan is going through worst economic condition due to political turmoil and negligence. The federal government's debt has increased to RS. 64 trillion by the end of August 2023 (SBI, Oct 2023). Hence, national savings should be done before economic downturn, and recession.

Besides, in the face of demographic upsurge, adjustment capacities need to be enhanced. More resources and opportunities are required to compensate a larger number of people. For this, more jobs, ~~and~~ health care facilities including hospitals and medical equipments, education opportunities and other sources are required. Otherwise, large population ends up as a liability. In Pakistan, there are 3500

shines, while only 300 universities. Similarly, cities and areas saddled with population explosion without having proper institutional capacity lags in livability standards. Karachi has been ranked as one of the world's least liveable cities (Global Liveability Index, 2023). So, without proper management, planning and work on part of state leads to poor living standards.

Like wise, preventive measures and proper planning as well as awareness on national level about epidemic hampers its spread. Government through the platform of social media ^{may} educate people. Moreover, early screening, isolation, diagnosis and treatment are necessary to prevent further spread. COVID-19 is the prominent example. Besides, a country ~~needs~~ adequate and steady financial and political support to be prepared for the epidemics. Grassroot organizations, media and governments need to build political will for epidemic preparedness and response. Without proper investment, costly epidemics will continue to happen. Social media can also increase the public awareness of infection risk, which is beneficial for epidemic containment. However, fake news on social media after a latent period can lead to significant increase in infection rate. Thus, epidemics can be tackled via preventive measures and awareness.

Notwithstanding, the statement possesses significant role on global level preparedness. The world has become a global village; the impact of one nation is inevitably obvious on other nations of the world. Therefore, there are some issues which are not

limited to a single nation including climate change and global warming. Global warming is an international issue and the world collectively takes part in its controlling. To control the issue proper management and different programs are launched to spread awareness about the threat and to avoid its harm. The Beijing-based bank has launched its inaugural Climate Action Plan, committing to allocate 50% of its annual financing approvals to climate by 2025 (AIIB, 2023). In this way, countries collaborate in the efforts to mitigate climate crisis.

In order to avoid interstate conflicts, multistate diplomacy is vital. Among the nations, multi international agreements have been signed to avoid the interstate issues in a better way. If an issue is raised among the nations, the other nations would come forward to settle the dispute in a peaceful way. Different organs of United Nation remain active to find the quick solution of disputes. Moreover, it possesses the authority to impose sanctions if in case of violation of any principle which is applicable to all nations. The role of multilateral diplomacy is vital in international affairs. If conflicts between state are not resolved through peaceful negotiations, then world would be facing an all war events. Ultimately, disturbing the world order and peace. Hence, multilateral diplomacy paves way to resolve interstate conflicts peacefully. Furthermore, role of food management is equally important at global level especially if a nation is suffering from a natural disaster. The international

community does not neglect the needs of famine stricken and flood stricken victims. Countries try to compensate the loss through mutual efforts. Recently, global hunger ^{has} surged due to inflation and more socio-economic conditions as well. The global hunger numbers rose to as many as 828 million in 2021 (WHO, July 2022). Henry Kissinger has rightly said "who controls the food supply controls the people; who controls the energy can control the continents; who controls the money controls the world." Hence, for a prosperous country, hunger management and food control is the hour of the need.

Man by nature is pugnacious and trouble maker. Today's man has learned from the history of his forefather, he knows how to live in the world and how to manage its affairs. Past wars have made the man realize the fact that war brings ravage and detrimental consequences. In view of this, he conducts proper training, mutual defense techniques and reviving nuclear arsenals to combat the enemy. The world's nine nuclear-armed states are continuing to modernize their nuclear arsenals in 2023, with China has added the largest number of stockpiles to its arsenals (17%) in 2022 (SIPRI, June 2023). It shows that both developed and developing countries are striving to enhance and advance its military technology to combat the threat of force. Therefore, security arrangements and preparedness for war has become very urgent for modern man.

In addition to the above, in the era of racial discrimination, many extremist groups have been generated which need immediate attention.

of the global community. Discrimination takes several forms: religious, racial, social etc. Extremism is the ultimate consequence of discrimination. National Internal Security Policy (NISP-I) 2014-2018 was made to counter the extremism. However, the root cause of discrimination and extremism need to be eradicated. Religious discrimination is rife in the world. Discrimination cases against Muslims in New Jersey saw a 46% increase in 2022 (CAIR, May 2023). Moreover, sometimes this religious discrimination turned into extremist violence. For example, in August, 21 churches were burned in Jaranuala by raging TLP-led mobs. So, international community need to join hands to eradicate discrimination world-wide.

In short, it can be concluded that proper preparation is important on individual, state and global level. Its adaptation can flourish and negligence may perish those who continue to neglect the significance of preparation in all walks of life. Malcolm X has rightly said: "The future belongs to those who prepare for it today." All people of the world should have proper management to face the difficulties or at least lessen the savages of the catastrophes either natural or man made. No one is excluded from the principle of hard work and early preparation. Western nations are affluent and enriched in all aspect because they know the value of preparation during happy days. It reduces the risk during harsh days and ultimately success is their destiny. Hence, under the roof of the sky, every aspect of man's life is important.

Be it physical, financial, mental, economical, social, educational or religious. Without hard work, persistency and struggle, nothing great could be achieved in life.

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”
—Aristotle

Well best of Luck