8. The great advantage of early rising is the good start it gives us in our day's work. The early riser has done a large amount of hard work before other men have got out of bed. In the early morning the mind is fresh, and there are few sounds or other distractions, so that work done at that time is generally well done. In many cases the early riser also finds time to take some exercise in the fresh morning air, and this exercise supplies him with a fund of energy that will last until the evening. By beginning so early, he knows that he has plenty of time to do thoroughly all the work he can be expected to do, and is not tempted to hurry over any part of it. All his work being finished in good time, he has a long interval of rest in the evening before the timely hour when he goes to bed. He gets to sleep several hours before midnight, at the time when sleep is most refreshing and after a sound night's rest, rises early next morning in good health and spirits for the labours of a new day.

It is very plain that such a life as this is far more conducive to health than that of the man who shortens his waking hours by rising late, and so can afford in the course of the day little leisure for necessary rest. Any one who lies in bed late, must, if he wishes to do a full day's work, go on working to a correspondingly late hour, and deny himself the hour or two of evening exercise that he ought to take for the benefit of his health. But, in spite of all his efforts, he will probably produce as good results as the early riser, because he misses the best working hours of the day.

It may be objected to this that some find the perfect quiet of midnight by far the best time for working. This is no doubt true in certain cases. Several great thinkers have found by experience that their intellect is clearest, and they can write best, when they burn the midnight oil. But even in such cases the practice of working late at night cannot be commended. Few men, if any, can exert the full power of their intellect at the time when nature prescribes sleep, without ruining their health thereby ; and of course the injury done to the health must in the long run have a bad effect on the quality of the work done.

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Benefits of Waking Up Early

One of the major benefits of waking up early is the head-start it gives on others. The early riser gets more work done and usually finds a time ~~to do~~ for morning exercise. Moreover, he properly finishes his work and gets free early. As a result, he gets ~~an~~ ample time for a sound sleep at night and always gets up re-freshed next morning. It is also obvious that waking up early is more suitable for health than getting up late. One who gets up late, finishes ~~his~~ one's work late and does not find time ~~to do~~ exercise crucial

for health. He also misses the golden working hours ~~of the~~ day. On the other hand, some may claim that working late at night is more productive for them and it can be true. Many great minds of the past have experienced it too. But it is not suitable for everyone. As it goes against the nature, bad for health and ~~effect~~ affects the quality of work in the longer run.

Mistakes identified.

Generally, idea and connectivity are ok.

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Q. 2. Write a précis of the following passage in about 120 words and also suggest a suitable title: (20)

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 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.

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Change in Human Energy in Varying Climatic Conditions

Human energy is mostly utilized in relatively moderate parts of Europe. A man usually directs his energy towards tasks that seem relatively difficult but achieveable at the same time. Similarly, the exertion of human energies vary in different climatic conditions. A man has to exert his full energies to survive in a moderately cold climate. While in the tropical climate, life is relatively easy and a man can easily survive without putting much efforts into it. The same applies to everyone else who experiences varying seasons throughout a year. ~~Asone~~ Man

achievable

9/20

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does

becomes lazy and do nothing in hot weather, but he exerts his full energies in the cold.

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Q. 2. Write a précis of the following passage and also suggest a suitable title:

Of all the characteristics of ordinary human nature, envy is the most unfortunate; not only does the envious person wish to inflict misfortune and do so whenever he can with impunity, but he is also himself rendered unhappy by envy. Instead of deriving pleasure from what he has, he derives pain from what others have. If he can, he deprives others of their advantages, which to him is as desirable as it would be to secure the same advantages himself. If this passion is allowed to run riot, it becomes fatal to all excellence, and even the most useful exercise of exceptional skill. Why should a medical man go to see his patients in a car when the laborer has to walk to his work? Why should the scientific investigator be allowed to spend his time in a warm room when others have to face the inclemency of the elements? Why should a man who possesses some rare talent of great importance to the world be saved from the drudgery of his own housework? To such questions, envy finds no answer. Fortunately, however, there is

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in human nature a compensating passion, namely that of admiration. Whosoever wishes to increase human happiness must wish to increase admiration and to diminish envy. What cure is there for envy? For the saint, there is the cure of selflessness, though even in the case of saints, envy of other saints is by no means impossible. But, leaving saints out of account, the only cure of envy in the case of ordinary men and women is happiness, and the difficulty is that envy is itself a terrible obstacle to happiness. But the envious man may say: 'What is the good of telling me that the cure of envy is happiness? I cannot find happiness while I continue to feel envy, and you tell me that I cannot cease to be envious until I find happiness.' But real life is never so logical as this. Merely to realize the cause of one's own envious feelings is to take a long step towards .curing them

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Subject verb disagreement found. Revise the use of s/es with verb for singular and plural subject.

Downside of Envy and Its Solution

Envy is one of the most unfortunate human traits that leads a man to unhappiness. He does not feel content with what he has and always desires for more. Even he derives pleasure if he can deprive others of the things he does not have himself. Moreover, this trait makes him stop using his rational mind and he becomes unable to answer even some basic logical questions. However, admiration is another human trait that can lead to happiness, Because happiness seems the only possible solution to end envy. Some critics may raise questions to this but then the only solution is find the core cause of envy and take a bold step to end it.

Q. 2. Write a précis of the following passage and suggest a suitable title: **(20)**

In the heart of bustling cities, urban green spaces stand as oases of tranquility, providing respite from the hustle and bustle. Parks, adorned with vibrant flora, become havens for relaxation and recreation. The greenery offers a sanctuary for diverse wildlife, creating a delicate balance between urban development and environmental preservation. Beyond their aesthetic appeal, city parks play a crucial role in fostering community bonds. Families gather for picnics, friends engage in sports, and individuals find solace amidst nature's embrace. These communal spaces serve as venues for cultural events, open-air concerts, and art installations, enriching the urban experience. The benefits of urban green spaces extend beyond leisure. They contribute to improved air quality, mitigate the urban heat island effect, and promote overall well-being. Access to nature within city limits becomes a vital aspect of mental health, offering a refuge for introspection and rejuvenation. However, the challenge lies in balancing the increasing urbanization with the preservation of green spaces. Sustainable urban planning becomes imperative to ensure the coexistence of concrete jungles and natural havens. Efforts to create and maintain parks, tree-lined avenues, and green rooftops become integral components of shaping cities that prioritize both human and environmental health. As cities evolve, the preservation and enhancement of urban green spaces become a shared responsibility. The vision is to cultivate urban landscapes that seamlessly integrate nature into the tapestry of city life, fostering a sustainable and harmonious cohabitation between human progress and the environment.

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Significance of Green Spaces in an Urban Society

Parks, in the middle of busy cities, serve as a source of peace and refreshment. They provide a safe space to everything around them. These green spaces also help in building a more inclusive urban society. Moreover, they play a crucial role in providing healthy environment and preserving human well-being. But with the increased urbanization, it becomes important to preserve these green spaces to maintain a balance. It also becomes crucial for everyone to contribute because the goal is to foster an urban community that is ~~comap~~ compatible for both humans and environment.

Decent attempt.

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