

## Influence of Climate: Shaping Human Energy

Cold weather presents challenges that can invigorate individuals. But severe cold weather may deplete their energy as they grapple with despair. Conversely, absence of any challenge leaves them with no chance to accomplish any work. In contrast, a moderate climate encourages to undertake strenuous efforts and achieve feasible tasks. Life in tropical regions stands in stark contrast, as the inhabitants there are able to sustain themselves with minimal food and clothing. The distinction in human nature between tropical and temperate climates is reflected in the contrast between different seasons. In hot weather, people feel relaxed. Cold weather demands the engagement of body and mind.

98 words