

EXERCISE 148

Write summaries of the following passages of about one-third of the original length:—

1. In every country people imagine that they are the best and the cleverest and the others are not so good ~~as are not so good~~ as they are. The Englishman thinks that he and his country are the best; the Frenchman is very proud of France and everything French. The Germans and Italians think no less of their countries and many Indians imagine that India is in many ways the greatest country in the world. This is wrong. Everybody wants to think well of himself and his country. But really there is no person who has not got some good and some bad qualities. In the same way, there is no country which is not partly good and partly bad. We must take the good wherever we find it and try to remove the bad wherever it may be. We are, of course, most concerned with our own country, India. Unfortunately, it is in a bad way today. Many of our people are poor and unhappy. They have no joy in their lives. We have to find out how we can make them happier. We have to see what is good in our ways and customs and try to keep it, and whatever is bad we have to throw away. If we find anything good in other countries, we should certainly take it.



2. There are hundreds of superstitions which survive in various parts of the world.

Day-3

06-02-24

The complete self-assured thinking about oneself or his country is a false approach. Every nation and person possesses varying characteristics, but one must try to keep the good ones and get rid of bad ones. Yet, the writer is most worried about the worse situation of his country. Moreover, he encourages everyone to find a solution to improve the bad lives of his people and don't hesitate to learn from others.

Title: Need of Optimism in Life
Irrational/Misinterpreted Nationalism

7. It is very easy to acquire bad habits, such as eating too many sweets or too much food, or drinking too much fluid of any kind, or smoking. The more we do a thing, the more we tend to like doing it ; and, if we do not continue to do it, we feel unhappy. This is called the *force of habit*, and the force of habit should be fought against.

Things which may be very good when only done from time to time, tend to become very harmful when done too often and too much. This applies even to such good things as work or rest. Some people form a bad habit of working too much, and others of idling too much. The wise man always remembers that this is true about himself, and checks any bad habit. He says to himself, "I am now becoming idle," or "I like too many sweets," or "I smoke too much" and then adds, "I will get myself out of this bad habit at once."

One of the most widely spread of bad habits is the use of tobacco. Tobacco is now smoked or chewed by men, often by women, and even by children, almost all over the world. It was brought into Europe from America by Sir Walter Raleigh, four centuries ago, and has thence spread everywhere. I very much doubt whether there is



any good in the habit, even when tobacco is not used to excess ; and it is extremely difficult to get rid of the habit when once it has been formed.

Alcohol is taken in almost all cool and cold climates, and to a very much less extent in hot ones. Thus, it is taken by people who live in the Himalaya Mountains, but not nearly so much by those who live in the plains of India. Alcohol is not necessary in any way to anybody. Millions of people are beginning to do without it entirely ; and once the United States of America have passed laws which forbid its manufacture or sale throughout the length and breadth of their vast country. In India it is not required by the people at all, and should be avoided by them altogether. The regular use of alcohol, even in small quantities, tends to cause mischief in many ways to various organs of the body. It affects the liver, it weakens the mental powers, and lessens the general energy of the body.

Addiction to Bad Habits and Their Side-effects

One can easily get into the habit of doing bad things. If he repeats them long enough, he can become addicted and that should be avoided. The excess of anything is bad, even if it is of working or resting. A sane mind is aware of this and he always self-analyse things to keep in check his bad habits. The use of tobacco is one of the most common bad habits around the globe. It hardly has any benefit but it is being consumed by the person of every walk of life. Another bad habit is the consumption of alcohol which is most common in the cold regions. Though its consumption is massively declining as people are becoming more familiar that it has any advantage at all. Last but not least, it is advised to Indians to utterly avoid the alcohol because even its minimal regular use can lead to various human diseases.

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.

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 refreshed 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 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 the quality of work in the longer run.