

influence a bad effect on the quality of the work done.

8. The human race is spread all over the world, from the polar regions to the tropics. The people of which it is made up, eat different kinds of food, partly according to the climate in which they live, and partly according to the kind of food which their country produces. Thus, in India, the people live chiefly on different kinds of grain, eggs, milk, or sometimes fish and meat. In Europe the people eat more flesh and less grain. In the Arctic regions, where no grain and fruits are produced, the Eskimo and other races live almost entirely on flesh, especially fat.



The men of one race are able to eat the food of another race, if they are brought into the country inhabited by the latter ; but as a rule they still prefer their own food, at least for a time—owing to custom. In hot climates, flesh and fat are not much needed ; but in the Arctic regions they seem to be very necessary for keeping up the heat of the body.

The kind of food eaten also depends very often on custom or habit, and sometimes upon religion. Brahmins will not touch meat ; Mohammedans and Jews will not touch the flesh of pigs. Most races would refuse to eat the flesh of many unclean animals, although, quite possibly, such flesh may really be quite wholesome.

All races of mankind have their own different ideas on this matter. Thus the English used to laugh at the French because the latter ate frogs' legs and some kind of snails ; the Australians dislike rabbits although the English eat them ; and the Burmese eat the flesh of crocodiles and elephants.

Nevertheless there are many reasons for these likes and dislikes. Thus, swine in eastern countries are very dirty feeders, whereas in Europe they are kept on clean food. The result is that their flesh is eaten in Europe but not in India. Men dislike eating the flesh of all draught animals. Hence the Englishman will not eat horse-flesh, and the Hindu will not touch the flesh of cattle.

Lastly, certain savage peoples used to be cannibals—that is to say, they ate human flesh—though this custom has now fortunately almost ceased throughout the whole world.

There is another reason for disliking certain kinds of flesh, and a very good reason too. It is because these kinds are apt to contain dangerous parasites, which may get into the blood of those who eat the flesh. Certain kinds of swine, for example, are dangerous as food, as their flesh contains a parasite in the form of a little worm.

10. Dear boy, now that you are going a little more into the world I will take this occasion to explain

Why People Eat Different Kinds of Food

People eat different kinds of food around the globe. It mainly depends upon the climatic conditions or what is readily available to them. When people move to another region, they will eat what other people eat there but they would still prefer their own food. As different foods are compatible for

differen regions. Moreover, people eat different kinds of food depending upon their customs and religion. As people belonging to different religion or race hold varying beliefs on eating meat. Some do not eat dry animals and others refuse to eat dirty ones. Some people do not like to eat certain type of meat as they consider it unhealthy.

10. Dear boy, now that you are going a little more into the world I will take this occasion to explain my intentions as to your future expenses, that you may know what you have to expect from me, and make your plan

accordingly. I shall neither deny nor grudge you any money that may be necessary for either your improvement or pleasures ; I mean the pleasures of a rational being. Under the head of improvement I mean the best books, and the best masters cost what they will ; I also mean all the expense of lodgings, coach, dress, servants, etc., which, according to the several places where you may be, shall be respectively necessary to enable you to keep the best company. Under the head of rational pleasures I comprehend, first, proper charities to real and compassionate objects of it ; secondly, proper presents to those to whom you are obliged, or whom you desire to oblige ; thirdly, a conformity of expense to that of the company which you keep ; as in public spectacles, your share of little entertainments, a few pistoles at games of mere commerce and other incidental calls of good company. The only two articles which I will never supply are, the profusion of low riot, and the idle lavishness of negligence and laziness. A fool squanders away without credit or advantage to himself, more than a man of sense spends with both. The latter employs his money as he does his time, and never spends a shilling of the one, nor a minute of the other, but in something that is either useful or rationally pleasing to himself or others. The former buys whatever he does not want, and does not pay for what he does want. He cannot withstand the charms of a toy-shop ; snuff-boxes, watches, heads or canes, etc., are his destruction. His servants and tradesmen conspire with his own indolence to cheat him, and in a very little time he is astonished, in the midst of all the ridiculous superfluities, to find himself in want of all the real comforts and necessaries of life. Without care and method the largest fortune will not, and with them almost the smallest will, supply all necessary expenses. Keep an account in a book, of all that you receive, and of all that you pay ; for no man, who knows what he receives and what he pays, ever runs out.

How to Manage Expenses in a Good Way

The writer explains to a boy that ~~that~~ he will pay for his certain expenses down the road. He says that he will always pay for his self-improvement and happiness. Then, he ~~further~~ explains that what he means by self-improvement and happiness. Contrary to that, he also tells him that he will never pay for any wrong doings and unnecessary lavishness. Furthermore, he explains that a wise man always spends his money and time on things which are beneficial to him and others. On the other hand, a fool does the absolute opposite and spends extravagantly on unimportant things. To his surprise, he soon realizes that he requires a lot of life necessities. In the end, the writer advises that one doesn't need a large sum of money to fulfill ~~his~~ one's needs but a little will. Also, he explains that who manages his money well, never runs out of it.

11. A great part of Arabia is desert. Here there is nothing but sand and rock. The sand is so hot that you cannot walk over it with your bare feet in the daytime. Here and there in the desert are springs of water that come from deep down under the ground—so deep that the sun cannot dry them up. These springs are few and far apart, but wherever there is one, trees grow tall and graceful, making a cool, green, shady place around the spring. Such a place is called an oasis.



The Arabs who are not in the cities live in the desert all the year round. They live in tents that can be put up and taken down very easily and quickly so that they can move from one oasis to another, seeking grass and water for their sheep, goats, camels and horses. These desert Arabs eat ripe, sweet figs, and also the dates that grow upon the palm trees ; they dry them, too, and use them as food all the year round.

These Arabs have the finest horses in the world. An Arab is very proud of his riding horse, and loves him almost as much as he loves his wife and children. He never puts heavy loads upon his horse, and often lets him stay in the tent with his family.

The camel is much more useful to the Arab than his beautiful horse, however, for he is much larger and stronger. One camel can carry as much as or more than two horses. The Arab loads the camel with goods and rides him, too, for miles and miles across the desert—just as if he were really the “Ship of the Desert,” which he is often called.

12. Food in the desert is very scarce.

Arabian Desert and Its Life

The Arabia is mostly consist of desert that is largely covered with scorching sand and rocks. There are also a few springs of water that form oasis. The Arabs living in the desert live in easily managable tents for quick movement to other desirable places. They eat figs and dates. These Arabs have great horses. They consider their horses a part of the family and treat them nicely. Moreover, they also posses camels which are often more useful than horses. ^{The} Arabs use camels to carry things from one place to another. That is why ^{the} camels ^{is} ~~are~~ also known as the "ship of the desert."