

3. Over-eating is one of the most wonderful practices among those who think that they can afford it. In fact, authorities say that nearly all who can get as much as they desire, over-eat to their disadvantage. This class of people could save a great more food than they can save by missing one meal per week and at the same time they could improve their health.

A heavy meal at night, the so-called "dinner", is the fashion with many and often it is taken shortly before retiring. It is unnecessary and could be forgone, not only once a week but daily without loss of strength. From three to five hours are needed to digest food. While sleeping, this food not being required to give energy for work, is in many cases converted into excess fat, giving rise to over-weight. The evening meal should be light, taken three or four hours before retiring. This prevents over-eating, conserves energy and reduces the cost of food.



Title: (Over Eating)

Over eating habit is a wonder practice among those who can afford. Authorities say, that over eating is harmful. Both food and health can be saved by taking light food. Many takes a heavy dinner unnecessarily just before sleeping. Dinner should be light and eaten 3 or 4 hours before. By doing this, energy is conserved and over eating is prevented.

2. Global warming is the result of increasing of carbon dioxide gas in the environment. It is causing a heating effect on the surface of the Earth. Global warming increases the evaporation in the atmosphere. Vapour is also a greenhouse gas, so this cause more warming. When we burn fossil fuel, it produces carbon dioxide. Vehicles are also discharging carbon dioxide. Carbon dioxide and other greenhouse gases are increasing day-by-day due to burning of fossil fuels, deforestation, using of fertilizer in agriculture, population growth, urbanization, industrialization. Now global warming has turned out in a big problem for environment. It can cause infinite disaster for human life. The biggest effect of global warming will be on climate change. To stop the global warming, humans have to stop destroying environment like deforestation.

Title: Global warming.

Global warming is the heating up of earth's surface caused by carbon dioxide. Carbon dioxide is produced by burning of fossil fuels, deforestation and use of fertilizers.

Global warming is causing climate change.

Global warming can be prevented by reforestation.