

Topic "Moderate conditions are necessary  
To survive."

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It is in the temperate countries of northern Europe that the beneficial effect of cold are most manifest..... we find that we are more inclined to vigorous extension of our minds and bodies!

The benefits of <sup>moderate</sup> cold are obvious in Northern Europe. The cold weather ~~is~~ acts as a stimulator of energy. Innumerable difficulties lead to despair, absence of difficulties lead to idleness and struggle against difficulties makes us active just like ~~cold~~ intense cold freezes human energy, hot climate makes human lazy and temperate climate has good effect on human race. To survive temperate weather, humans <sup>must</sup> build strong houses, provide themselves with thick clothes and cut trees and dig out coal for fuel. He has to walk quickly in cold air. To replenish the energy spent, he has to eat good nourishing food, on the other hand life in tropics, in neighbourhood of equator is easy with little need of clothes and fuel, and no danger to health, and with little food to survive in such conditions. The same is the condition of humans during different season. We take life easy in hot weather and spend more energy in cold season.