

...ed at this sudden darkness but much more when I found it occasioned by  
...ous bird called the roc, and conceived that the great dome which I so much admired must be  
... egg. Shortly afterwards, the bird alighted, and sat over the egg.

7. It is very easy to acquire bad habits, such as eating too many sweets or too much food, or drinking too much tea, 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.

Tea 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 Pakistan. Tea 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 Pakistan it is not required by the people at all, but is a part of almost all the major functions and events. The family gatherings are incomplete without tea. The regular use of tea in large quantities however, may cause mischief in many ways to various organs of the body.



DATE: \_\_\_\_\_

# Precis

DAY: \_\_\_\_\_

## Excessive use leads to worst consequences

Excessive use of anything eventually leads to the worst consequences.

It not only affects bad habits but also good habits. Once these habits become the part of daily routine, it will be hard to clamp down them. Thus, the wise

man is always conscious of his habits that ultimately force him to take steps to fight against the overuse. Among these habits, tobacco has been used worldwide, not only men and women but also children.

Apart from this, tea has also become a vital factor which is excessively used even though it is not important to take. In Pakistan, the consumption of tea is banal, almost in every event and function which ultimately affects the body organs.

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