The great advantage of early rising is the good start it gives us in our day's work. The early riser body. Nogettic. the body. It allects the first is the mental powers, and lessens the general in many ways to various of the great advantage of early rising is the good start it gives us in our day's work before other men have got out of bed. In the early morning the early riser has The great advantage of our yrising is the good start it gives us in our days the general energy a large amount of hard work before other men have got out of bed. In the general energy a large amount of the sounds or other distractions, so that work done at that time of a is fresh, and there are few sounds the early riser also finds time to take work done at that time to take the sound of the sound of the early morning the sound of the sound of the early morning the sound of the sound of the early morning the sound of the a large amount of that is sounds or other men have got out of bed. In the early morning the sound is fresh, and there are few sounds or other distractions, so that work done at the early morning the sole well done. In many cases the early riser also finds time to take some exercise in the time is ally well done. In many cases the work him with a fund of energy that some exercise in the time is is fresh, and there are used the early riser also finds time to take some exercise in the fresh work. The work well done. In many cases the early riser also finds time to take some exercise in the fresh and air, and this exercise supplies him with a fund of energy that will last until the evening is arrive he knows that he has plenty of time to do there will last until the evening in the fresh and the more take some exercise in the fresh and air. well done. In that, see supplies him with a fund of energy that will last until the evening the arrive so early, he knows that he has plenty of time to do thoroughly all the evening. By and is not tempted to hurry over any part of it. All his back and the work he can be and this encodes that he has plenty of time to do thoroughly all the evening. By the to do, and is not tempted to hurry over any part of it. All his work being finished is before the time to do thoroughly all the work he can be mining so early, the net tempted to hurry over any part of it. All his work being finished in good has a long interval of rest in the evening before the timely hour when he goes to be he has a long interval bours before midnight, at the time when he goes to be good he has a long interval of rest in the evening before the timely hour when he goes to bed. He help several hours before midnight, at the time when sleep is most refreshing and help the help several hours before midnight. he has a long interest for the several hours before midnight, at the time when sleep is most refreshing and after a sleep is rest, rises early next morning in good health and spirits for the labours of a

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

It is very plant that and so can afford in the course of the day little leisure for necessary rest. Any one health that a correspondingly letter to be a correspondingly letter. hours by hou himself the hour or two of evening exercise that he ought to take for the benefit of his health. But, in spite himself the take for the benefit of his health. But, in spite all his efforts, he will probably produce as good results as the early riser, because he misses the best working ours 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 doubt true in certain cases. Several great thinkers have found by experience that their intellect is clearest, they can write best, when they burn the midnight oil. But even in such cases the practice of working late at in they can event the full power of their intellect. in they can be commended. Few men, if any, can exert the full power of their intellect at the time when nature at the time when nature at the time when nat the time when nature rescribes sleep, without ruining their health thereby; and of course the injury done to the health must in the long where a bad effect on the quality of the work done.

use the notar regions to the tropics.



Blessing of rising early Early risers are usually at advantage position as compared to those who wake up date. This is because, vising early can provide ample time to perform required tasks without distraction. Dne can also take time to exercise for obtaining health benefits. On the other hand, those who wake up late, bears extra strain of dispensing their work, along with the compromised on their health. Whereas, Some people are of the view that they can do well in the late hours of the night believing that their mind feel relaxed at night. But this is against the principle of nature and thus, - puts worse impact on one's health and quality of work.

main idea is picked and discussed over all content is fine but basic grammar needs improvement word count is missing and it is essential part of precis need improvement 8/20