

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

Alcohol 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 India. Alcohol 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 India it is not required by the people at all, and should be avoided by them altogether. The regular use of alcohol, even in small quantities, tends to cause mischief in many ways to various organs of the body. It affects the liver, it weakens the mental powers, and lessens the general energy of the body.

Bad Habits and their Destructive Impacts

Bad habits are easy to adopt because as people acquire these habits, they start to like them. Which is termed as force of habit. Even things which are considered normal become harmful when done excessively, be it work or rest. Intelligent people always keep check on their habits and try to get rid of the bad ones. The use of tobacco and alcohol, is a detrimental habit around the world. It is used by almost all age groups, while alcohol is largely used in cold regions as compare to the hot regions. Moreover, these habits are really hard to be abjured. It is not the need of the body, however, regular use can bring destructive effects to the organs of human body.

Total words = 400

Pre-cis words = 122