

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 men 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.

23/1/25 Wednesday

### Precis Practice

#### Curing Force of Habit

Bad habits are easy to acquire and indulging in them repeatedly makes us more likely to continue them and if we were to stop, we would be unhappy. This is a force of habit and it should be restrained, especially when it becomes recurrent as it can lead to harm. Moreover, even good habits should be enjoyed in moderation, and it is wise to keep a check on oneself to prevent from indulging in bad habits. Tobacco consumption is a ~~also~~ global spread negative habit which is hard to break, affecting all age demographics. Furthermore, Alcohol consumption is common in colder climates with efforts made to reduce its consumership. Alcohol even when not drunk in excess, is injurious to health and **Galaxy**.

Day / Date

should be avoided altogether.

Passage word count = 408

Preus word count = 132