

Advantages of early rising

Solved Example

1. The great advantage of early rising is the good start that it gives us in our day's work.

- ① The early riser does a large amount of work before other men have got out of bed. In the early morning, the mind is fresh and there are few sounds or other distractions (تفریحات), so that work done at such time is generally well done. In many cases, the early riser also finds
- ② time to take some exercise in the fresh morning air and this exercise supplies him with a fund of energy that will last until evening.
- ③ By beginning so early, he knows that he has plenty of time to do thoroughly all the work he can be expected to do and is not tempted to (لا لچ کھانا) and hurry over any part of it. All his working being finished in good times, he has a long interval of rest in the evening before the timely hours when he goes to bed. He gets to sleep several hours before midnight, at the time when sleep is most refreshing and after a sound night's rest, rises early next morning in good health and spirits (احساسات) for the labour of a new day.

Date: _____

Precis

Title:

Advantages of Early Rising

~~Waking up~~ Early rising provides many advantages to the early riser. Early riser's mind is fresh and calm in the ~~evening~~ morning. He gets enough time to do exercise. He have ample time to do all his related work. He gets good time to take rest in the evening. He gets to sleep for long hours. After a sound night's sleep, he woke up again in full spirits the following day.

(Total Words in paragraph: 196)
(My words in precis: 68)