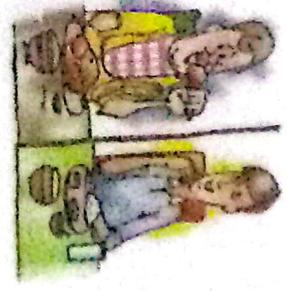


... cannot be commended. Few men, if any, can exert the full power of their intellect at the time when nature describes sleep, without ruining their health thereby ; and of course the injury done to the health must in the long run have a bad effect on the quality of the work done.

9. The human race is spread all over the world, from the polar regions to the tropics. The people of which it is made up, eat different kinds of food, partly according to the climate in which they live, and partly according to the kind of food which their country produces. Thus, in India, the people live chiefly on different kinds of grain, eggs, milk, or sometimes fish and meat. In Europe the people eat more flesh and less grain. In the Arctic regions, where no grain and few fruits are produced, the Eskimo and other races live almost entirely on flesh, especially fat.



The men of one race are able to eat the food of another race, if they are brought into the country inhabited by the latter ; but as a rule they still prefer their own food, at least for a time—owing to custom. In hot climates, flesh and fat are not much needed ; but in the Arctic regions they seem to be very necessary for keeping up the heat of the body.

The kind of food eaten also depends very often on custom or habit, and sometimes upon religion. Brahmmins will not touch meat ; Mohammedans and Jews will not touch the flesh of pigs. Most races would refuse to eat the flesh of many unclean animals, although, quite possibly, such flesh may really be quite wholesome.

All races of mankind have their own different ideas on this matter. Thus the English used to laugh at the French because the latter ate frogs' legs and some kind of snails ; the Australians dislike rabbits although the English eat them ; and the Burmese eat the flesh of crocodiles and elephants.

Nevertheless there are many reasons for these likes and dislikes. Thus, swine in eastern countries are very dirty feeders, whereas in Europe they are kept on clean food. The result is that their flesh is eaten in Europe but not in India. Men dislike eating the flesh of all draught animals. Hence the Englishman will not eat horse-flesh, and the Hindu will not touch the flesh of cattle.

Lastly, certain savage peoples used to be cannibals—that is to say, they ate human flesh—though this custom has now fortunately almost ceased throughout the whole world.

There is another reason for disliking certain kinds of flesh, and a very good reason too. It is because these kinds are apt to contain dangerous parasites, which may get into the blood of those who eat the flesh. Certain kinds of swine, for example, are dangerous as food, as their flesh contains a parasite in the form of a little worm.

10. Dear boy, now that you are going a little more into the world I will take this occasion to explain my

DATE: _____ DAY: _____
41769-Nimra Zafar-086

Precis Writing

Title: Food consumption by different race

Precis

The human race live all across the world from north to south and east to west. People of different races consume different food due to the climate and availability of food. People from one race can has the food of another race but mostly they would like to get their own food owing to their customs, habits and religion. People also do not like certain sorts of food due to the presence of parasites.