

Reading -3

Hard and industrious work is necessary to achieve our goals in life. But concentration on work alone with no recreation tends to make a person dull and unsociable. The mind's constitution is such that it can work for a long time. But at the same time, proper relaxation is absolutely necessary to keep it from getting overtaxed. An overtaxed mind loses all social spirit making the personality dull. Often children are made to study their lessons continuously so as to get good results in examinations. But this rather tends to make a child just a bookworm with no social abilities. Furthermore, a relaxed mind is a rejuvenated one. It retrieves all its capacities to absorb knowledge after proper recreation. Recreation revitalizes the mind's inborn abilities. That is why we stress extracurricular activities in school routine. A balanced scheme of work and recreation is the proper way to keep the mind in trim shape. This is especially very important in the case of children because it is the age when the personality of the child is being moulded. In short, work with no recreation will make Jack a dull boy. On the other hand, a combination of work with recreation will make him a properly balanced person.