

Reading Hobby

Food is necessary for our body. Similarly, we also need food for our mind. The best food for the mind is the reading of books. It has joy of its own, which perhaps nothing else can give the pleasure one derives from reading is re creative as well as ennobling. Reading gives us peculiar joy and we forget the cares and worries of life.

Reading is of different kinds. First, there is light reading, which means the reading of newspapers, periodicals, journals etc. newspapers and journals are storehouses of information about current events. Through them we come to know about all that is happening in every part of the world. The modern age is such that we can ill afford to miss at least this type of light reading. We will be like a frog in a well without newspapers. Therefore, such reading as is both delightful and informative cannot be ignored.

Now we come to books on travel and adventure. Man wants to escape from the dull realities of everyday life. The spirit of adventure is in the very blood of man. Books of travel and adventure infuse in to us the same spirit of adventure and fearlessness as was displayed by the travelers themselves. The reading of novels is a pleasant pastime and nothing is more entertaining than to spend some times reading a novel in the afternoon or in a train. The reader forgets his own personality and existence for some time and totally identifies with the character of the book. This identification, through unconscious, is a source of endless pleasure to him.

Then there are books for serious reading. They include works of literature, history, culture, philosophy and many be called books for all times and ages. Such books are indented for the sober and thoughtful minds. A student of literature comes in contact with the master minds of all ages and finds a good deal of food for his thought. They give him an insight into the spiritual values of life. He can thus make his life noble and sublime. His outlook is widened and the field of human sympathy broadened.

Now we come to the most important question, viz. how to read books? Beacon has said, "some books are to be tasted, others are to be swallowed and some few to be chewed and digested." To treat a book has the sense of compulsion. This compulsion may be useful, but it kills all interest. Nobody can appreciate such a temporary love of books. A real lover of books enjoys their company all the time.

We should be very careful in the choice of books. If bad books come into the hands of the young, their minds are infected with their evil influence. Many promising youths have been ruined because of the taste for bad books. Good books, on the

other hand, are purifying. They enlarge and enrich our minds and moulds our character. Therefore, it is necessary that the youth should seek advice from those who are competent to give it.

The habit of reading is a sign of culture. It is a great source of enjoyment and the best means of utilizing leisure. Books are a treasure richer than the treasure of any king. They are the gold mines of art, literature, science and information. They are out constant companions.