

## Dangers of a Fast Life

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Some people believe that only fast life is the real life. Unless they can get their delicate nerves well-strained, they think, they haven't done anything.

The result is that they suffer from various kinds of ailments such as nervous disorder heart trouble, etc. rash driving which can cause accidents and lead to death and injury is also aspect of fast life.

One who works slowly but steadily, is the ultimate winner in race. On the other hand, he who rushed to do anything with his full might, generally overtaxes his energies and gets exhausted quickly. Then he is forced by health problem to stop his work and ultimately, his achievement is less in the quantity and quality than that of the person who has worked slowly but steadily.

In the beginning, it might appear that a slow and steady worker is perhaps likely to lag behind. But finally, it becomes clear that his policy is the best.

The story of the hare and the tortoise is well –known. The hare bounced and took long leaps in a challenging mood. On the other hand, the tortoise maintained a low profile and continued marching slowly but steadily.

The tortoise made it a point to take no rest until the work was completed.

The lesson is clear. If we want to be successful in any enterprise, we must work slowly but steadily.