

Preface



1- The English sentence

A sentence is the unit of expression, it is the smallest unit in which a complete thought can be expressed.

The English sentence should have: (A) form, and (B) unity.

(A) Form: Do not start writing a sentence without knowing how it will end, what thought it will contain, or how it will proceed. You should think out the idea to be expressed in your intended sentence, and have a clear form of it in your mind, before you begin writing the first word of the sentence. Otherwise you will be at the mercy of words, unguided by a well- defined thought, you will lose your way, and find writing extremely difficult.

It is advisable, then, to have in your mind a well-defined thought put in a clear-cut form, then you can start writing your sentence with ease and confidence.

(B) Unity: As a sentence is the unit of expression containing a unit of thought, it should necessarily have unity of form. The ideas, expressed in one single sentence, should be related to each other, so as to form a connected whole. If an idea has nothing to do with the main thought of the sentence, it should be expressed separately.

The English sentence may be either short or long according to what it expresses. It is not advisable to use very long sentences. Among the uses of short sentences are the following: to describe some rapid action such as a fight or an attack. We tend, whether in speech or in writing, to use short sentences then. If we are angry, joyful, surprised, shocked, etc, our sentences are usually short. It may be

because our thinking is subjected خاضع to our excited emotions.

In the following paragraph, notice the action, the rushing about, the chase, and the fight. All its sentences (with the exception, of the Fourth) are short ones. (This paragraph is taken from The Country of the Blind, by H .G. Wells)

He began to run, not knowing clearly where to go. He ran from the nearest blind man, because it was a horror to hit him. He stopped, and then turned quickly to escape from their closing ranks. He made for where a gap was wide, and the men on either side, with a quick awareness of the approach of his paces, rushed on one another.

He jumped forward, and then saw he must be caught. He raised the spade and hit hard. The blind man went down with a cry of pain, and Nunez passed through.

In the following extract, taken from a letter written by Madam Curie when she was young, notice the happiness and joy that are expressed in her writing.

I am learning to row. I am getting on well, and the bathing is perfect. We do anything that comes into our heads. We sleep sometimes at night and sometimes by day. We dance and do all kinds of foolish things.

Long sentences are sometimes used for detailed description, or in scientific writing.

When we want to describe something such as an impressive landscape, to tend to use long sentences, maybe because we wish our description to convey تنقل a picture of the thing described, as connected as possible, so that it can be visualized تتصور as a connected whole. When we analyze a situation, our sentences tend sometimes to be long, perhaps because the ideas that come into our minds are rather complicated and thus need long sentences.

In the following paragraph, you may notice that the second and fourth sentences are long ones, for they are detailed descriptions of what was going on.

It was late in the evening when Mr. Pickwick his friends dismounted from the roof of the Eatans will coach at the door of the Town Arms Inn- large blue flags were flying from the windows and a crowd of idlers were assembled in the road, looking at a hoarse man on a balcony, who was talking himself very red in the face, on Mr. Slumkey's behalf. At regular intervals the idlers cheered most enthusiastic, ally. The Pickwikians had no sooner dismounted than they were surrounded by a mob of the townspeople, who set up three deafening cheers (for it is not at all necessary for a crowd to know what it is cheering about), and these cheers swelled into a roar.

2- General Aspects of Writing

If you want to write in an effective way, you have to go through various skills. There are many aspects of writing.

1- Suitable language:

The language you use will not be the same in all pieces of writing. Sometimes, you can use formal language. Other times, you can use informal one. Standard English is the most formal kind of language. Colloquial language on the other hand, is less informal. This is the language used in everyday speech. The way you talk to your principal at school will differ from the way you talk to one of your friends. There is another kind of language which is less formal that is the slang. Compare between these three expressions that signify "death"; pass away (standard), die (colloquial) and kick the bucket (slang).

2- Audience:

Definitely you will write for various kinds of audience. You have to keep the audience for whom you are writing in mind as this will affect:

- a. The kind of language you use.
- b. The subject matter and how you deal with it.
- c. The tone of your writing.

3- Tone:

The tone used in writing must be suitable for the audience and for the subject matter. The tone of your voice indicates whether you are happy, sad, astonished or angry. In writing, your tone is indicated by the kinds of words you use.

Example:

I would like to say how much my parents and I enjoyed our stay at your hotel. This is an extract from a thanks letter where the tone of the writer is happy and grateful.

Kinds of Writing

There are different kinds of writing. The most important of which are the narrative, the descriptive and the argumentative.

1- Narrative:

In narrative pieces of writing, you are required to tell a story or write about an event. Things must be told in the order in which they happen. There must be sequence. It is preferable to keep the past tense.

Example:

Mr. John was feeling unwell. He decided to see a doctor. He got into his car and drove off. There was a lot of traffic and it took him along time to get there. When he arrived, he found that the clinic was closed.

2- Descriptive:

In descriptive writing, you are required to describe people, objects or places.

Description of people:

Example:

Mr. Ahmed is Jihan's father. He is tall and rather fat. He has curly brown hair and brown eyes. He has a moustache. His ears are big and his nose is big. He wears glasses.

Description of place:

Example:

My favourite town is Tanta. Tanta is a small town in Egypt. It has a temperate climate. The town has a lot of rich green land. It is famous for El Sayed El Badawy. The nearest city to Tanta is Alexandria.

Description of objects:

A bicycle has one seat, two wheels and no engine. It is not as fast as a car. There is nowhere to rest your back. The rider directs his bicycle by turning the handlebars. If he wants to stop it, he has to use the brakes.

3- Argumentative:

If you write an argumentative piece of writing, you will support or attack a particular argument, or give both view points without being committed to one side, or the other. If you are for or against, you have to be persuasive as much as possible to be able to convince the reader. The ability to reason and the capacity for arranging ideas in logical order are important requirements of an argumentative writing. Don't make general statements or just be prejudiced to your point of view. On the contrary, try to support your views with evidence such as examples, statistics, details, personal experiences or real incidents.

Example of paragraph "for" an idea:

I prefer to own very old things. Old things are of great value. They signify the past with its bright sides. Old things may give very good memories. Old things are characterized with efficiency and skill in their making.

Example of paragraph "against" an idea:

Fortune-tellers are persons who claim the ability to tell people about their past, present and future. It is better not to trust them. They are frauds. People who believe their meaningless talk are either ignorant or superstitious.

Example of paragraph expressing too view points:

Cars are very important in our life theses days. Cars are good and comfortable means of transport. They enable a person to begin and end his journey where and when he

likes. Cars are useful if there is a patient that needs to get to hospital or to the doctor quickly. However, cars have many disadvantages. They are a source of noise. The big numbers of cars in streets causes traffic jams. Moreover, there are a lot of car accidents. Cars use up too much of the world's oil. This amount of oil could be beneficial in more important things like industry.

3- What is a Paragraph?

A paragraph is one solid unit which deals with **نتعامل مع** a specific idea that is complete in itself. In other meaning.

- It is a group of sentences about ONE idea only.
- It is between four and eight lines long.
- It begins after leaving a space from the margin **هامش**.
- Each paragraph must begin with a topic sentence **جملة افتتاحية** that sums up **تلخص** the whole idea and explains with examples this topic sentence in detail.

The Topic Sentence

A paragraph is a series of sentences that develop one idea. That idea is usually stated in a general form in one sentence, called the topic sentence. That sentence tells the reader what to expect in the paragraph. The rest of the sentences in the paragraph provide the reader with specific explanation of the general topic sentence. The supporting sentences help the reader understand more clearly what the writer means.

Each paragraph you write will contain a topic sentence and four to eight sentences that will support the topic sentence. These supporting sentences will be more specific than the topic sentence.

Example:

The biggest use of ships is in carrying goods from country to country. If ships did not exist, many countries would be unable to feed their people. Aeroplanes are very

expensive, and there are not enough of them to feed the smallest country. Trains cost much and the amount of goods they can carry cannot be compared with the amount that ships can. In fact, ships can carry more goods than any other means of transport.

Note: In this paragraph of five sentences, the first one is the topic sentence because it contains the main idea. The other four sentences are a discussion or explanation of the main idea in the first sentence.

Instructions of building up a paragraph:

- 1- Academic writing is often organized in a three- step model, **introduction, body and conclusion**. The introduction introduces the topic to be covered. The introductory sentence should be attractive that it catches the reader's attention. The body provides a development of the topic and includes examples and details. The conclusion should be either a summing up of the pieces of writing, a result of what is mentioned or the writer's opinion. No new ideas are included in the conclusion.
- 2- Think carefully about what you are going to say before writing. In writing, you go through three stages, brainstorming, selection and organization. In the brainstorming, stage, you collect the different ideas that may come to your mind, then, you select some of these ideas. In the final stages, you put these ideas in a logical order.
- 3- It is better to write a draft first before submitting the final draft.
- 4- Write short complete sentences.
- 5- Keep to the subject you are discussing.
- 6- Take great care to connect your sentences using words like “but”, “however”, “although”, “after”, “meanwhile”, etc..

- 7- Abbreviations like (don't), (haven't) (wouldn't), etc.. are not normally used in written English. Write out the words in full: "do not", "have not", "would not", etc..
- 8- Never write your paragraph in your mother- tongue and then attempt to translate it into English.
- 9- Express your ideas in simple, correct English; your topic should be free from spelling, grammar, and punctuation mistakes.
- 10- Begin each new sentence with a capital letter and do not forget to put a "full stop" at the end of each sentence.
- 11- Avoid unnecessary details تجنب التفاصيل غير الضرورية.
- 12- Do not write silly or common place, ideas but what is fresh, up- to- date and original حديث – مبتكر.
- 13- Be sure that you write your topic in the correct tense (present- past- or- future etc...)
- 14- When you have finished, read your work through and try to correct the mistakes you may have made. Try to be objective.

Techniques of formatting and mechanics:

1- Formatting

The form of the paragraph is as important as the content of it. Formatting refers to margins and indentation. Make sure that there are margins to the left and right of your work. Always indent (have a space) the first sentence of your paragraph.

2- Mechanics

Mechanics refers to various things:

1- Spelling: make sure that your spelling is correct.

2- Punctuation:

Punctuation marks are:

a) The comma (,)

b) The full stop (.)

c) The question mark (?)

d) The colon (:)

e) Quotation marks (" ")

3- Capitalization

Capital letters are used at the beginning of:

- a) Names of persons, cities, towns, countries, regions, rivers, mountains and seas.
- b) Adjectives formed from proper nouns, first ex: Egyptian, English, German
- c) The first letter of the first word of every new sentence.
- d) The names of months, days of the week and festivals.

Ex: January, Saturday, Ramadan

- e) Titles, ex: The president, The Minister of Education, Dr. Ali, Mr. Ashraf.
- f) Forms of addresses in letters, ex Dear sir.
- g) Titles of books, newspapers and magazines, ex. (Al- Ahram, El -Ayam).
- h) The word (God) and pronouns that stand for it.
ex: We pray to God so that He may forgive us.

4- Handwriting

Work neatly and make sure that your handwriting is clear.

5- Spacing:

Don't leave big or small spaces between words. Keep appropriate distances between words.

4- The Building up of A Paragraph

A paragraph is the unit of continuous expression, it consists of connected thought linked together to form a complete whole.

Very long paragraphs are not advisable. One of the sentences in a paragraph is said to be the Topic Sentence, because it conveys the main idea *الفكرة الرئيسية* of the whole paragraph.

- 1- The "topic sentence" may be the first sentence of the paragraph. The rest of the sentences that come after it are the development, explanation, or discussion of the main idea stated in the topic sentence.

In the following paragraph of three sentences, you may notice that the first sentence is the topic sentence for it contains the main idea. The two following sentences are a discussion that helps to make the idea clearer.

Manya's first experience as a governess was very unsatisfactory. She found a place with -a rich Warsaw family and hoped that the children would be pleasant and the parents helpful and understanding. Instead of this she found stupid and quarrelsome people, such as she had never met before.

Notice again, the following paragraph of six sentences, that the topic sentence is the first. The other five sentences explain what Oliver did while walking "twenty miles that day"

Oliver covered twenty miles that day. All that time he tasted nothing but the crust of dry bread and a few drink of water which he begged at the cottage doors by the road-side. When the night came he turned into a field. Creeping close under a hay rich, he determined to lie there till morning. He felt frightened at first, and he was cold and hungry and more alone than he had ever been before. Being very tired. With his walk, however, he soon fell asleep and forgot his troubles.

You are advised to compose your paragraphs in this way, with the topic sentence the first one. It is the commonest form, the easiest to write, and the easiest to understand. It is clear and straightforward.

- 2- The topic sentence may be the last one of the paragraph. In this kind, the idea is worked up to the last sentence, where the main idea is stated. There is no need to imitate this form, it is both less common than that in 1, and more difficult.
- 3- The topic sentence may be in the middle of the paragraph. The sentences before it are a kind of introduction leading to it, the sentences after it are a kind of comment تعليق. This form is rarely used and need not be imitated.

- (A) Form: A paragraph should have an orderly, well thought- out form. The thought expressed in it should be as clear as possible in your mind, before you start writing, i.e. it should be clear in your mind how you will develop the main idea which you will state in the first (topic) sentence, and what details you are going to write.
- (B) Unity: once you start writing a paragraph on a certain idea, stick to that idea, do not write irrelevant or unrelated sentences that have nothing to do with the main idea you are writing your paragraph about.

5- The Complete Composition

Language is the expression of thought, and one can not write anything intelligible له معنى واضح unless one has in mind some thought to write about.

Thus, the first step in writing a composition, really comes before starting to write it, you should think out a plan, have some thoughts to write about, and arrange these thoughts in a chain, of which each link naturally and reasonably follows the one before it.

These thoughts will be the points of your composition. On each thought you will write a paragraph.

- 1- It would be difficult to try to think out the points of a composition in the abstract التفكير المطلق النظري. You should look about you, and find out to what things in real life the subject may be applied or related. You should think of what you know, what you have learnt, and what you have seen or experienced.

In thinking out the points of a subject for composition on, for example (Industry in Egypt) you should not think of the words of this subject simply as words that have certain meanings or Arabic equivalents مقابلات, but you should think of these words as denoting things, places, and persons you know, you have seen, or at least you have heard of.

You may recall to your mind the factories, the workshops, and other places of manufacture you have seen

or visited, you may think of the things that you use and that have been made in Egypt, you may think of the enterprises مشروعات that are being considered to quicken the progress of industry in Egypt. You may also think of what you have read or learnt about Egyptian industry in the past.

This way of thinking of concrete example from the real life you have experienced will lead you to a great number of thoughts and ideas, and the subject that becomes clearer in your mind.

- 2- The next step is to choose the thoughts you are going to write about: your points. You will have to choose only some thoughts of the many you gave called to mind. You should bear in mind that your choice depends largely on your ability to write on the chosen points: in other words, whether you have the vocabulary necessary for writing, the expressions التعبيرات and idioms needed, or the specific words that have to be used.

It is important here to say that this choice of your points depends to a great extent on the angle الزاوية at which you look at your subject. For example in treating the subject (Industry in Egypt), your angle may be a historical one: following the development تطور of industry in Egypt from the earliest past you know, up till حتى the present time. Or your angle may be the present and the future state of industry in Egypt. Or you may look at your subject from a personal point of view. Or your angle may be concerned with the progress that industry in Egypt has led to in a certain field ميدان and so on.

- 3- The last step is to arrange your points. While doing that you should try to give your composition "form". You should arrange your points in a way that shows that you have a plan in mind. Note – In planning your earlier compositions, it is advisable that you should use definite introductory and concluding paragraphs. This will help you to develop the habit of giving form to your composition.

6- The Essay

An essay consists of a number of paragraphs .In writing an essay, the most important thing is not to get the required number of words or sentences on paper, but to write a well developed essay and to make it interesting. It is important to connect your sentences within a paragraph. As such, you have to make sure that the paragraphs of your essay lead on naturally to each other in a logical manner. It is also. Important that every paragraph adds a new idea to the essay, don't repeat your self or else your paragraph will be monotonous رتيب. You have to make sure that your paragraph is well balanced and proportioned. So don't discuss a point in a very long paragraph and discuss another one in few sentences. It is necessary to read your essay through when you have finished writing to correct mistakes you may have done.

A good essay is a series of related paragraphs on a given topic. The first paragraph of your essay is an introductory one. In this paragraph the reader is given certain background information. The body of the essay consists of a number of paragraphs, each dealing with a new idea. The final or concluding paragraph ties together all of the ideas expressed in the essay.

7- How to Write an Essay

1- Choose a suitable subject اختر موضوعا مناسباً

You are usually given three topics موضوعات in the exam and before writing on one of them there are three pieces of advice which should be followed:

- a) Read each topic carefully بعناية and understand the meaning of every word in the title عنوان.
- b) Choose the simplest أبسط and most interesting topic to you.
- c) Make sure تأكد that you understand what the examiner الممتحن wants you to write about.

2- Draw a plan ارسم خطة الموضوع

An essay is written after a plan and the easiest way is:

- a. Think before you write. Points or ideas should be first thought out carefully.
- b. Write down the points or ideas that come to your mind in a rough copy مسودة.
- c. Arrange رتب these ideas according to their importance and after selecting the best ones يعد اختيار الأحسن.

3- Shape شكل الموضوع

You are supposed to write about 20-25 lines and the best way to follow is to divide تقسم ثلاثة أجزاء رئيسية your topic into three main parts.

- A- The introduction: It should be short and general.
- B- The body: consists of two or three paragraphs. Every new idea in your topic should be dealt with تعالج in a separate paragraph فقرة منفصلة.
- C- Conclusion الخاتمة: It is about two or three lines. It should be short and bring the topic to an end. It should be well expressed to give a good impression تأثير to the examiner who gives you the mark. If you cannot write a good conclusion, it is better to make the last two lines of the last paragraph a natural ending instead of بدلا writing an artificial or cheap conclusion خاتمة مفتعلة وتافهة.

8- Hints on writing an Essay

1- How to improve your English

- a. Increase your vocabulary day by day. Keep a notebook in which to write new words as you meet them
- b. Do not learn any model compositions by heart. An examiner always knows what is copied. Learn only words and phrases.
- c. Use your voice and ears as well as your eyes, and find someone to converse with you in English. A great improvement will be the result.

2- Choice of the subject

Generally more than one subject is set for the essay in an examination. It is necessary to follow these rules:

- a. Read each subject carefully and consider every word in the title.
- b. Choose the plainest and most interesting subject to you.
- c. Do not waste much time over the choice.
- d. Keep to the subject chosen.

3- How to treat a subject:

You must draw up a plan in your mind to deal with the subject, and the easiest way is to:-

- a. Think before you write.
- b. Write down your notes roughly.
- c. Arrange your ideas.
- d. Divide the matter you have composed into points and paragraphs.

4- Language and style:

- a. Use words of which you are sure of the meanings.
- b. Express your thoughts in clear sentences which are of moderate length, mingled with short ones.
- c. Remember that famous writers express their ideas in simple and clear language.

5- Grammar:

- a. Do not forget the concord of subject and predicate.
- b. Pay attention to the sequence of tense.
- c. Punctuate your sentences to ensure clearness.
- d. Beware of mistakes in spelling.

6- Handwriting:

Handwriting is more important than you think. An examiner who sees neat writing is prepared to give a good mark before he begins to correct.

9- Sentence linkers:

إليك عزيزي الدارس بعض الروابط التي سوف تساعدك على كتابة فقرة جيدة منها روابط تبين التناقض، المقارنة، التأكيد، .. إلخ.

- 1- Linkers show addition (moreover – and – furthermore – also – again – in addition to – besides – not only – but – as well as)

- 2- Linkers show contrast and concession لتوضيح التناقض (on one hand – nevertheless - on the contrary - on the other hand – unlike - although - even though – Though - despite this fact)
- 3- Linkers show comparison لبيان المقارنة (correspondingly - in like manner - likewise – similarly - in the same way)
- 4- Linkers show emphasis لبيان التأكيد (actually - indeed - in fact - certainly - as a matter of fact)
- 5- Linkers introduce examples لتقديم الأمثلة (for instance - in particular - for example - such as - in other word)
- 6- Linkers introduce a reason لتقديم سبب/ مبرر (consequently – so – thus - as a result – hence – accordingly – therefore - because of this - for this reason)
- 7- Linkers show sequence للتتابع (first - second – then – next)
- 8- Linkers introduce a conclusion لتقديم خاتمة (in conclusion - in summary – finally - in short - To sum up)
- 9- When telling a story عند حكاية قصة (In olden times - Once upon a time - it happened that - Many years ago).





1- Cooperation.

As a matter of fact no one can deny that cooperation is the basis of success in life. We should co-operate if we want to overcome the problems which face us.

Cooperation between different kinds of people is the most desirable in all aspects نواحي of life. It is also beneficial نافع among individuals. The word co operate means to work together. Without co operation we might lead نحيًا a backward life. Many persons such as farmers, workers in factories and on the different means of transport are responsible for the production of many of our necessities. They should co operate. The school staff هيئة should co operate for the general good of all the students. Doctors should co operate to cure their patients. This is true of all doctors. They should co operate to cure their patients. This is true of all doctors. They should co operate out of humanity بدافع الإنسانية for the welfare رفاهية of mankind.

Cooperation teaches us unselfishness عدم الأنانية and self denial ونكران الذات. It is through co operation, that many problems can be solved. Man is sociable by nature and can hardly live apart from other people. He feels secure when he finds people around him. Other people serve him and at the same time he serves them. They all work together for the good of society وهم يعملون جميعا معا لصالح المجتمع.

Cooperation is a good habit to follow. It enables us to achieve fantastic results. One should bear in mind that man is a social animal and team work is more effective than individual one.

A country is really great when its people have got good qualities such as self denial, self sacrifice and co

operation, the individual, then exerts his greatest effort in his field, being sure that whatever good he does is reflected on the living conditions of his country. Through collective efforts people's interests مصالح are realized and their aims are achieved. It is then that the country flourishes يزدهر الوطن and its progress is fostered ويتأكد تقدمه.

To sum up we can say in the end that success in life depends on co operation among individuals.

2- My Country (Egypt).

My country, Egypt, is the best country in the world. I love it because on its land I was born, brought up and received my education. I love it because it is considered one of the most beautiful countries of the world. I love my country and I do all I can for her sake. To me she is the best country in the world.

Egypt is the land of peace, security, safety, freedom and brotherhood. Everybody can live in it safely and peacefully

Have you ever asked yourself why we love our country? We are born in a village, town or city. When we are children, we love our parents. When we grow up, we love our birthplace where our parents and grandparents lived. Then we feel that "Egypt" is our bigger home. If you travel abroad, you wish to come back soon to Egypt where you have the best memories. Egypt has given us everything we need, such as the chance to learn.

We have enjoyed its food, its fine weather, its fresh air as well as the water of the Nile. Egypt is the land of history and beauty. Our great pyramids are famous all over the world. Every true Egyptian is ready to defend it to the last drop of blood.

Egypt is favored by a wonderful geographic position as it comes in the centre of the world. It lies in the middle of three continents: Africa, Asia and Europe. Besides, God has granted it with a mild climate nearly all the year round.

The Egyptians are also well known for their hospitality **كرم الضيافة**. However, the most essential attractions are the famous historical sites scattered all over its area.

The beaches of the Red Sea and Sinai have become a great attraction to tourists as they enjoy the golden sea beaches and the pure water for swimming. They also enjoy the sports facilities such as windsurfing and scuba diving.

They also spend a happy time fishing and going on boats trips. Great measures have been taken to let tourism flourish in Egypt. A large number of splendid five star hotels have been set up. Investors have also built tourist villages which are provided with restaurants, markets and modern telecommunications. Many occasions are also celebrated. International competitions of games and sports are played. Conferences in the various fields of science and culture are held.

Egypt our beloved country is worthy of our love, work and sacrifice as she offered us a lot. We owe much to our country. So we must do our best to serve it. We should sacrifice our lives for the sake of our beloved country. We should protect it against any enemies and work for its welfare.

3- Noise in Modern Life.

One of the serious problems of our modern life is noise. It seems that we grown accustomed to it. Our streets have become very noisy. Heavy traffic is horrible. Every driver blows the horn producing a noise harmful to our ears. In factories, machines produce horrible noise. In clubs, in different means of transport and even our houses sources of noise make us restless. It seems that in a modern industrial society, there is hardly any place free from noise.

People who live in large cities suffer very much from loud noise. Such a noise has very bad effects on their health.

It damages both their hearing and their power of seeing. There is a lot of noise in the streets of large cities. People suffers very much from this noise which affects their

nerves and often prevents them from enjoying sound and healthy sleep .This noise also disturbs brain- workers and makes it difficult for them to do their work properly.

Car drivers make a terrible noise when they sound their horns. Boys on bicycles find great pleasure in ringing their bells. Street sellers shout at top of their voices to attract the notice of the people.

In the evening, when we should be resting, we hear the loud noise of radios and microphones. We are often frightened by the cries of some people who start quarrelling for the slightest reasons.

Noise pollution is another kind of pollution. It's caused by workmen using noisy machinery near people's home. It can also be caused by people playing radios and TVs too loudly. People should respect other's right to enjoy quiet.

There should be a remedy علاج for all this noise. It should be stopped by law as has been done in some other countries.

4- War & Peace

No one can deny that war leads to ruin, destruction and death. While peace leads to welfare and prosperity.

In spite of the great progress man has made in every branch of life, he is still unable to put an end to war. If we want to enjoy true and lasting peace, we have first of all clear our hearts of hatred, selfishness, injustice, greed and envy which are the real causes of war.

Nobody would hesitate to answer when asked whether he prefers peace or war. Peace is much more appealing to body and soul.

Theoretically it means quietness and security which are necessary for thinking and for work. Progress finds its promised land. Man can lead a happy life. In fact peace is a symbol of God's teachings in his Holy Books It is the finest quality in man.

Moreover war is terrible, disastrous and destructive. Women lose their husbands and become widows, children become orphans and the youth fall martyrs.

During wars, poverty prevails. crimes increase, epidemics finds a fertile soil and misery seems to be written on the face of every man and woman.

Peace builds civilization and wars destroy everything made. Many of those who love peace, may be in love of it because they hate war. The ghost of the sufferings and miseries during the last wars are never forgotten by man. The waste of the resources used in destructive purposes instead of being used for increasing the welfare is a leading example for hating war. The mass slaughter, the ruin befalling.

Productive resources, hunger, and diseases are still alive in the memory. So, we seek real peace and by real peace we mean security, diplomatic relations, trade, investment, cultural exchange and prosperity. All nations dream of living in peace, love and co operation with each other. So, international conferences are held every now and then for this purpose.

Peace gives every country the opportunity to carry out many useful projects. When peace prevails يسود, we can use the money wasted on wars and destructive weapons to build new factories, schools, hospitals and to solve the serious problems. People all over the world hate war because it causes death, destruction and economic losses.

This difference between peace and war, however, has not led to the preservation of peace nor to the avoidance تجنب of war. The present tendency is that in order to preserve peace we must prepare for war. In other words, peace must be backed by power.

5- A Good Citizen.

A good citizen is a person who loves his country, works for it, and willing to fight and die for it. Every soldier is bound to do his duty. The best soldiers do more than this.

They risk their lives because they love their country for which they fight. They are willing to defend it to the last drop of their blood.

A good citizen is a man who loves his country as he loves his family and dear children. He is proud of it and does his best to serve his motherland. He is even ready to sacrifice himself. His money, his property for her sake. He also observes order and law and pays taxes willingly and honestly. He never stirs trouble with his neighbors, but he always gives them a hand in time of need.

A country is really great when its people have got qualities such as self reliance, self-sacrifice and co operation. The individual, then, exerts his greatest effort in his field, being sure that whatever good he does is reflected on the living conditions of his country. Through collective efforts people's interests are realized and their aims are achieved. It is then that the country flourishes and its progress is fostered وحينئذ يزدهر الوطن ويتأكد تقدمه.

Good citizens are those who devote themselves, their time and money for the welfare of their families. They are also ready to sacrifice themselves when their country is in danger.

A good citizen is sociable by nature and can hardly live apart from other people. He feels secure when he finds people around him. Other people serve him and at the same time he serves them. They all work together for the good of society.

We should work for our country. We all should sacrifice our lives for the sake of our beloved country. We should protect it against any enemies and work for its welfare.

Every Egyptian citizen should work day and night to push the wheel of development to achieve prosperity to our dear country "Egypt".

To sum up we can say in the end by the hands and efforts of good citizens, our country will be prosperous and progressive.

6- Housing Problems.

The developing countries face some common problems having almost the same features. At the top of these problems is the housing problem which constitutes **تشكل** a hindrance against carrying out the development plans. Solving this problem will lead to prosperity and welfare in these countries.

The housing problem forces many young people to remain unmarried. It is now difficult for a young man to find a flat to buy or to rent. He can't afford to buy a flat because prices have highly gone up. And even if he found a flat to rent, he would pay a high rent which he can't afford.

Housing problems are the result of modern civilization. Therefore, the government has made its chief aim to solve the housing problems. Here are some suggestions which may provide solutions to this serious problem. We should start by going to the desert lands and building new homes, new schools and therefore, new communities and cities. Migration from the country to the town should be limited. The birth rate should be effectively controlled.

New collective units should be built to house **تأوي** many families. Moderate houses of two and three room flats should be given to people of limited income. Building materials should be available and sold to the private sector at controlled prices.

Loans should also be given to small owners to enable them build their houses. Less populated areas should be inhabited by those who live in over populated parts.

To sum up, we can say in the end that increasing production, desert reclamation and building new cities is the only solution to raise the standard of living and put an end to the housing problem.

7- Terrorism.

No one can deny that terrorism constitutes a threat to the society. Terrorists restore to murder and destruction. They cause damage because they use bombs, weapons and other destructive devices. Terrorists cause the collapse of building that cause the losses of lives.

Terrorism is caused by unemployment and frustration. Young people, who have no jobs usually resort to terrorism, join terrorists' bands to get money to spend.

Terrorism suspends use of the brain, logic, dialogue and imposes its opinion with bullets and violence. So we should bear in mind that terrorism isn't the means to impose view point but objective dialogue surly leads to ideal solutions to problems of society. Thus we must shelter freedom and stability and support it with freedom of expression.

The confrontation with terrorism is not the responsibility of the government alone. But also the responsibility of the people and the political parties. This is because terrorism is not directed at specific government targets but aims to destroy the economic structure of our country, kill innocent people and deprive large numbers of hard working citizens their livelihood.

Terrorism is an evil that leads to ruin, destruction, hatred, death and loss of our values and civilization. It constitutes a threat to the society because it resorts to murder and destruction. So it is necessary that the whole nation should be mobilized and stand firm against terrorists. The whole nation, the police and the masses الجماهير should co operate so that terrorists feel that they are against one unified front جبهة واحدة.

8- Bad Habits.

No one can deny that bad habits have a bad effect in our life. Some people have bad habits such as smoking, drinking, gambling and overeating. Such bad habits had bad effects on health, wealth and manners. They cost a lot of

money and may cause the ruin of those who practise them. They become slaves of their habits and are unable to resist their temptation. Furthermore, no one can deny that these habits lead to poverty, misery, prison and even death.

Here are some of the bad habits that affect people's health. Those people who are used to going to their work without having breakfast are liable to **معرضين** diseases and can not do their work properly. Others who stay up and keep awake till late hours at night are endangering their nervous system and always feel tired at daytime. This, of course, lessens their ability to do their work properly. Those who smoke heavily or others who take drugs may catch cancer and die at an early age.

Some other habits are less dangerous but also have bad effects on our society such as high noise from the radio or TV sets, or from the car horn which causes annoyance.

On the other hand when we throw rubbish in the streets we cause pollution. So we should avoid bad habits in order to be an advanced and civilized country. Health is wealth and such bad habits must be given up and avoided to keep fit and healthy.

If one can not resist **يقاوم** these bad habits, one will certainly become less productive. However a strong will enables one to give up and even avoid bad habits. In this way one can lead a better life and enjoy a good health.

9- The Value of Good Health.

Health is a splendid treasure that completes our happiness. We can not really enjoy life if we are not healthy. How proud we feel when we possess sound bodies. If we are healthy, we live to an old age and enjoy life fully. If we are ill or unhealthy, life means nothing except pain, suffering and sadness. It is only when a person is sick that he realizes the value of good health.

When a person is sick he has no appetite for food, and so he grows weaker and weaker. He becomes inactive. Without good health a person can not enjoy anything.

When a sick person passes sleepless nights he wishes he were in good health to enjoy sound sleep. He is obliged to take special medicine that makes him sleep. When this medicine loses its effect he suffers from sleeplessness.

A sick person feels tired of life because he has the feeling that he can not do anything properly like a healthy one. The state of being bored of life makes a sick person wishes he was well. His weakness and boredom make him realise the value of good health. What adds to his troubles is his feeling that he is a nuisance مصدر إزعاج to his family indeed, it is said that good health is a crown تاج on the heads of healthy people that sick people only see.

Indeed good health is the most precious thing in life. The sick person is unable to produce or support his family. Therefore, take care of your health.

10- Earthquakes.

Earthquakes are probably one of the most frightening and destructive happening of nature. They cause terrible deaths, much suffering and great damage to property.

Today scientists all over the world investigate the causes of earthquakes, and they hope that studies will improve ways of predicting earthquakes and also develop ways to reduce their destructive effects.

Indeed the earthquake is considered a natural disaster which science hasn't been able to stop or minimize yet.

The earthquake is a natural phenomenon but it is considered one of the most dangerous natural disasters, which is highly destructive and proves fatal.

Sometimes ago, there was a destructive earthquake in Egypt. It lasted only one minute, but its effects were great. A lot of houses collapsed, people were buried alive under the ruins. Many families became suddenly homeless. In spite of all these calamities, there were positive effects of this earthquake, it showed the generosity and kindness of the Egyptians, some took the injured to the hospital, others provided food, clothes, money, blankets and even shelter for

the homeless people. To avoid this in the future we must build houses that resist earthquakes. Earthquakes cause much damage and a great loss of human life. They may have duration of a few seconds but that is long enough to make great buildings fall burying thousands of people under them. No doubt, earthquakes are extremely dangerous because they never warn before they strike.

The ability to predict the time, place and size of earthquakes is still very limited. However recent researches about the physical and chemical nature of rock and their behaviour under the force of an earthquake will help engineers in designing and building structures for areas that often suffer from earthquakes.

11- Crimes Committed By Young People.

No one can deny that crimes committed by young people have been increasing all over the world. This is a serious problem which worries people and needs solution.

The most common sorts of crimes are theft, violence and murder. Most people can not understand the cause of these crimes as they are not usually committed by young people who are poor or in need. There are however, some possible reasons. Perhaps there is something wrong with our society which encourages crime. Young people see films and read about crimes and they are indeed influenced by them.

Poverty, lack of education, the absence of religious values, growing amounts of fire arms الأسلحة النارية and migratory flows from rural areas, bad company and bad upbringing are causes behind an alarming increase in crime.

In fact, crime does not pay as it usually leads the criminal to prison. Some people commit crimes for the sake of money, revenge or position. They may rob banks, kill other people or destroy and damage properties. They try to make their crimes perfect. The police usually do their best and make great effort to investigate a crime and as a result they arrest the criminal. He is cross examined and sent to the law court. Finally he is punished and may end his life in prison.

12- Sports and Games.

No one can deny the effect of sports and games on the life of people. Sports and games are very important for building our bodies and improving our health. They make our bodies strong and prevent us from getting fat.

Practising sports and games is very important if one wants to lead a healthy life. They strengthen our body and renew our energy. So we have to care for them at our schools to bring up strong youth to serve their country.

Sports and games are of great value. They make our bodies strong, prevent us from getting too fat and keep us healthy. They train our eyes, brains and muscles to work together. They can also build up character.

A sportsman plays for his team and not for himself. Thus he learns unselfishness, discipline and cooperation. He also learns to smile in time of danger, to win without boasting and to lose without complaint.

A member of a football team should play for the good of the whole team. His efforts should not be for his own glory, but for the reputation of the whole team. Members of the team should cooperate with one another for the achievement of a single purpose.

A real sportsman should be a good loser who is not disappointed when he loses the game. He accepts disappointments without grumbling and endures hardships with a cheerful mind.

So the state pays great attention to sports and games as it believes that they are the best means to protect youth from deviation.

To sum up we can say in the end that sports and games not only develop character but also strengthen the ties between nations.

13- Travelling Abroad Enriches One's Experience.

Since the dawn of history man has been fond of travelling. Travelling widens our scope of life and provides

us with treasures of wisdom. Traveling is a pleasure. People go from one country to another either for business or seeking entertainment.

Means of travel nowadays are easy, comfortable and cheap. Man is able to cover **يقطع** very long distances in a very short time. He can travel by land, water or air. Travelling abroad is very useful for health. The change of air renews health. The change of scene calms the nerves.

Travelling widens the scope of mind. It also widens our experiences and enriches our memories. It is a good thing to read about other countries but it is better to see, mix with people there and learn a lot about their manners, customs and traditions. There is no doubt that travelling increases our knowledge and enlarges the horizon of our thoughts. Travelling abroad gives us a clear picture about the outer world and social problems.

Travelling has seven merits. Among them are having fun and entertainment, gaining money, and learning about the cultures of other peoples.

Travelling abroad is very useful in many ways for all people in general and young people in particular. There they spend pleasant time learning about other peoples' ways of living. Some other people may travel to study and return with new experiences. Contact with other people helps to develop personality. Our youth travel abroad to acquire experience, knowledge and information that benefit them in their future.

To sum up, we can say that travelling abroad achieves international understanding and promotes friendly feelings among nations.

14- Youth.

It goes without saying that a country does not achieve development or progress unless it depends on her youth.

Youth are the backbone of any nation. No one can deny that they play an important role in the life of the country. The prosperity of a country depends on the hands

of its youth. A youth can serve his country in various ways. He can take part in the industrial projects of his country.

No one can deny that a country can not achieve development or welfare unless it depends on its youth. Egyptian youth play a chief part in building up their country. They take part in most of the projects the government is now carrying out.

Youth are the real power of the nation. Hence they should serve their country in time of peace and in time of war. In peace they take an active part in the battle of prosperity. Thus they go to the desert to reclaim it for the production of crops. They can also teach their fellow citizens reading and writing. In time of war they must defend their country against the enemy. They must always be ready to sacrifice their lives for the sake of their dear nation.

Indeed youth are not only the country's backbone but also the protective armour that protects security, freedom and peace.

The progress of a nation is determined by its youth. It is they who will be in charge of their country, and take responsibility in future. Therefore, they hold out bright prospects at their country if they are well- educated and well taken care of. On the other hand, if young people are not properly educated or brought up, the prospects for prosperity and development will be poor.

Needless to say, many young people usually have natural talents, these talents vary and differ from one another. Some young people show an aptitude for brain work, others show their talent for industrial and commercial activities. Therefore, it is up to the authorities to exploit **يستغلوا** and develop such aptitudes or talents and kindle these abilities.

As young people are the potentialities of a nation, their aptitudes and capabilities should be directed into the right channels. They will do a lot of good to a country if these aptitudes are fully exploited.

A nation's success is in great measure, the result of thorough preparation of the young people to take up responsibilities for their country to help it make progress in all fields.

15- Freedom.

Freedom is the most precious thing in life. A free man knows the value of freedom. Man is, by nature, free. Freedom is his first and dearest possessions. It gives him the right to think as he likes, to read anything he wishes, to express his opinions and to act according to his beliefs.

The flame of freedom has always lit the way to man. It has inspired his greatest works in art and science. It has led him to render valuable services to humanity, and will certainly lead him to achieve even greater glories.

However, many people misunderstand the true meaning of freedom, thinking that it gives them the right to do just as they like. Freedom does not mean that at all. We have to remember that we do not live in this world alone and that we can never do just as we like because we must respect the freedom of others. It is for this that the law exists.

The aim of the law is to preserve the greatest amount of freedom for all of us and at the same time to prevent any person from interfering with the freedom of others.

There is no absolute freedom for any person, because if any person were free to do just as he likes, he would destroy the freedom of others.

Does freedom mean that you have the right to push people in front of you and to be served before those who enter the shop before you? Does freedom mean that the motorist has the right to drive just as he likes or that the foot-passenger has the right to walk just where he wants in a busy street? Of course, not, for if freedom means this, where is the freedom of others? It is clear, then, that in order that everybody may have a fair share of freedom, there must be laws which oblige every person to respect the freedom of others.

Egypt is the land of freedom, love and peace. Everybody is free to express his opinion. Everybody gets his rights and does his duties. We have freedom of speech. We may say what we please to any person, but we can not say anything untrue about a person that will injure his good name. We can not use our freedom of speech to destroy freedom. We have to preserve order and justice.

16- Traffic Jams.

Traffic has recently become a serious problem in our country. The number of cars has doubled and as a result there are more cars than the streets can accommodate. Again, the streets are old and narrow. Because there are a few garages or parking areas, these narrow streets are made narrower by the cars that are parked along the side. Also many drivers ignore traffic regulations; so many traffic jams result from cars growing the wrong way on a one-way street.

Have you ever noticed how busy the roads in Cairo are especially in the rush hours? Every year more and more cars are using them. These cars do a lot of harm. Not only do they disrupt the traffic but they also cause pollution. Almost every family has a car. Some families have more than one car. No wonder you see so many traffic jams all over the city. Perhaps the worst jams are at the city centre. These long lines of cars crawling into Cairo waste time and money. Every day precious time is wasted while you are waiting impatiently at the traffic lights.

At last when you reach your destination, you have every right to feel a kind of relief, but soon you face new troubles. There is no place to park your car. In Cairo, it is very hard to find parking spaces. It is a problem that causes us trouble by day and anxiety by night.

To solve this problem, more car- parks should be built just outside the city center. Then the drivers can leave their cars and catch a bus to their offices. Another solution is to build multiple storey garages.

Wide, smooth, straight roads must be built now in place of the old, narrow roads. These roads must not pass through the city centre, but by-pass it. They must not be crossed by other roads.

This can be achieved by fly- over bridges. It is heart warming to see such roads being built now. Carts and cycles should not be allowed on such roads. Let us hope that in the near future when people rush to work and then back home the roads will be as orderly as ever and traffic will flow without let or hindrance.

17- Keeping Pets.

Pets are animals we keep with us indoors. They differ according to the traditions and cultures of peoples. They are also subject to personal preference. Some prefer dogs, others birds and a third group may prefer monkeys. Some people keep pets as status symbols.

Most pet- owners are very good to their pets. They have special chair near the fire for their pets because they think of their pets as members of the family. Many pet-owners treat their pets as if they were human beings. Some buy presents for them on the occasion of their birthdays.

Psychologists think that pets are very good for us. A pet animal is kept as a companion, and we all need companions to keep us happy. Pets invite us to love and be loved. Often a cat or dog can comfort us at times when human words don't help.

On the other hand, keeping pets can have disadvantages. Some of them may cause damage and accident. They sometimes cause diseases such as skin rash. Some are considered disease carriers. A bad thing about keeping pets is that they make the streets dirty. They also cost people a lot. Moreover, some children can't keep up with pets. They are scared when they see pets and therefore pets may cause them a lot of psychological problems.

18- Our Duties towards Our Parents.

We owe much to our parents. They feel happy when

we are healthy and comfortable. But they feel anxious when we suffer from illness or trouble. We should be grateful to our parents because we owe much to them. Our father works hard to earn our living and satisfy our needs. He provides us with food, clothing and good education. He paves the way for our success. Our mother looks after our home. She takes care of us in time of illness and trouble. By her love and kindness, she lights the way in front of us. In fact our parents do many things to make us lead a happy and comfortable life. So we should be grateful to them. It is our duty to respect them and obey their orders. When they grow old; it is our turn to repay their favours. We should look after them and provide them with every possible comfort.

In fact our parents suffer much to make us happy, they do their very best for our right upbringing till they see us young men and women, they teach us principles even in time of difficulties. So we should be grateful to our parents who have tried to provide us with all means of happiness. We should show our gratitude by helping them and standing by them. We should be happy because we have parents to love and parents to serve. It is vitally important for us to obey our parents and show our kindness to them. We should not impose **نفرض** an enormous burden **حملا ثقيلا** on them. We have to be a model of good behaviour. We can do shopping and help at home. We have to show affection and love to our parents by offering them presents on different occasions, (Mother Day and birthday). Briefly speaking we should embrace **نحيط** our parents with every tender loving care and in this way, we show our gratitude to those who sacrificed much for our sake.

19- Education.

Education is the basis of progress for people and countries. Hence the government does its best to spread education among people.

It set up the various schools for the different stages to give a chance to all people to learn. The government also

cares for technical education since it is the basis of our progress in all fields. It has also developed higher education and for this it set up many universities to produce a generation of educated and able young men and women who will put our country on the road of progress.

The aim of education is to teach pupils how to acquire information for themselves and not only to stuff their minds with it. Education is not an end, but a means to an end. In other words, we don't educate children only for the purpose of educating them; our purpose is to fit them for life. As soon as we realize this fact, we will understand that it is very important to choose a system of education which really prepares children for life. It is not enough just to choose the first system of education one finds, or to continue with one's old system of education without examining it to see whether it is in fact suitable or not.

Education is a means to an end. Therefore there should be a radical change in this field so as to keep up with *متطلبات* the spirit of the age and the requirement *لكي نسائر* of the present generation, as well as the futures ones.

Some of the most important aims of education are to build up an Egyptian citizen able to the future and to create a productive society. Education also aims at preparing a generation of scientists able to stand up to the monopoly of science and technology by some countries.

Education besides being teaching certain text-books, aims at developing the complete personality. Therefore, many successful means have been adopted to help widening the outlook and general cultures of students. The education we aim at is not an easy process. Both parents and teachers should spare no effort to inculcate *يغرسوا* in our children the spirit of love to perfection, beauty and seriousness and develop a negative attitude towards disorder *الفوضى* and carelessness.

In fact education is the core of the political, economical and social development. We can't deny that the government exerts great efforts to eliminate the illiteracy of

people who can't read or write in order to create a new citizen capable of increasing production and achieving the society of welfare and prosperity. Our government works hard to reform all stages of education. It considers education, the basis of progress and the means to enable us face all the changes.

The supreme purpose of education is to educate the individual for the society in which he must live and to give him the power to change it.

20- The Over Population Problem.

Over population is a serious problem. Therefore we must do something to overcome this problem. It is a serious problem because it threatens our development plans. We must do something to overcome it. On the one hand, the government must carry out industrial and agricultural projects to increase production. It should make every effort to reclaim the desert and produce more crops. On the other hand, people must respond to the call for birth control. It is the duty of everyone to check birth rate. Indeed family planning is one of the best means to solve our economic problems. But the call for birth control will not gain success unless women are educated.

The other means is moving to the new cities away from the overpopulated areas. As a matter of fact no one can deny that we face many serious problems nowadays.

The most serious problem is the over population problem. This problem affects the standard of living to a very great extent. It also creates many serious problems such as the housing problem, transport problem, unemployment problem and shortage in food materials.

Over population is one of our pressing present problems. The number of the people is rapidly increasing and it has become a serious problem indeed. This is caused by early marriage and polygamy. Ignorant people too like to have as many children as possible without realizing that this will lead to their low standard of living.

Our government is doing its best to solve this problem. It guides people to the right way of birth control. Many efforts are being made now for family planning to make the people aware of the danger of having many children in their families.

The problem of over population has occupied the minds of economists. They believe that the world would face starvation in the next decades if people go on increasing the same way as they do now. To find a solution to this great problem, we must do our best to increase production. Unless we do something to slow down the rate of increase, we are going to face a severe shortage of food and less opportunities for work.

Our deserts are one of our chief sources of wealth. If we give them due care, we can increase our national income and solve many of our problems among them the over population problem. This can be done by increasing the cultivated land and constructing new industrial projects. New cities could grow up in these areas and lead to our economic development. New towns should be set up with all good living conditions. Village life should be improved to tempt villagers to stay in villages. Parents should pay direct attention to family planning and birth control.

Egypt would be a much happier place to live in- if she could solve this problem. Egypt is rich in many natural resources and gifted with beautiful weather and natural scenery. Yet all the resources will be useless unless they are enough for every citizen to benefit from.

So, it has become clear that great efforts are necessary to provide enough food, housing, education, medical assistance and jobs for the ever- increasing population in Egypt. The government can not face this huge responsibility without the honest and sincere co operation of individuals.

21- Flowers.

The flower is the loveliest part of any plant. We grow flowers in our garden. Some people plant them in pots and

keep them in their houses. Others like to put them in vases to ornament **يزين** their rooms. We are fond of flowers because they are so beautiful and so sweet. Different flowers are used on different occasions to express certain feelings. Very nice perfumes are made from the scent of some flowers.

Most of us are fond of flowers. We keep them inside our houses because of their beauty and sweet smell. They are valuable presents which we send to our relatives and friends as a sign of love and friendship. Flowers are of the most popular things on earth. Without them, the world would be very dull. They may differ in colour, shape or size, but they are all beautiful and many of them are delicate. They usually grow in spring and summer but there is scarcely a time in the year when flowers are absent.

Since the earliest days of history people have used flowers, either fresh or dried, to make their homes, their surroundings and themselves more beautiful. They have decorated buildings with flowers for festivals and religious ceremonies, and flowers have always been grown in gardens simply for their colour and beauty.

A good flower arrangement should have line, form and colour and you should arrange them in a design which has balance, contrast and harmony.

The Japanese tradition of flower arranging is very old indeed. It has firm rules demanding certain shapes, numbers and types of plants. To a western person, a Japanese arrangement may appear to be a simple pattern, but it is, in fact, often a very exact and lovely symbol.

In Chinese floral art, each month was represented by a flower, and so were the seasons, for instance, plum was the symbol of winter and lotus of summer. Pine and bamboo were symbols of long life.

Flowers are choosing your flower carefully as your arrangement might have a meaning! Roses of different kinds mean love, blue violets mean modesty, and white violets mean innocence.

22- Hard Work Leads To Success.

Life is not easy. The world does not give us anything for nothing بلا مقابل. We must pay for the الثمن ندفع everything we want.

If any man works hard, he will increase his income and enjoy a high standard of living. Working hard helps anybody to gain money which is necessary for him. With the help of money, he can live and get everything he needs.

If we want to succeed, we must work hard. No lazy person has ever succeeded in life. If we want to gain fame and wealth, we must toil نكد and moil. No doctor can become famous and well known unless he devotes يكرس all his time, effort and attention to his patients. No farmer can get a good crop unless he works all day long on his farm. The lawyer can never be a bright jewel at the court if he does not work day and night for his clients عملائه. Even boys and girls at schools and in universities will not achieve success unless they do their best in their studies.

No doubt work is a protection against hunger and idleness. Foolish people do not understand the importance of hard work and industry المثابرة. If any man works hard and actively, he will increase his income and enjoy a high standard of living. Working hard helps anybody to gain money which is necessary for him.

With the help of money, he can live in luxury and get everything he needs. As a matter of fact, work is the golden road to a successful life and a bright future.

It is good work that gives satisfaction and secures happiness. We never feel happy when we sit idle, having no work to do. As a matter of fact, the harder we work the happier we become because we gain more. Our happiness lies in the fruitful work we do and industry الجد we put in. Again, the harder work we do, the more experienced we become. Our harder work yields better results to others. It is truly said that the way to glory المجد is not paved with flowers ليس مفروشا بالورد.

23- Friendship.

No one can deny that man is sociable by nature. He likes to live with other people and enjoy the delights of true companionship. He likes to feel that he has a friend to whom he can tell all his grief's and joys. **مباهج** **الصدقة** **أحزانه** **وآفراحه**.

We cannot do without friends. They help us a great deal when we are in difficulty. They comfort us when we suffer a great loss. They lend us money when we are in need of it. They remain with us when we feel ill. They encourage us when we are in despair. They try by all means to please us.

A sincere friend always sacrifices everything for us. If we lose a dear person, this friend stays beside us. His mere presence and his sweet speech console us and take away most of our sorrow and sadness.

Such a friend must be met with our gratitude. We should render him any service he may need and thank him for what he does for us.

Friendship is important in our life. It's impossible to live without friends. Man needs friends to co operate with him. They can help him when he is in trouble. So, man must select his friends from the good ones and not the evil ones. Because a person is often known by the friends he keeps.

Friendship is one of the most beautiful things in life. Many animals are sociable, but they do not help one another or enjoy the delights of true companionship. They gather together out of fear. Man, on the other hand, chooses his own friends. He likes to feel that he has at least another person to whom he can tell all his sorrows, his joys, his fears and hopes.

24- Time.

Time is the most precious of all our possessions, and although it can not be recovered, we often waste it or

employ it unwisely. In order to succeed in life, we have to arrange a time for everything, and leave nothing for chance. We have to occupy our time in doing what is useful to our body and mind. All men who neglect using their time properly will meet failure everywhere.

We do not go too far if we say that time is gold. Even, it is more precious than gold, for the time we waste is part of our lives. Hence our spare time should not go unexploited. There are many things that can fill our spare time and be useful as well as interesting. Reading, music and sports are all examples of fields in which we practise our hobbies and make use of our spare time.

As for me I like to spend my spare time in the open air to enjoy nature and the fresh air. I sometimes go to the seaside and spend my spare time playing on the beach, swimming, get exercise and play sport. I sometimes stay at home to read and watch TV.

Until a few years ago, leisure time or time spent relaxing, was thought to be wasteful and unproductive. But more recently, the importance of recreation has been recognized. It is no longer seen as luxury but as a necessary means for restoring man's energy. So everybody should make good use of his spare time. If we waste our time, we shall be sorry in future. Time lost can not be regained.

25- Music.

Music is the language of feelings. It relieves our troubles, eases our nerves and renews our energy. It refines the spirit and calms the minds.

Music is one of the most essential joys of life. It refines our taste, educates our character, relaxes our nerves, and carries us to a world of pure and sublime beauty.

Man has felt the importance of music since the dawn of his existence on earth. Nowadays, music is gaining more importance. Schools and institutes are founded to teach it as an art and science. Physicians, even, tell us that music is highly important in curing some physical and mental ailments.

Music is a good way of spending our leisure time in an interesting way. When a person is alone and lacks the company of other people, he can listen to music.

In fact music is the food of the spirit. It is the language of feelings. Without music, life would indeed be dull and cheerless. It relieves our troubles and soothes our pains. It eases our nerves and renews our energies. It inspires us with courage and fills us with hope. It cures sick minds and heals troubled spirits. In fact, the charm سحر of music is so strong that it can talk to all.

Music is a language in which human feelings can be expressed. For a long time many people used to think that music was less expensive than the other arts such as poetry and painting. But this is not true for musicians, just like poets, can make you hear the sound of water, wind, birds and animals.

26- Worry.

Millions of people are attacked by a secret enemy which causes more harm and greater suffering than any other disease. Its name is worry. As doctors tell us, worry can actually cause organic disease. And even when it does not, it can by eating up our energy in useless ways, ruin our health and make life very miserable.

Worry is a very dangerous enemy. The stresses and strains of life may make us worry about silly unimportant things. Worry eats into our hearts and causes us to spend sleepless nights. As a result, some of us get tired easily, others get depressed and others become nervous and life seems to be miserable.

Worry affects nearly everybody in society from teenagers to elderly people. Students are worried, they fear lest they should fail or get low marks in the exams. Parents are worried about their children. They fear that they may not be able to feed, clothe or educate them owing to the high cost of living. Young men and women are worried, they fear

lest they should not be able to find suitable houses to live in when they get married.

Worry is the result of thinking in a wrong way. It is a fact that thinking over worries brings about more worries.

We must face life as it is bravely. The best advice is to stop worrying and begin life. You should make friends with a larger number of persons and spend your spare time in a useful hobby. When feeling worried, choose a quiet corner or place and relax.

Doctors tell us that worry can ruin our health, cause us to fall ill and make our life miserable. So by learning to control our way of thought, we can cure ourselves of worry and make our life cheerful and happy.

27- Competition.

Competition is the natural desire to surpass our rivals منافسينا. It is the prevailing spirit الروح السائدة in sports and commerce. Matches are arranged between various clubs and accurate tables showing the results are kept. Competition leads the different producers to improve their products. Competition also results in a reduction of prices and producing the best article. The public is well aware of such a fact and judges for the best. Therefore, competition may ruin the poor firms and the bad producers. Some merchants who are fond of competition may give facilities تسهيلات or lottery tickets with money prizes.

In fact competition is a natural desire which makes us try to be better than our rivals. There is competition among companies that produce the same kind of goods.

They do their best to produce a good quality and to keep prices at the lowest possible level so that their products may be sold. These days' advertisers not only offer free samples, but free cars, flats and trips round the world as well. They devise hundreds of competitions, which will enable us sums of money. Radio and television have made it possible for advertisers to capture the attention of people in this way.

28- Electricity.

Electricity plays an important part in our everyday life. It has made it easy, enjoyable and comfortable. At home we have electric machines which wash and clean. This has saved the housewife much of her time and trouble. It has led to great progress in industry, agriculture, medicine and all fields of human activity.

Electricity can do many other useful things in the house. Electric fans and air conditioners keep us cool in hot weather, refrigerators preserve our food, vacuum cleaners suck up dirt out of carpets and curtains and wireless sets provide us with news and amusements.

We all enjoy the benefits that electricity brings to our homes, but sometimes we forget that it is a form of power and may be dangerous. This power can kill ignorant people but it will serve us if we use it wisely.

Electricity is essential in our life in the home; many labour saving devices are powered by electricity. At night roads are brightly lit, enabling people and traffic to move freely. We rarely bother to consider its great blessing until something goes wrong with the power plant that provides us with electricity.

Actually electricity serves us in many ways. It provides us with lighting and power, and means of amusement and of transportation depend upon electricity for energy. Electricity can also cure certain diseases. Without electricity life would be completely different. In fact, electricity is indispensable for modern life.

29- Money.

No one can deny that money is very important in our life. With money we can get what we need of food, clothes, medicine and many other things. But on the contrary money can not give us health, happiness or love. Therefore sometimes money leads to crime and some people believe it to be the root of all evil. It is therefore a double edged weapon and a mixed blessing.

Money is good servant and a bad master. Without money, we would lead an unhappy life. Money is a form of capital. It helps the merchants to carry out transactions **يعقدون صفقات**. With money we can buy our needs, send our children to school and enjoy our life.

But some people use money badly. They drink or gamble **يقامرون**. They may steal and even they may commit crimes **قد يرتكبون الجرائم**. In this way they lead a miserable life. They end their life in prison or ruin the future of their family **يحطمون مستقبل عائلات**. It is true that money is the root of every evil **حقاً أن المال أصل كل الشرور**.

Money plays a major role in our life. We have to make both ends meet in order to live comfortably and enjoy a happy life. Money can be used as a means of doing well to the poor who are unable to get their needs. So we should consider money as a means and not an end.

Money becomes a bad master if it is considered an end in itself. Money seekers love money so much that they are ready to do anything in order to get it. They may deceive, swindle and cheat people to make money. They sell their honour and disregard **يتجاهلون** morality for its sake. As they are never satisfied, their greed for money usually ruin their lives.

Money makes the world go round. Everybody wants it and works for it. Nobody can live without it.

Money is the goal of everybody. From the simplest needs to the wildest dreams nearly everything is connected with money. However, it cannot buy love or happiness. Sometimes it is the root of evil.

Money is the source of every evil. It encourages some young men to do bad habits. Moreover, it urges some people to commit crimes such as theft, violence, forgery and murder. For obtaining money, they do such things which may lead them to prison.

30- Commerce and Industry.

Commerce plays a very important part in our life.

Without commerce. We would have to do without many of the comforts we now enjoy. Many important articles سلع are imported from foreign countries. Commerce therefore, finds an outlet for the surplus production الإنتاج الزائد of the country.

Many people find work in factories, the different means of transport, market, banks and even in big and small shops. Commerce offers great chances to the unemployed and helps the progress of the country.

One of the first aims of the Egyptian Government is to create تخلق a new industrial country. Its purpose is to raise يرفع the standard of living and achieve self- sufficiency يحقق الاكتفاء الذاتي.

Industry has affected every aspect of life, including agriculture itself. There are now many industries based on agriculture such as dairy products sweets, jams .. etc.

Commerce is the oil that turns the wheel of industry Extractive industries الصناعات الاستخراجية enable man to get his needs. He catches fish and plants the different crops. Raw materials المواد الخام are changed into useful things.

Furniture is made of wood. Clothes are made of cotton. Thus man increases the value of raw material. He builds factories and invents the different means of transport. He generates electricity يولد الكهرباء to get light and motive energy الطاقة المحركة. All his efforts are devoted يكرس كل جهوده to spread ينشر commerce and increase industry. In fact, commerce and industry help man enjoy happiness.

No real progress can be made unless industry is developed. Many industries have been introduced in Egypt, and hundreds of articles which were once imported are now produced locally. Hundreds of factories have been set up all over the country.

31- Tourism.

As a matter of fact no one can deny that tourism plays an important role in increasing our national income. Egypt's

ancient civilization attracts tourists from all parts of the world.

They came to Egypt all the year round especially in winter when the weather is not as cold as in Europe. It is warm and sunny at Luxor and Aswan. Tourists see the temples and monuments of the ancient Egyptians which reflect **تعكس** Egypt's civilization that existed thousands of years ago.

In Cairo and Giza tourists see the great pyramids, the Sphinx and the ancient mosques. The ancient Egyptian remains strike them with awe and excite their admiration. Tourism has become one of our chief sources of wealth. So the government makes great efforts so that tourism may flourish.

Tourism is the best source of receiving the hard currency of which we are in great need to carry out national projects for the welfare and prosperity of our people.

To attract more tourists to our country, we should establish **ننشئ** cheap hotels. We should take more care of places of interest. Means of transport should be easy and comfortable. Manufactured articles **سلعة مصنعة** bearing the name of our country help tourists to remember us. Propaganda has a lot to do with tourism **للدعاية علاقة كبيرة** بالسياحة.

Propaganda should pick the chance **تنتهز فرصة** of our monuments, and attract a lot of tourists to our country. Special cars and trains should be ready to carry tourists. Booklets **كتيبات** explaining our ancient and modern civilization give tourists a clear idea about our country. In the end we can say that tourism strengthens the relation between people all over the world. It creates love co – operation and understanding among them.

Tourism is not only one of the principal sources of hard currency, but also a living means of real information about the country. So, the government secures safety and comfort for tourists.

Tourists come to Egypt from all parts of the world

because Egypt has several attractions for them. They enjoy its fine weather especially the warm sunshine in winter.

Tourism is a very important source of national income to any country. It is also a means of giving information about the past and the present of the country. Through tourism, a country can give a true picture of its renaissance and customs and traditions of its people. To attract as many tourists as possible, a country should make the necessary propaganda.

Egypt is considered a first class tourist country. It has fine weather both in summer and in winter. It has springs and sand that can help in curing some diseases that is in addition to its wonderful monuments.

32- Smoking.

As a matter of fact no one can deny that smoking plays a bad part in our life. It is one of the worst habits that smokers should give up.

It is proved that smoking had bad effects on health. It can cause many terrible diseases such as cancer of lung. This disease is incurable and leads to death. A smoker spends much of his money to destroy his health and leads a miserable life. Moreover cigarettes waste our money. It is a national duty that smokers must give up smoking to save their money and protect their health. They can invest their money in many useful things.

Smoking should be forbidden in public places such as buses, theatres, cinemas and offices.

Smoking is very dangerous to health. Medical tests have brought strong evidence that smoking is linked with cancer and heart disease. Furthermore smoking is a hazard not to the smokers but to non smokers who have to endure their company.

It should be borne in mind that non smokers risk their health when they expose themselves to smoking. So, a lot of people claimed for banning smoking as quickly as possible.

Smokers may have the right to destroy themselves by

ignoring doctors' warning and by refusing to give up smoking, but they don't have the right to break the law and destroy others by smoking in public places such as buses, theatres, cinemas and offices.

There is no longer any doubt that smoking is a fatal habit *عادة مهلكة*. Figures indicate *تشير* that the number of victims of smoking is increasing. The number of those who die of smoking-related diseases surpasses *يفوق* the number of victims of epidemics, wars or accidents.

If it's your right to smoke, it's my right to breathe pure air. Doctors have proved that those who don't smoke at all live a longer and healthier life so; the number of those who smoke has greatly decreased.

Smoking is a bad habit and causes a lot of chest diseases and lung and weakens the strength. So the governments should conduct serious campaigns against smoking. They should ban all cigarettes and tobacco. Smoking should be banned in public places and young people should be warned against the fatal results of smoking. Now it is clear for every smoker to stop this bad habit. We must not only stop smoking, but also we must advise others, especially the youth, to keep away from this bad, dangerous habit.

33- Science Plays A Tremendous Role دوراً هائلاً In Man's Life.

Science has played a tremendous role in making man the master of the world in which he lives. Science has succeeded in solving most of the problems of man. It has done much for his comfort, and happiness.

In all fields of human activity science has done wonders. Man owes much of his progress to scientific discoveries. With the help of science we have saved much of our time and trouble. We also lead an easy, comfortable life.

Scientists play an important part in our life and their discoveries have a profound effect on our ways of living.

Scientists deserve our admiration because they render great services to humanity. They sacrifice their comfort and even their life for the welfare of all people. They spend most of their life making experiments to discover a new thing for our benefit and happiness.

Man can now, with the help of modern scientific inventions, fly swifter أسرع than the wind and cross oceans safely. By modern means of travel such as the airplane, the car and the ship, we save much of our time and trouble.

Science also plays an important part in our life. It cooks our food, washes our clothes and irons them. We see how electricity is used in our modern home for lighting, heating, turning all our electric appliances and doing several important things. A modern home can be easily run and it has become very comfortable to live in.

In the field of medicine, science has done wonders. It has relieved man from many painful and deadly diseases.

In the factory or in the field الحقل, modern scientific inventions do the work of man. He has to watch a machine ploughing or irrigating his land. On the other hand some think that science turns into a horrible monster at the time of war and is badly exploited to a great extent. So we hope that science may always be used for peace, this will help man live an easy, happy and comfortable life.

34- A Zoo.

A zoo is a place where we can see animals from many different countries. There is usually at least one zoo in every country.

Some people do not like zoos. They think that it is cruel to keep wild animals in cages. Other people think that if the cage is large the animals are not unhappy. The animals have good food every day and if they are ill they are given medicine. They do not have to worry about enemies.

In the jungle الغابة small animals often do not live for many years because they are killed and eaten by larger animals. In a zoo these small animals are safe في أمان. It is

probably, therefore, only the very large animals- the lions, tigers and bears- those are unhappy. They miss the wide open spaces where they roamed.

Most children enjoy a visit to a zoo. They usually prefer to look at the large animals although, in fact, these are not always the most interesting.

Sometimes visitors to a zoo are very unkind to the animals. They throw things at them and tease them. In one famous zoo there is a cage near the entrance. Inside the cage there is a statue of a small boy. The notice on the cage says. "Cruel boy, found in all countries".

35- Television.

As a matter of fact no one can deny that television plays, an important part in people's lives. It is school in every house. It teaches us many useful things besides it is the best means of entertainment. It increases our knowledge, information and culture.

As a means of amusement, it is a great pleasure for us, after a long day's work to enjoy different television programmes. We enjoy films, plays, matches and all kinds of fine arts. We also watch important meetings, festivals and parties which we can not attend.

Television has become the most important means of entertainment and culture. It has taken the place of reading as a source of knowledge. People are so attracted to it that it has become very difficult for any family to do without it تستغني عنه. Television is considered an important means of communication. We can watch what goes on all over the world while we are sitting at home.

Realising the important part played by television in our life, big firms and companies began to take advantage of this fact and make use of it as a means of advertisement. In fact, television is the best means of propaganda.

No doubt television has a great effect on people. It plays a very important part in our daily life. It has both bad

effects and good ones on the viewers. It presents good educational programmes, exciting films, and sports events. Television has a great influence on children so, it must increase their culture in a simple and interesting way.

On the other hand some television programmes affect the young people and children badly. They waste their time T.V takes up the time which is allotted to work and study. So they neglect their homework and go to bed late.

No doubt television has a great effect on people. It plays a very important part in our daily life. It has both bad effects and good ones on the viewers. It presents good educational programmers, exciting films and sports events.

Television has a serious influence تأثير خطير on children. It must be directed to their culture and the increased of their knowledge in simple attractive ways.

Television has become a means of spreading knowledge. The old as well as the young enjoy watching it.

One disadvantage of TV is that it has deprived the young and the old of the enjoyment of reading. Reading is in fact the first source of knowledge and culture.

Television with its varied programmers had its great influence on the minds of the people everywhere. Therefore, it is the duty of those in authority to provide well planned programmes which develop values and virtues in the viewers.

36- Pollution.

Many countries are attacked by a great problem which causes more harm and great suffering than any other problem. Its name is pollution. Pollution is the problem of this age. It is one of the most serious problems that faces the world nowadays. In fact pollution is now considered man's enemy.

Pollution is a dangerous phenomenon which threatens man every where. Its ill effects will not be limited to the place where it happens.

Among the most dangerous environment pollutants are

exhaust fumes, insecticides and factory wastes. They have serious ill effects on our lives.

Everyone must be worried about pollution. Doctors think that it has harmful effects on man's health and his power of hearing. It's caused by too much traffic, noise coming from workshops and misuse of electric equipment.

The government imposes **تفرض** strict laws to stop polluting the environment, but efforts have been inefficient on most sides.

It should be borne in mind that pollution in the environment causes incurable diseases. The progressive countries are trying hard to extend the green areas and minimize the use of chemicals, which cause pollution.

Pollution makes air, water and soil, dangerous, impure and unfit for use. Rivers get polluted by factory waste. Pollution of sea and river water kills fish and water plants. The air gets polluted by smoke from factories and car fumes.

Air pollution is caused by smoke coming out of cars, houses and factories. To limit that type of pollution people are encouraged to use special smokeless fuel. Noise pollution is another kind of pollution. It's caused by workmen using noisy machinery near people's home. It can also be caused by people playing radios and TVs too loudly. People should respect other's right to enjoy quiet.

Man has spoilt the environment by his ignorance, greedy, folly and wastefulness. He has poisoned the atmosphere, polluted both land water, and wasted foolishly the earth's natural resources with no thought for the future.

It is caused by dust, smoke coming from factories and fumes of cars. People's bad habits such as throwing waste matter in streets and gardens cause diseases.

The overuse of chemicals and pesticides pollutes rivers killing fish and poisoning water. The consumption **استهلاك** of huge quantities of coal and petroleum has increased carbon dioxide level in the air we breathe. We must do something to stop pollution otherwise we'll destroy

and kill ourselves by our own hands.

Before environment is totally polluted we have to be aware of our enemy and keep towns and villages clean.

Factories are to be moved away from living areas. The use of pesticides must be cut down to the minimum.

Many of our serious diseases are due to the different kinds of pollution. So the governments all over the world should co operate to put an end to this serious problem.

37- Reading.

Since the dawn of history man had been fond of reading because reading is one of the most important things that all civilized people should do nowadays.

Good books are the treasures of human knowledge, experience and wisdom. A good book is a faithful and useful companion. In it we find instruction which enriches our information and humour which delights us and helps us to forget our cares. A book with moral purpose shows us how to build up good character and follow the path of virtue and reveals to us vices and their fatal consequences **يكشف الرذائل ونتائجها السيئة**.

Moreover no one can deny that reading plays a vital role in our life. It is the magic key that opens many closed doors. Reading newspapers, magazines and books helps us to know what is going on in the world around us. Reading newspapers add knowledge to people. People can find their main source of information. We can know what happens daily in the world. In addition to, it is a nice hobby to spend our spare time. On the other hand reading is also one way of learning new ideas, new culture new customs and new traditions of people in different countries all over the world.

Reading is considered one of the best hobbies, there is no doubt that reading increases our knowledge and enlarges the horizon of our thoughts.

Reading broadens minds. While sitting on your chair, you can visit all the countries all over the world, gaining their different cultures. A book is the best friend when you

are alone. It takes you to a busy world of thought. It never refuses your request and opens for you new horizons of understanding.

Books are treasures of human knowledge as they provide the reader with the wisdom which helps him to judge well. Reading is a major source of knowledge the more you read the experienced you grow. Good books have many uses: some enrich our information, some amuse us; and some teach and educate us.

In the end we can come to the conclusion that reading is a very interesting way of increasing our general knowledge.

38-Newspapers are Very Important In Our Life.

Newspapers are important means of information. They carry to us local news as well as world news and thus keep us in touch with the current events of the world. They are also sources of knowledge and culture. As they present to us interesting articles and stories. Newspapers are a dangerous weapon since they are means of reform; they criticise the defects of society and suggest the effective remedy. Hence newspaper must enjoy freedom to be able to express people's views freely.

Reading newspapers add knowledge to people. People can find their main source of information. We can know what happens daily in the world. People add daily to their knowledge by reading newspapers. Thirst for knowledge urges an uneducated man to buy a paper, for in it he finds his main source of information. On the other hand a paper satisfies an educated man's desire to have up-to-date information about what is happening all over the world.

We can make use of the newspapers by advertising anything we want. We can read about the sports and matches. Newspapers are a cheap source of general knowledge. Buyers and sellers read them because they are very good means of advertising goods and services.

A newspaper is part of everyday life. Its main purpose

is to provide news and opinions for about current events. Another purpose is to entertain the reader with interesting material such as photographs and caricatures.

Newspapers are the spirit and the mirror of peoples. The public opinion is reflected in them. They are issued daily or weekly. They make us aware of the current events by offering us all types of important events and news taking place all over the world. We can read in them the ideas and thoughts of distinguished thinkers. They also contain literature, science, stories and all sorts of culture.

In fact newspapers play a great role in our life. It can affect the public opinion therefore; it should be realistic, away from lies and hypocrisy.

39- Languages.

Languages are means of communication among people and countries. They enable us to get in touch with the customs and cultures of other countries through reading foreign books. Foreign languages help us in our travel. We can talk and express our points of view to foreigners and understand them when they talk to us.

Learning foreign languages help us to read foreign books, magazines and newspapers. We know what is happening all over the world. When we travel abroad, we can't enjoy ourselves unless we are able to talk to the people around us. Knowledge of a foreign language is of great value. Business and commerce can not be carried out with other countries without knowledge of their language. If we want to read the best books on science, medicine, engineering or literature, we have to study the foreign language in which these books are written. Besides, if we go abroad, we find it very important to know the language of the countries we visit, or at least a language which can be understood there.

To sum up it is very important to learn foreign languages. Because this helps us to communicate with foreigners and enables us to know much about the foreign countries.

40- The Telephone.

One of the greatest advances in modern technology has been the invention of the telephone. The telephone has become one of the necessities of modern life. It serves as a helpful friend that is always there. A person who has a telephone installed in his house does not feel lonely. Yet, a telephone may cause trouble.

It would be difficult to imagine modern life without the telephone. It has become an essential instrument of communication, saving much time and travel by enabling people to talk to one another over great distance. Nowadays, it is just easy to talk across a continent or even overseas. In fact the telephone is a great means of communication. It enables us to contact people who live thousands of miles away from us. It has become indispensable لا غنى عنها means in our modern life. The benefits of the telephone are numerous. Indeed, it has helped man to lead a more comfortable life.

The telephone is one of the most helpful appliances of modern life. Consider the importance of using a telephone in case of emergency, illness, and accidents of fires. Hence it is introduced into our homes, factories and hospitals.

Successful business life can't do without it. In spite of its benefits, the telephone has become a mixed blessing. You may wait long for an expected call that doesn't come. Moreover, the annoyance you get when it rings the time you are sleeping or having your meals.

It is great worthy here to speak about the mobile. The mobile is one of the best inventions in the 20th century. It keeps one in touch with everybody at any time. It is easy to carry and always ready for use. You can contact anyone or anywhere in no time so it is of indispensable importance for businessmen. But, the mobile is a source of trouble to its users. It is very noisy and disturbing in public places. Its vibrations are dangerous. It has become a burden on the family's budget.

In the end we can say that the telephone has made

great improvements in the life of people in all parts of the world.

It has enabled us to contact others in no time. It is indispensable as a means of communication and saves our time and effort.

41- Childhood.

Childhood is the best stage of one's life. It is marked by innocence and naturalness. Parents should pay much attention and care to their children in order to be good citizens.

Childhood is very important stage in man's life. Psychologists care much about it as it influences man's personality along his life and forms the broad lines of his identity.

To bring up a child is a very complex process. The father and the child's mother are the child's first educators. Every mistake they make in bringing up their children is a battle lost in the fight for a better future. Children should be armed with good qualities in order to become good citizen.

Our children need love, sympathy and guidance. It has been proved too much permissiveness spoils the child and the lack of parental firmness leads to the spread of violence and crime later on.

The school has a great influence on the child. Together with the home, it provides the basic learning experience for him. The teacher who is a trained observer can notice signs of personal or social problems that are affecting the child and perhaps offer **يقدم** him some forms of help and relief. He can do much to make the child aware of his own basic values and teach him how to develop them.

The father or mother will not inspire in their children unless he or she sets the best example of good manners, fairness, justice and firm discipline. Parents must provide an example which their children will be proud to follow.

Children are the hope of the future. We should provide them with medical care, educational services and entertainment means so to be good citizens.

No doubt, children are considered the able men of the future. They will be the good citizens who will serve the country when they became teachers, engineers, doctors, scientists or soldiers. Parents should teach their children good manners.

In the end we can say that childhood is a very important stage in our life. So, it needs special care from the government to prepare the children for facing the challenges of life. Parents have also got an important role in bringing up children.

42- Exams.

Exams are a great problem in the life of students. They have to sit for many exams in order to pass to the next form. Some of them feel so nervous before an exam.

Exams are the means of testing knowledge and ability. Students have to work hard in order to pass their exams. They feel happy when they succeed and are promoted to any upper grade. On the other hand, they spend time in schools under exams' pressure. The period in which they are examined in time of stress and strain.

On the other hand exams are not the best way to mark the success or failure of a student. The student's whole future may be decided in one fateful day. It doesn't matter لا يهم that a student wasn't feeling very well, or that his father died because things like that don't count. لا يهم the exam goes on.

There is no doubt that if we want to test the ability of anyone, we should put him through many exams. So students shouldn't only be judged by their results in the end of year exams because one exam is not always accurate measure of a person's ability, we should have a mixture of exams and course work and evaluate the students according to the work of the students all around the year. We should also have different kinds of exams, oral and written.

43- Hobbies.

A hobby is something that one does during one's free

time. It is a change from ordinary work. It refreshes our minds and bodies. Besides it improves our health and prevents us from falling into bad habits. Sometimes it can be a means of earning a living. Reading, gardening, taking photographs, drawing pictures and collecting stamps, coins, flowers and insects are all good hobbies. They are encouraged in our schools. They have proved of their future work.

“Be interested in something” is a golden rule in life. If one has a hobby, one's daily work will no more be tiring. I, personally, like reading. It is my favorite hobby. Reading widens our scope of knowledge, opens our eyes and gives us the experience of others. Stamp collecting teaches us the geography of the world and the history of nations. Some people prefer drawing or photography. As a hobby they make a good business by selling hundreds of their photos.

When people are asked why they've taken up a particular hobby they give very different reasons. Some say that they feel they ought to do something useful in their spare time; others talk about self-improvement and the importance of learning to do something new. A very popular explanation for practicing a hobby is that it provides an opportunity to do something completely different from one's usual work.

44- The Computer.

One of the greatest advances in modern technology has been the invention of computers. Right from the beginning I dare say that the computer is the marvel of modern inventions. Not only can computers gather facts, but they can also store them.

Computers are used nowadays for many different kinds of work. They can sort information, control the machines of factories, write letters and even translate from one language to another. Computers can carry out many tasks such as solving problems much faster than human brains and more accurately. Computers are used on a wide

scale in banks, companies, factories, hospital, universities, schools and libraries. Computers can catch criminals, compose **يؤلف** music and poetry and arrange marriages. Their use is becoming more wide spread.

The computer is really a high- powered memory machine that has almost all the answers needed to endless problems. For the scientists it can get information from outer space or from the depths of the oceans. In business and industry the computer prepares lists of things, keep track of sales and production needs. In banks, it can keep and check accounts to ensure that they are accurate. The computer is also used in hospitals. By providing a machine with a patient's symptoms **أعراض المرض**, a doctor can be able to diagnose **يشخص** the nature of his illness.

No one can deny that the computer plays a very important role in our cultural life. It plays a very important part in our daily life. It is a school in every house. It teaches us many useful things, besides it is the best means of entertainment. It increases our knowledge, information and culture. It is a good means of education. It is also considered a very interesting means of spending our leisure time. In fact the computer can do many of the things we do, but faster and better.

A computer has the power to calculate at superhuman speed and so it can quickly solve problems that would take any human mathematician years of work. It has a memory that is far more reliable than a human memory.

In spite of the fact that the computer has a lot of advantages, it also has many drawbacks. The children spend a lot of time indoors as they enjoy playing computer games. It is bad for health especially the sight moreover it is a waste of time. In the end we can say that whatever the drawbacks we can not do without **نستغني عن** computer. Indeed it has become part and parcel of our life **جزء لا يتجزأ من حياتنا**.

45- Unemployment.

One of the great problems that face developing and

developed countries is unemployment. Unemployment especially among young people is a serious problem in many countries today. It is one of the pressing present problems facing the world today especially Egypt.

The problem of unemployment is increasing year after year as the numbers of graduates increase and the chances of employment decrease. It is not easy to solve the problem because all the graduates depend on the government and they don't have any sense of responsibility on their part. Unemployment is the state of being unable to get work, to do. There are some for whom there is no work to do, and some who are temporarily without.

Unemployment is a serious social evil that is not in Egypt only, but it exists in almost all countries. An unemployed person usually has a feeling of failure because of his inability to find work to do. Moreover, he has the feeling of being idle because he can not find a job. He feels he is of no use to his country and is a parasite.

To solve the problem of unemployment, young men should take training that will allow them to get several kinds of jobs and mainly studies connected with technology, public relations, commerce and social activities.

Our government is trying to solve the problem of unemployment. It gives loans to the youth as they have to start their own business. It is keen on creating many labors, opportunities for the university graduates. On the other hand young people should try to cultivate the land, build new cities and start their own projects to increase the production to achieve progress and welfare for our country.

To sum up we can say in the end that we must work hand in hand with the government to solve this serious problem.

46- Young Men No Longer Seek Government Posts.

University graduates of today try to avoid working in the government offices. Prices are getting higher and higher, the government officials receive salaries which are too low

to meet the increasing prices. So the newly graduate young men no longer seek government post. Many of them tend to work in the investment companies or banks which pay higher salaries.

Many others prefer to travel abroad, seeking temporary مؤقت employment. Few others, who are both ambitious and faithful to their country, devote all their energies to the useful national projects on their native land.

A lot of young people prefer setting up business for themselves instead of بدلا من waiting for years to get government employment. Running one's own business has a lot of advantages. It is very profitable besides it teaches self independence الاعتماد على الذات.

Running one's own business has proved to be much better than waiting to get a government employment. Running business could provide a better income if compared with the government job that renders a low salary.

So the government encourages the young men to start their own private small projects and run their own business.

47– Stress.

Everyone may become ill as a result of stress. Stress can be a friend or an enemy. It can warn you to change your way of life. It can kill you if you go on under it. Doctors agree that stress is the biggest cause of illness.

When we are afraid and worried, our bodies produce certain chemicals to help us fight what is troubling us. The stomach, heart, skin, head and back are the parts of the body that are most affected by stress. Stress can cause car accidents and heart attacks.

Our living conditions may put us under stress. Crowded streets in large cities, traffic jams, competition, noise and uncertainty about the future are some of the causes of stress. We all react to pressure in different ways. Some of us get tired, other people get depressed, others fall out of the race and have a nervous breakdown. The biggest danger is the inability to relax. When we feel that stress of

life we should rest the whole body, sit back in a chair with our eyes closed and feel relaxed.

48- Hospitals.

Hospitals are the places which receive the people who are seriously ill or badly injured.

All civilized government build hospitals in towns and cities and even in big villages to offer free medical services to every citizen.

Hospitals must be provided with all the modern medical equipment **معدات** which facilitates **تسهل** the work of doctors and makes such work accurate **دقيق** and fruitful **مثمر**.

Hospitals, too should be ready with doctors and nurses to treat **يعالجوا** any kind of disease, and to perform **عملية جراحية** any kind of surgical operation **لإجراء**.

Hospitals contain all the doctors need to do operations and examine sick people. In hospital, patients receive the best treatment and are under the care **رعاية** of the most skilful doctors. Hospitals are a means of protection.

To enable the patients to enjoy sleep and rest, hospitals must be built in quiet places far enough from the crowded parts and noisy streets. They have a sacred mission and they should always be clean, tidy, attractive and cheerful.

49- Saving Money.

Saving money has become a necessity **ضرورة**. A man can not go on **يستمر** working all his life. When he is young and strong he can work hard for a long time and earn much money. But as he grows older, he becomes weaker and his ability **قدرته** to work decreases **تتقص**.

Sometimes he has to stay in bed. All this affects his income and increases his expenses.

For such a hard time, every person must be prepared. If the person is wise and has saved a part of his income, he will be able to face any difficulty and overcome **يتغلب على** any trouble. If he falls ill, his savings enable him to afford **يتحمل** medical treatment. If he has to retire **يعتزل العمل**, his

money will provide him with a comfortable life.

One often finds himself faced with unexpected circumstances ظروف in which he is in urgent need of large sums of money. A surgical operation, getting a daughter married, or even buying expensive life essentials- all these require a ready stock of money which one cannot afford without saving. Saving money must be encouraged among children as well as grown- ups to make them able to face the necessities of life. Wastefulness, on the other hand leaves one subject to the blows of fortune. Saving is the most important principle of economy. So we have to teach our children not to be extravagant. In fact saving money secures يؤمن man against the misfortune متاعب of life.

50- Illiteracy.

Illiteracy is the main cause of suffering and backwardness in the developing countries. It is one of the most serious ills of our society.

The government does its best to teach all citizens reading and writing as it was found that many people can not read nor write and the majority of them are illiterate. Learning how to read and write enables them to follow events through newspapers. Reading books supplies readers with a variety of information, As matter of fact no one can deny that books and magazines improve our work. They provide readers with different subjects and general knowledge. In fact nobody can deceive a learnt person.

A person who cannot read or write loses the pleasure of reading good books and newspapers. It is true that a person can listen to the radio or watch a television and in this way he may make up for his inability to read. But he is obliged to depend on other people to read for him the letters he may receive and to write for him the letters he may send to others. The feeling that he is unable to read or write and that he relies on other people, gives him pain that may develop inferiority complex. Thus the government does its best to put an end to illiteracy; if people want to progress

and develop every citizen should share in the elimination of illiteracy in his town or village. To sum up efforts are exerted to overcome the problem of illiteracy to push the wheel of development. Undoubtedly a civilized society will be able to cope with progress in all fields of life.

51- The Egyptian Woman Today.

No one can deny that women play an important role in society. In the past women stayed at home and had only to obey their parents and their husbands blindly. They had no right or liberty, and were not allowed to complete their studies. They did not know how to bring their children up properly and filled their heads with wrong beliefs.

But nowadays, they are free to choose the kind of education they desire. They join universities, they take part in social activities, they are members of benevolent societies, and they have been given the right to vote.

We live now in a community where men and women work together side by side. No woman is shut up in her house doing nothing. She is passive no more and no more useless. She constitute half of this community enjoys the same rights as man, and does the same tiring jobs without a word of complaint or a feeling of boredom.

Nowadays women enjoy practicing their political and social life. They are considered as important dynamic part in our society.

The Egyptian woman plays an important part in life. Not only does she look after the house and bring up children, but also she goes to work to help increase the family's income. Women nowadays take over vita jobs in society.

Nowadays the Egyptian woman plays an important part in society. She enjoys a good position in society. At home, she brings up her children, cooks the food, washes clothes, cleans the house and does everything to make it attractive.

At work, she is treated on equal foot with the man.

She can get the highest position. There are even women ministers. The Egyptian woman joins many societies and participates in solving many social problems.

Today the Egyptian woman plays an important part in building modern Egypt. Egyptian women share fully in the life of society with men. They work in factories, hospitals and schools. Some are members of the People's Assembly, some are ministers and have a say in their country's policy.

They have recently become police officers and got higher positions in the field of justice. Woman has proved that there is no difference between a man and a woman in handling any kind of work. They can even handle certain tasks better than men.

Woman stands on equal footing with man in all fields. She has the same rights and duties. We live now at a time when men and women work together side by side. No woman is shut up in her house doing almost nothing. She has become as important as man. She enjoys the same rights and does the same tiring jobs. However, some women feel happier if they can stay at home and look after their house and family. They choose to do so, not because they are inferior to men, but because they are fitted by nature for this sacred task.

52- A Frightening Experience.

I fear in time of danger or when an unpleasant thing is likely to happen. Fear leads to cowardliness. Anyway, my fear does not let me lose heart. I always come over it, and when its cause is away, I always forget about it.

Once I was sleeping alone in my house. I began to feel very frightened. The tapping sound went on and on. Was it getting closer? There was nobody I could call for help. Was there a robber in the room next door? "I can't call the police" I thought, because the telephone is downstairs, and anyway, the robber might hear me. I put my head under the pillow for a few minutes but the tapping did not stop. Perhaps it was a ghost.

Suddenly I noticed there was a key in my bedroom door. I got out of bed and walked very quietly across, to the key in the lock, and locked myself in. "That should keep the robber out", I thought. But I wasn't sure about the ghost.

I got back into bed and hid under the sheets. I didn't sleep more that night. I heard the clock strike every hour from one to seven. The tapping did not stop.

When it was light I felt better. "I have been very silly", I thought. I walked bravely into the next room. I soon saw what the "robber" and the "ghost" had been – a small branch tapping against the glass of the window.

53- Prevention Is Better Than Cure.

This maxim means that it is wiser to meet troubles before they come, than to face them after they have arrived. "A stitch in time saves nine" has much the same meaning.

In fact, good health is a valuable thing. A healthy person is always capable of performing well. When you are healthy you are able to go to your work on time. To keep healthy you have to follow the strict rules of good health. One should have balanced diets that keep him fit. Practising exercise is necessary to help you build a strong body. One should avoid the bad habits that cause diseases and destroy health. For example a smoker should give up smoking that causes heart and lung diseases. It is better for a person to prevent himself from diseases to seek for cure. We should follow that proverb saying "prevention is better than cure".

Wise people are those who protect themselves against catching diseases. They take precautions such as vaccination and immunity in order to fight against infectious diseases. They stick to cleanliness and follow it in all their deeds and behaviour. Personal cleanliness such as washing hands, brushing teeth, not using others' possessions are precautions against catching diseases. Good citizens should co operate in removing any items that may lead to the spread of diseases. It is the responsibility of the individuals and community to create healthy atmosphere and clean surroundings.

54- Birth Control Is the Best Solution of the Problem of Overpopulation in Our Country.

One of the most dangerous problems which faces our country nowadays is overpopulation. Population is rapidly increasing in our country. As a result, there is a shortage of food. There is also a shortage of schools, hospitals and houses. Besides, there is unemployment which leads to further poverty.

To solve this problem, initial steps have been taken for spreading awareness and for preparing the population to accept birth control.

The birth control programme has been launched. A great number of units connected with collective and health units in the Egyptian villages and towns have been fully equipped to meet the requirements of the programme. A great number of specialized doctors a campaign for spreading awareness among the citizens.

A programme committee has been founded in each governorate. This committee is responsible for studying the various plans offered to organize family life and to control birth. Enough birth control methods have been distributed among the governorates, in order to be delivered at the various birth control units and child welfare centres.

55- A Bank Robbery in Your Town.

Once while I was going home I saw a bank robbery I'll never forget. There were two men coming out of the bank, one of them was masked while the other was a young man with dark glasses and fair complexion and medium height.

They were carrying a box of money and one of the clerks of the bank was running after them shouting for help, but they could get a way in a blue car, full of people drove very fast but I was able to get the

Immediately, some police officers and soldiers hurried to the scene of the crime. The police searched the place and the bank very well. They also asked some people

who were around at that time. They asked all the employees of the bank and got the numbers of the stolen banknotes. I hurried to the police and gave them the description of the robbers and the car then I went home.

A few days later, the police arrested a man who was trying to buy a new car. He paid the price of the car from the stolen money. He and his friends were arrested and led to prison. The money returned to the bank. I was astonished when I read in the papers that the bank manager was one of those robbers.

56- Eating Too Much.

Overeating is inadvisable. Eating too much food is the surest way to an early grave. It's a myth that all fat people are happy. Overweight is bad for health. It leads to heart diseases, high blood pressure, etc. Medical science has proved that animal fats, excessive sugar and carbohydrates are harmful. Fat people feel miserable because they lose grace. Therefore, fat people suffer psychologically and physically.

People diet for a number of very good reasons. The ideal human form is slim. Fat men and women are unattractive to look at. Ready-made cloths are hard to obtain for fat people. They tire easily and this is a sign of bad health, all famous footballers and sports champions are slim. For this season, insurance companies charge fat people higher premiums.

It is advisable for fat people to go on a diet to avoid spreading hips, protruding tummies and double chins. In this case, it is not wrong to wage war on fat. Health is wealth.

But it should be taken into consideration that going on a diet does not mean starving yourself to death. Malnutrition has a very bad effect on health and sometimes it may give health a death-blow. Going on a diet should not be strict unless it is prescribed by a doctor,

One last advice is not to listen to the advertisements which say, "Wonderfood is a complete food, just dissolve a

teaspoon food in water A complete food it may be." Be natural, take only enough food. Don't eat too much. Be moderate and you can avoid fatness.

57- What Do You Feel When You Know that you'll Die After A Certain Time?

Death is the real thing in our life. It is the end of the life. When someone dies, his life ends with its good things and bad things. Everything comes to an end. It is the end of the journey of life.

What a bad feeling when someone knows that he will die after a short time or a certain time. So I ask Allah not to feel that horrible feeling.

Once I watched a series on the T.V it was about a rich man who suddenly felt ill, he went to a doctor and the doctor asked him to do some tests and x ray. After that, the doctor told him that he had cancer and he would die after three months. The rich man became sad and gloomy. So he tried to enjoy himself and enjoy every minute of his life and exploit his time to please himself. But in vain. Indeed, the rich man was haughty, miser and he was very bad with his neighbours. After knowing that he would die, he changed his behaviours, he became modest, generous and helpful to the poor and the orphans, he treated his neighbours in a friendly way, but he was very sad and had no desire for anything. Every day he prayed Allah to forgive him cure him and overwhelm him by his mercy. One day, the doctor phoned him and told him to come to his clinic quickly. The doctor discovered that was a mistake in the x ray and he was very sorry, he was mistaken. What good news!

The man became very happy, cheerful and thanked Allah very much. His life came back to him.

So we can see here the nature of the human being. When he was rich, strong, his behaviour was bad but when he was weak, ill and helpless, he changed his behaviours and the poor. He was sad, gloomy and had no desire for anything when he knew that he would die after three

months. But when the doctor told him that he was mistaken, he became happy and cheerful. So we see here the two opposite sides sadness and happiness when he was ill and when he was healthy.

So life is sweet and we should seize the chance and live it as it is and thank Allah for weal and woe and accept our fates and do good deeds as we can.

58- The Art of Making Friends.

A person, who would build up a wide circle of friends, must always be ready to help them. Enjoying life and being joyful will make you a more interesting person. If you are bored with life, you cannot expect people to find you interesting. Nor will they like you, if you are pessimistic and depressing. Life is difficult enough. People want laughter, not tears. Getting along with people is like going on a picnic. If you went on a picnic, and one brought sandwiches, another a cake, and so on and you don't bring anything, you would feel pretty uncomfortable. It's the same with people. If you sit like a lump in a group or at a party, you're not bringing anything to the picnic.

Before you can make friends with others, you must first make friends with yourself and accept yourself as you really are.

People are a mixture of good and evil. As we accept the evil in ourselves, we must accept both the good and evil in others. The sun is both good and evil, the giver and destroyer of life. It gives us food, health, and beauty but it also scorches the earth, bringing famine and death. You cannot separate the good and evil in man.

Try to put your friends' interests before your own. You can make friends by being honest, sympathetic and helpful. You must keep in mind that you cannot live without friends. To be without friends is to suffer loneliness and insecurity like a primitive man or one who lives in a desert island.

59- Dress as an Indication of Character.

It is a well known maxim that one should never judge by appearances, for they are frequently deceptive. On the other hand, it is equally true that the majority of people are apt to judge a person by his or her personal appearance.

Before becoming intimate with anyone, it is unfortunately, a fact that one has little other indication of his character and social position than the clothes he wears. One knows nothing of his real character, and must judge him solely by his manner, speech and dress.

New and fashionable clothes give one a feeling of self-respect and confidence, and the well-dressed man always receives a certain amount of respect from those with whom he comes into contact. The appearance of one's clothes is generally regarded as a measure of one's education, culture and breeding. As Polonius says, in Shakespeare's play of "Hamlet" "The apparel oft proclaims the man".

The rule has its exceptions. One often comes across a learned man, a scientist or university professor, who has no time to trouble himself about the clothes he wears. He thinks more about his mind than about the cut of his coat and trousers. Scoundrels, blackmailers, rogues and thieves, both male and female, often deceive their victims by the richness of their clothing. Millionaires, as a class, are notoriously careless in their dress.

A man who wears dirty, untidy clothes is generally one of loose and untidy habits, who does not trouble about the opinion of others. A man may be dressed in a shabby suit, which may yet be neat and clean, and this is a sure indication of self-respect. A carefully-dressed man is one who takes care of his personal appearance, and values the good opinion of others. An ultra-fashionable man thinks generally only of himself and is full of vanity and conceit. The modest man wears quiet clothing, and avoids loud and clashing colours. One who dresses incorrectly does so

because he is unaccustomed to associate with people of culture and breeding.

A gentleman is always careful of his attire. All his garments are well-cut and modest, his collar, tie, shirt and shoes are all in keeping, so as to make a perfect whole.

Finally, although clothes can never be a full and complete index to character, yet they create a strong first impression by which the majority of people judge the character of others.

60- Football.

Football is the most popular sport all over the world. You can hardly meet a person who is not interested in football. People either play it, watch it or speak and sometimes quarrel about it. What makes it highly exciting is that a player can perfectly control the ball with each part of his body except the hands or arms.

Championships in football are held in nearly all countries of the world. There are also the continental championships which are called Cup of Nations. Football is also included in the Olympic Games. But the most fascinating championship in football is the World Cup. It's a universal one. It's held every four years. Nations of every continent compete to represent their continent in this world championship.

Football is an extremely costly sport. Players are now sold at very high prices. Billions are paid every year on fields, players and sports wear.

Football is the most popular game in the world. So a famous footballer is as popular as a cinema star. He earns a lot. He scores a lot of goals. He knows he is going to be a footballer when he is very young. The love for the game runs in his veins since he is very young.

Indeed football is the most popular game in the world. One has only to go to one of the important matches to see this. Rich and poor, young and old, one can see them shouting and cheering for one side or the other.

61- The Internet.

The internet is the fastest growing communication system in human history. As well as providing information on millions of different subjects, it also allows people to exchange messages through e-mail.

To use the internet, you don't have to be a computer expert. All you need is a computer, a telephone line and a special computer program. You must then open an account with an internet service company which will link your computer to the World Wide Web.

People everywhere are using the internet for many purposes. Through the internet they can get information about anything and from any part of the world. Without using the internet, we wouldn't be able to get all what we need.

We don't exaggerate when we say that the internet is the most important invention in the modern age. It is a breakthrough that will change our way in life in the future.

Indeed the internet is one of the most up-to-date inventions in our modern world. Its advantages are miraculous. The most important one is doing research work and getting information about anything you want. Books are reviewed, abstracts of researches are shown. In addition to that games can be played, e-mail messages can be exchanged, and a chat among a group of people can be carried out. During shopping and bank operations are done without going to such places.

The internet has turned the world into a small oasis or a global village. So we should benefit from such a breakthrough in the world of information. We have to cope with this technology revolution and use it in the proper way.

62- Food Shortage.

The problem of food shortage is most keenly felt in the developing countries. It threatens to grow worse. It is well expected that numbers of men and women suffering from hunger will have increased by the year 2050.

It is rather strange that the poorer the country is, the higher the rate of growth in population. In most Asian and African countries, it is over two per cent. In some of the Latin American countries it goes up to 3 per cent. At present, countries do not hope much for a sudden expansion in the cultivated area that may meet this rising rate of people. The reason for such little hope is that people in these countries, continue to use their old ways of farming, whereas it is high time they used modern machinery and technology.

What makes things worse is the migration of some villagers to cities in the hope of getting better paid jobs. This raises the number of the unemployed in those cities and affects the food shortage.

Needless to say, the population explosion is a world problem. The rapid rise in world population is not creating problems only for the developing countries. The whole world faces the problem that raw materials are being used up at an increasing rate and food production cannot keep us with the population increase. People in the rich countries make the heaviest demands on the world's resources, its food, fuel and land, and cause the most pollution.

63- New Fashions.

Over the years, men have successfully resisted fashion. The same cannot be said for women. Each year "top designers" in Paris or London lay down the law and women all over the world rush to obey. The decrees of the designers are dictatorial. This year they decide one thing and next year the reverse and no one is surprised.

If women are mercilessly exploited year after year, they are to blame. Their biggest mistake is that they are afraid to be seen in public in old-fashioned clothes. They are annually blackmailed and exploited by the designers and big stores. Clothes which have been worn only a few times have to be discarded because of the dictates of fashion. A woman

stands in front of a wardrobe full of clothes and says sadly that she has nothing to wear.

Changing fashions is nothing more than waste. Women waste money because they throw away new clothes. Women who cannot afford to discard clothing in this way, waste hours of their time changing the dresses they have to cope with fashion.

Designers make use of the fact that women are interested in their appearance and they will put up with any amount of discomfort and expenses providing they look fashionable. There can hardly be a man who hasn't at some time smiled at the sight of a woman shivering in a flimsy dress on a wintry day. But this is fashion and people will say she is fashionable!

64- Parks and Public Gardens.

The existence to-day of spacious parks and public gardens in all large cities and towns is a proof that modern municipal authorities *السلطات المحلية* understand the supreme importance of such open spaces.

Not only do parks improve the health of the populace, but they also increase its happiness and its mental efficiency. This is especially true concerning industrial areas. Such spaces may well be defined as the lungs of a city.

Public gardens beautify the appearance of a city. After a hard day's work, they are source of pleasure and recreation to the worker, who can walk along their well-kept paths or sit under the trees enjoying the sight of smooth lawns and of the beds of choice flowers.

In all industrial towns, the chimneys of countless factories pollute and darken the air by filling it with smoke and soot, which contain harmful substances. Such impure air, entering the lungs of the inhabitants, is bound to affect their health. Again, children living in the slums, far from the open country, could formerly find no other playground than the street. Therefore, they ran the risk of being run over by

fast-moving vehicles. The gloomy and overcrowded districts of manufacturing towns invariably bred a weak and unintelligent type of person. All these disadvantages were overcome by the introduction of parks and public gardens, and so the boy and girl of to-day are far superior, both mentally and physically, to those of former generations.

This is largely due to the fact that, in most parks, ample space is devoted to the playing of games, such as football, tennis and cricket. Swimming-baths are also provided. So, for a small fee, the young of both sexes can indulge in their favourite pastime to their heart's content. Parks also provide invalids with a chance to leave their homes for a few hours daily and to recuperate in the open air. Children, too, alone or accompanied by their nurses, visit parks in their hundreds, and play there happily and safely.

In the heart of Cairo there is a fine park called Ezbekieh Garden, which proves a boon to all classes during the hot summer months. Here are found restful lawns, fine and rare trees and glorious flowers of all descriptions. There is an artificial stream, a pond on which various birds swim, and a tall rockery. This park also contains a theatre, open-air cinema and restaurant. Military bands perform in a bandstand each week, and attract large crowds.

So, it is obvious that, in all modern cities and towns, such open spaces are not only beneficial, but also certainly indispensable.

65- The Five Senses.

Man is endowed with five senses: those of sight, hearing, touch, taste and smell. The last two are so closely bound together as almost to be regarded as one. The loss of, or injury to, any one of these senses results in inconvenience and unhappiness. Blindness is one of the worst afflictions that can overtake a person.

The structure of the eyes is very wonderful and delicate. They lie in two holes in the front of the skull. The

eye is like a round ball in shape. The eyelids are movable folds of skin. They close at once when danger threatens. On the edge of the eyelid are the eye-lashes, which serve to keep out dust and dirt. A person who has lost his eyesight is said to be blind.

The ears are the organs by means of which we hear. They are placed on both sides of the head that we may hear sound coming from different directions. The ears must be kept perfectly clean. Those who are unable to hear are said to be deaf. A deaf-mute is a deaf and dumb person.

We usually touch objects with the finger-tips, because they are more sensitive than any other part of the body. On the upper side of the end of each finger, or toe, is the nail. By our sense of touch we can tell what things are rough or smooth, hard or soft.

The tongue is the organ in the mouth below the palate. By means of it we can taste our food. It also helps us to chew our food and to speak. By tasting them, we know what things are sweet, sour or bitter.

The nose is the organ of smell. It is the outstanding feature between the forehead and mouth. It is also the principal channel through which air is drawn into the lungs.

66- Drugs.

Drugs are prepared substances, such as cocaine morphine and heroin. These substances resemble each other as regards their habit-forming and narcotic powers. Many Egyptians become victims of these drugs. They indulge in this dangerous habit by sniffing the drug or being injected with it. They buy packets of these drugs and use them secretly to conceal their vice. Some people use opium both as a stimulant and as a means of producing pleasant imaginative dreams. There are houses known as hashish-dens where men and women go secretly to smoke hashish. Hashish is made from the dried leaves of a plant called Indian hemp. It is eaten or smoked in pipes.

This bad habit of drug-taking ruins lives and careers. It brings disaster, dishonour and eventually death. Many addicts are in despair of being cured and others are striving to get rid of its evil influence.

The government is terrified by the great number of narcotic addicts of both sexes. The Central Narcotics Intelligence Bureau was established to fight against the drug-traffic. The bureau is devoting itself to the discovery of the channels through which drugs enter the country. Gangs of drug-smugglers are from time to time rounded up and arrested. Widespread propaganda is being made to stop this danger. Some special cinema films have been prepared to deal in a simple manner with the results of addiction to narcotics. Another wider propaganda is being made through the medium of the press.

67- Beggars.

There are beggars in all countries. Educated baggers make begging a profession, and write begging-letters to well-known people in order to excite their sympathy. Their brothers, the illiterate beggars, are compelled to remain in the streets and whine for alms from the passers-by.

In the streets, one meets with many beggars. Some of these are able-bodied but many have lost their eyesight or are maimed in some way. Anyone passing one of the latter feels compelled to throw him or her a small coin in order to ease his own conscience. In some countries, however, begging is an offence against the law.

If this class of people is not looked after, taught how to read and write and how to earn a living, the same state of affairs will continue indefinitely. An able-bodied man must be made to understand the shame of not attempting to find honest employment.

Hospitals, blind schools and homes for the mentally deficient and incurables are the sole remedy for the plague of begging. Electors ought to insist that their representatives should understand the cause and cure of begging which, in

this country, is an eyesore. An important point is that it makes a bad impression on foreign visitors.

68- House on Fire.

A house on fire is a terrible sight. Every one is agitated when he hears of a fire and feels sympathy for those who are afflicted with this calamity. Fire generally causes both loss of life and loss of money.

Last night a terrible fire broke out in a huge building in Shoubra Street. The watchful policemen called the firemen by telephone. Flames shot out of the highest windows and great columns of smoke arose. The crackle of the burning timber and the crash of the broken glass were heard at a great distance. A vast excited crowd collected, while several fire-engines were dashing along the streets to the scene of the action.

The firemen devoted their energy to extinguish the flames. They mounted on ladders and worked their hoses with the greatest vigour. Other ladders were fitted with an unflammable trough in which persons slide with ease and safety to the ground. Happily no one was left inside to need rescue.

But a strong wind was blowing and the fire increased in spite of the firemen's efforts. Finally they concentrated their attention on saving the neighbouring buildings. In a short time, however, the flames began to die down and the firemen turned their hose on the ruined building. Thus the fire ended with less damage than might have been expected. The firemen were well rewarded by the gratitude of the crowd.

69- Causes behind Crimes.

Poverty, lack of education, the absence of religious values, growing amounts of firearms and migratory flows from rural areas, bad company and bad upbringing are causes behind an alarming increase in crime and criminality.

As a matter of fact, poverty plays a very important role on criminality. The bad economic situation increases

social imbalance and crime rate. "A hungry man is an angry man".

The unemployed are inclined to commit crimes such as robberies and murders. Flows from rural to urban areas have, to a great extent, made the authorities unable to meet the needs of the newly-arrived people.

One of the measures to decrease crime is education. Education should be conducted on proper lines. It is no use filling minds with information that serves no real purpose. Needless to say "A little knowledge is dangerous". It is a matter of quality not quantity. Creation of chances of work in workshops, factories and on farms are healthy measures against crimes. Non-governmental organizations and the private sector can provide means of earning honest living and this can do a lot to decrease violence and crime.

Over and above, bad upbringing and bad company are responsible for the spread of crimes. Evil company corrupt good manners. A man is known by the company he keeps. Here parents must take due care of their children so that they may not mix with delinquents or wicked people who tempt them to deviate from the right path.

70- Turn Away From Pessimism and Live

Optimism and pessimism determine our success or failure. Optimism stimulates self-confidence and good relationships and opens the way to success. Pessimism makes us uncertain of ourselves, our abilities, our personal relationships and blocks the way to success. Pessimism creates hopelessness which generates apathy and fatigue. It is expressed in people who are unwilling to take risks, and whose one idea is to lean back on what the authorities will do for them. It is present in those who find it difficult to arouse themselves each morning as if life is a burden they do not wish to bear. Likewise, in people who are preoccupied with sickness, death and foretelling the future.

Some people, because of their pessimism, foresee evil rather than good. It makes people believe in luck and prevents them from depending on their constructive efforts.

To avoid pessimism, try to make the twenty-four hours of the day live able. how to endure the present pace and strain of things and yet to possess your own self in serenity and balance. You must keep for yourself opportunities of recovery, ease and refreshment. One of our outstanding nerve specialists advised his patients that one day spent in the solitude of the countryside may do more for us than many tonics, rest-cures and the like.

71- Punctuality.

Punctuality means doing a thing at the appointed time. To be in one's place at the right time when wanted, is an excellent habit to form. The habit of punctuality is most easily formed in youth, and it is gained by steady effort. Punctuality in meals, work and even pleasures is essential to a successful life. Regularity and accuracy in all affairs give confidence to a business man.

Procrastination is a vice. One who procrastinates is an everlasting source of discomfort to others. By delaying, one wastes one's time as well as that of others. Punctuality is one of the characteristics of a well-bred man. It has been called "the politeness of kings".

An employee who does not keep correct time is neither respected nor trusted. He loses many opportunities and fails to secure promotion to higher positions. Delay in lighting the lamp of a lighthouse may cause the wreck of a ship and the loss of many lives.

A pupil who is not punctual loses much valuable knowledge and hinders the work of his masters and school-fellows. He is punished; and this makes him dislike school, so that he never makes much progress. His future career is therefore impeded and, should the habit become ingrained, much trouble certainly lies in store for him. In every properly conducted business house and school, punctuality

is regarded as being of the greatest importance and is therefore insisted upon by those in authority.

72- The International Book Fair.

There is no doubt that the international Book Fair which is held in Cairo once a year is one of the means من إحدى الوسائل that increases man's culture and knowledge. That is why لهذا السبب many people insist on visiting it to obtain more information about the new development of the different sciences of life. A lot of writers, thinkers, poets, critics and scientists attend it. It has become a cultural festival, not a mere fair for selling books. It is a good chance for great pens to meet their readers and discuss hour topics that have national and international stamp. In fact it is a sign of awareness that we start regarding culture as essential for our civilization rather than considering it a means of entertainment, because the culture of any country speaks on its behalf and represents it abroad. In the Book Fair, conferences are held to argue about the problems of the Arab World and how to find good solutions for them. Also, international issues are discussed as the world has turned into a big village owing to the great technological progress in modern mass media. Therefore our government pays special care and attention to the Book Fair and develop it every year.

This year the Book Fair has hosted famous thinkers, poets, critics, scientists and writers from different countries to participate in the debates held every evening at the fairground.

To sum up, we can say in the end that the Book Fair has become a centre for culture, literature, art, education and science.

73- Discipline.

Discipline means the enforcement of obedience to superiors or to codes of conduct. Without discipline, those directing a school, a company, an army or a nation are without authority, power or prestige.

In a school which is directed without discipline the standard of work is low, pupils lose their respect for those in authority, and the consequent slackness has a detrimental effect on the character of the students.

Discipline is ranked as the first duty of a soldier. Orders once given must be obeyed blindly, even if they appear irrational and useless waste of life seems inevitable. Indiscipline is severely punished, sentence of death being sometimes imposed in flagrant cases.

In family life also, discipline is highly important. A child must be trained to habits of obedience; otherwise, in its future life, it will meet with much unhappiness.

No business can be managed satisfactorily if each member of the firm is allowed to go his own way. Discipline creates unity of purpose and amicable relationships.

A well-disciplined nation, in time of danger, acts as one man. Should war break out, political differences are forgotten, and the nation's sons offer their services and their lives for their country.

The lesson to be learned by every youth is that, in order to command efficiently, one must first learn to obey.

74- Thrift.

Thrift, which is the noun of the verb "to thrive", means the saving of money. In some people it is innate, but it must be acquired by others.

A boy at school is given a certain amount of pocket-money. It is the duty of parents to see that part of this is put aside. Thus, the habit of saving is encouraged.

The virtue of economy, once acquired, becomes automatic. There are many ways of spending one's money. if we contrast the extravagant man with the thrifty man, we find the latter building his own house, giving a good education to his children, and providing for his old age. The extravagant man on the other hand never has a piaster and,

in case of illness or adversity, has to throw himself on the mercy of others.

Everyone has a duty, not only to himself but to his dependants (parents, wife, and children.) Without thrift and a degree of self-sacrifice, this duty cannot be carried out.

For the encouragement of economy, every Post Office contains a savings-bank. Boys and girls can here obtain special forms on which stamps are stuck. These forms are handed in when they are full. So it is an easy matter for a young person to collect quite a considerable sum of money in this praiseworthy manner.

75- Emigration.

Means the leaving of one's native country for another. The chief cause of emigration is the poverty and overcrowding of the emigrants' own county. When the country has poor natural resources, and the conditions of life are wretched, poor people look around for another country in which to make a home. The yearly flood of immigrants into America is proof of this fact.

Religious persecution is another cause. When the ruling religious sect tyrannises over and coerces the adherents of a weaker sect, the latter are compelled to seek safety abroad. The first settlers in America were a band of persecuted but intrepid religionists. The protestant Hugentos in France who escaped massacre fled in a similar manner.

Colonization is another important cause of emigration. In fact, governments often financially assist settlers, and thus encourage people to seek their fortunes in another land. As soon as a new country is annexed and is opened up by pioneers many adventurous youths leave their homeland and follow the trail. This means countless hardships and privations, and unremitting toil, for the early settlers. Those who follow after, however, reap the reward of the efforts and sacrifice of those who precede them.

76- Bad Luck – And How You Can Change It.

"Hard luck!" The shot which seemed so certainly a goal just hits the post. The truth is of course that it is the player who has miscalculated the forces he has to deal with. His shot was not quite sure enough, his aim was not quite straight, it is a case not of hard luck but of bad play.

It is the same with most of us when we play the game of life. It is always easier to project our failures on to some mysterious external agency we call luck, than to take the blame ourselves. For example, some of us marry a most unsuitable partner, and the strange thing is that when freed by divorce or death, they are just "unlucky" in their second choice some say that those unlucky people are born under an "unlucky star."

Shakespeare says, "The fault, dear Brutus, is not in our stars, but in ourselves".

To sum up, it was not a rich man who gave us light by night. It was not a lucky man who gave us steam and the power to ride around the world. They were not fortunate people who set us on the way to conquer the majority of diseases and make the world worth living in. The foundation stones of the modern world have been built by the brain-power of hard-working men who never depended on luck or fate.

77- Actions Speak Louder Than Words.

Actions speak louder than words. To give an example to others is more effective than to teach through mere words. It is better to persuade people to live a good life by practicing yourself what you preach than by giving them good pieces of advice which you do not follow yourself.

Education must begin with the parents. They create the first and most deep impressions on the mind of the child. What they do or say is of great importance and of great effect at one and the same time.

In time of war, the greatest leaders are those who have given an example of courage to their men by leading them to victory, regardless of personal danger.

Besides, the religious teachers of the world have taught people by what they said as much as by what they did. The greatest people are those who are ready to give their lives to prove the truth of their teachings.

Needless to say, pupils like to behave in the same way as their schoolmasters. Thus, teachers' most important job is to set the best example to hard work, truth and love of good.

If you want to make your life a success, the thing to do now is to follow the path of those great men who went deep in history. They have given the best example to serve their countries. They excelled in patriotism, self-sacrifice and unselfishness.

To sum up, deeds are better things than words and actions are mightier than talk. "Barking dogs seldom bite."

78- Bad Habits.(How produced: How conquered).

A habit is a customary action which is repeated automatically. It may be of a good or bad nature. Cleanliness is a good habit; drug-taking is a bad one.

Good or bad habits are generally acquired in youth, and spring mostly from the example set by those older than oneself.

Heredity and environment, those two powerful forces that help to mould the character of a person, are largely responsible for the creation of habits which either make or mar his or her happiness.

Weak-minded parents may transmit evil habits to their offspring. Dissolute parents may make a child familiar with habits that ruin its future life.

Bad habits can be overcome only by force of character or by compulsion. A man who is drinking himself to death must either make an effort and, by will-power, overthrow and eradicate the habit or he must be put into a

home where he cannot obtain alcoholic liquor. Drug-taking, uncleanness of mind and body and drunkenness are examples of bad habits that are very difficult to put an end to. It is the duty of a wise government to prevent those addicted to these vices from continuing them, and thus to help those who unfortunately, cannot help themselves, owing to their weakness of character. A person of bad habits contaminates those with whom he comes into contact.

79- The Freedom of the Press.

The freedom of the press denotes the liberty of political writers to express their own ideas and to set forth their principles without being afraid of punishment and restraint – in early times the freedom of the press was undreamed of – those who dared to criticize the king or the government were mercilessly punished or even put to death. Everything to be published had to be licensed by authorities. Freedom of the press was won gradually and only after a great struggle. its advocates suffered much persecution. With the spread of education and growth of democracy the censorship of the press was abolished.

The public is honestly informed of what happens, despotic and arbitrary acts cannot be concealed. The oppressed have the opportunity of defending themselves and of gaining public sympathy. Worthy deeds are recognized, the freedom of the press ensures honest and just government, national development proceeds satisfactorily.

Some papers publish libels, to satirise and defame unfairly, attacks upon the reputation of persons, to practise blackmail-plagiarism, a plagiarist is one who steals the thoughts or writings of others and gives them out as his own, publication of falsehood, to sink to a very low moral tone, to mislead the public, to distort the truth.

Newspapers must be conducted by educated, intelligent and honourable editors. They must be possessed of consideration for justice and truth, hatred for oppression

and wrong. Are restrictions on the press necessary in this case?

80- The Value of Good Books.

There is an old saying that "A good book is a good friend." The famous philosopher, Lord Bacon, said: "Reading maketh a full man". Without books, proper education would be impossible, and the masses would be unable to benefit by the thoughts of great men.

In our schools, books on all subjects assist both teachers and pupils, and make it possible for students to learn by themselves, and thus to supplement the work of their instructors.

Books enable statesmen, philosophers, scientists and novelists to spread their knowledge, theories, discoveries and stories throughout the length and breadth of the world. Thus, now that books have become so cheap in price, it is possible for even the poorest person to possess a library containing the finest thoughts of the greatest minds that have ever existed.

No one need ever be lonely who loves books. They are the best of companions. They are always at our side when we need education, consolation, inspiration or amusement. No friend can be as brilliant in conversation as a book in the thoughts it contains. We can turn to a book for our needs whenever we feel inclined, whereas a friend is not always at hand.

81- Birds of a Feather Flock Together.

An expressive old proverb, to the same effect as the above, says; "A man is known by the company he keeps". The lesson conveyed is, of course, that it is necessary to seek the right kind of companions, and to cultivate the best type of friends, lest one be misjudged.

Even an honest man, mixing in dissolute or disreputable society, may be unjustly given the same reputation as his associates. This is an instance of the innocent suffering with the guilty.

There is an old story of a parrot that becomes friendly with a party of crows, busily engaged in pulling up the wheat in a field. The enraged farmer came up and, raising his gun, took aim and fired at the robbers. The crows escaped, but the unlucky parrot lost his life as a result of his unhappy choice of friends.

A man may associate with his social inferiors, but should never mix with those who are known to be of bad or doubtful character. If one possesses self – respect and holds a responsible position, it is one's duty, not only to oneself but also to one's employers, to make a wise selection of friends and acquaintances.

Evil companions degrade and lower a man. His character gradually deteriorates. On the other hand, people of fine and noble character have an influence, both mental and spiritual, which uplifts all those with whom they come in contact.

82- Which Is Worse Blindness Or Deafness?

Every person is endowed with five different senses, he cannot dispense with any of them. They are five gates which transport him to various realms of beauty, enjoyment and knowledge. It is a tragedy to suffer the loss of any sense, but unfortunately there are people who are born blind or deaf. Others lose their sight or other senses through carelessness.

A blind man is unhappy and miserable, commands our sympathy, and cannot see the beauties of nature or the familiar faces of those whom he loves. All is darkness to him; his staff serves as eyes to guide him on his way.

He can enjoy the pleasures of sight through ears and tries to weave fancies about them, can converse with others and gain knowledge, enjoy melodious voices of singers, lectures and hear the sound of music, can be taught to read books with raised letters, trained to do manual work. Other senses become more acutely developed, profound

meditations about the secrets of life. Some blind people became famous writers or singers.

It is a great affliction - a deaf man cannot listen to music or hear the voices of others, lives in an eternal silence, cannot express his thoughts except by gestures, unable to obtain education. Can see the world's beauty, or to go wherever he likes.

83- Your Idea of a Happy Life.

What is one man's meat, says the proverb, is another man's poison. What is happiness to one man is misery to another; for happiness is a relative matter, depending upon the individual. One person considers that true happiness consists in wealth, luxury and display; another is of the opinion that contentment with little spells happiness.

Most young people express the exaggerated opinion that, to be really happy, one must be great and famous; a statesman, an inventor or a general. When they grow older, they realize that the majority of human beings must seek happiness, not in external circumstances, but within their own hearts. As Shakespeare says, "Uneasy lies the head that wears a crown".

My own opinion is that one should seek for happiness here and now, and not in the uncertain future. I shall be happy if I can possess a nice home, with a wife who is a true companion, and boys and girls whom I can bring up in honour, truth and love, I do not desire to be wealthy, but only to gain a sufficient income by honest work, in order to give my family and myself all the necessities of life. I hope, also to be able to provide for the future of my dependents, if they should survive me.

A small circle of sincere friends, upon whom I can depend for help and comfort in time of need or trouble, and who can rely upon me in the same way completes the definition of what I consider to be true happiness.

84- The Disadvantages of Being Born Rich.

That it is advantageous to be born of rich parents appears, at first sight, self-evident. One naturally thinks of the privileges enjoyed by a wealthy man's son. He receives a most careful upbringing by governesses and tutors, enters the most expensive schools and universities, and is tended and nurtured in a way that no poor man's child can be.

And yet, even during youth, he has experienced none of those hardships that are necessary to strengthen his character, and to equip him to face the battle of life.

It is when he reaches manhood, however, that he is in the greatest danger. He is probably in control of his inheritance. He finds himself surrounded by a host of so-called friends, they associate with him, not out of respect or liking, but because of the material gain and pleasure he can give them.

Many young men have come to a bad end through the agency of unlimited wealth. No one can find true happiness without ambition; and wealth often slays ambition. Character is built upon the ability to conquer difficulties.

A wealthy father knowing the dangers that await a wealthy son, should appoint a guardian who understands the world, can advise the young man and, if necessary, limit his income until he reaches years of discretion.

85- Dreams.

Dreams are of interest to all of us, because all of us dream. Some find them amusing, some worrying, some terrifying, some regard them superstitiously, gypsies take them as warnings, the superior regard them as merely stupid, while others, like the psychologists, study them scientifically and make use of them in the treatment of neurotic disorders.

Dreams indeed seem to go by opposites. What does it all mean? Is it all chance, is it all nonsense, or has it a meaning for our lives? At any rate, we cannot help being fascinated by the bizarre products we find emerging from

the depths of our personality, and which are the products of our unconscious creation of effort.

The child who has a vivid dream of being bitten by a dog will be afraid of dogs the rest of the day – the dream stands for reality. Who of us can say that we have not been affected by some depressing dream, which has left a marked effect on the life of the day? Such dreams cast their shadows upon the whole day. Terrifying nightmares will make us apprehensive, whereas a frustrating dream will make us veritable all morning. Bad dreams also have a positive effect on our lives so that dreams of success will cheer us up all day. We cannot therefore, afford to ignore dreams, for however much we may mock at them as nonsense; they have an undoubted influence upon our daily life.

86- Fear of Unemployment.

Many people fear being unemployed for a number of reasons. The ordinary person can fear unemployment, firstly due to stigma attached to it by our society today. Many people feel if they do not have a job, they are looked down on by people in society today. They can be made to feel stupid, inferior and even ashamed because they are unemployed.

Another reason to fear unemployment by many people is that, depending on the job you do, it can give you status and the importance in the eyes of others and if you are unemployed you therefore have no status. For example, who would impress you, someone unemployed or someone that says he is a pilot. Although society should not judge people by being either unemployed or on the job they do, it does. Therefore to be unemployed could cause many people in time to suffer from loss of confidence, self esteem and even become depressed.

Another reason people fear unemployment is because it could change their lives. For example a man who loses his job, could lose his home as he cannot pay the mortgage.

Due to the stress of this and debts it could break up his marriage and see him lose his children.

Finally some fear unemployment because it could change their lifestyle. For example if a young man in business with an expensive apartment, flashy sports car, and busy social life loses his job he could lose all due to the type of life he is living.

87- A Stitch in Time Saves Nine.

The meaning of the above proverb is that one should never put off doing, at the right moment, that which one ought to do. The wisdom of the saying is obvious in both its literal and its figurative sense.

If a person neglects to stitch up a small tear in his clothing when it appears, it later becomes enlarged and many stitches are required to repair the rent. This example shows its literal truth.

It is no less true in its figurative meaning. If for example, in the cold weather, one has caught a cold, and is sneezing and coughing. It is better for one to go to bed for a day and recover, than to go about as usual, and perhaps become seriously ill and have to call in a doctor.

In the same way a student may procrastinate, although he knows that he is weak in some subject. If he immediately sets to work to remedy this weakness, he can soon become strong. If however he leaves everything until the last moment, he is compelled to stay up late, night after night, in order to increase his knowledge.

A man may be to develop a bad habit, such as drug-taking or drinking. It is far easier for him to avoid such a vice when it first begins to get hold of him, than to get rid of it when it has him thoroughly in its grip.

Another proverb: "Prevention is better than cure", has almost the same meaning as the one we are discussing.

88- Early Rising.

A good habit, easily acquired when young. To go to bed early, to have sufficient sleep, to sleep soundly, in a

well-ventilated room. One must not study too hard or eat too heavy a meal just before retiring. The moment one is properly awake, one should immediately get out of bed, to lie idly in bed is a bad habit.

A proper amount of sleep refreshes a person, and makes him or her, ready for work in the morning. Sufficient sleep enables us to tackle our job efficiently, and thus gain the confidence of our superiors. Late-risers feel dull and stupid, and are unable to attend to matters that demand their attention. They are liable to be blamed, to risk one's career. An hour's work in the morning is worth two at night. Early rising makes a man healthy, wealthy and wise. To calm one's mind with the beauty and calm of the dawn.

89- Kindness to Animals.

Animals render us great services. Many benefits are obtained from them. We depend upon them for food, clothing and materials for manufacture.

Animals are dumb and helpless. They cannot express the pains they suffer. Their inability to work if they are ill treated.

Animals are always faithful and loyal to their masters. Cruelty is brutal. It is a mark of deterioration of character.

Animals should be properly fed, housed and kept clean. They should not be overworked or overloaded. They should be humanely slaughtered. To avoid giving them unnecessary pain, society for the Prevention of Cruelty to Animals, its work is to bring to justice those who are cruel to animals, to doctor animals when ill or injured. Kindness in children is encouraged by their being allowed to keep pets, such as dogs, cats and birds.

Animals become more willing to serve us, their loyalty to us is shown in different ways. To cultivate consideration for others. To promote other virtues, a sign of good character.

90- The More Haste the Less Speed.

The above is a very old proverb that conveys a great deal of wisdom and a valuable lesson. Its meaning is that if one does anything hurriedly, inaccurately or without forethought, one may not be able to bring it to completion.

Hurry involves the making of mistakes and mistakes necessitate correction. Thus, hurried work is frequently useless, and sometimes harmful.

The pupil at school, for instance, who rushes through a problem of mathematics, is apt to make a mistake at the beginning, and finds in the end that he must begin all over again.

The athlete who runs too quickly at the start of a long race is quickly overcome by fatigue and is sure to be passed, sooner or later, by other competitors who began more slowly.

The business man, who hears that the shares of a company are about to rise, must not buy any until he has ascertained that there is sufficient reason for their doing so, or if their coming appreciation is only a rumour.

An ambitious ruler who plunges his country into war, without counting the cost may bring untold suffering and poverty upon his people.

So, a little thought before action may obviate a lot of trouble in the end. In order to discourage this habit of hastiness, modern education includes subjects, the study of which encourages forethought, logical reasoning and accuracy.

91- How a Person Can Change His Direction.

A man must first come to the place in his life where he needs a change. We can hardly imagine a life that would not need a change at some point. Life is often seen as a series of changes. As we move through life we often open our eyes look around and ask, where on earth am I and how did I end up here? Often it's these times that a change is needed in our direction.

The next thing that a man must do is to come to some decision about where he is and where he would like to be. Just as a man can not change without seeing the need, he will not end up in a desirable place with out some proper brain storming. Some things to consider would be what are wrong with the current direction? What is it that you need to change in your life and why do you wish to change it? A clear concise look at your spiritual beliefs will help to point you in the right direction.

A man's beliefs can play a very large role in where he is headed in life. The only problem with this is that we as people have such a wide range of beliefs. It is my conviction that with out God, a change in direction will never be realized. Yes it is true that even non believers change their directions from time to time. I would argue that this is the

Common grace of God assisting them with out their knowledge. The best thing that we can do to insure that we are successful in this change is to make it a change toward God and his will. Because man is free in the sense that we can make decisions and choices. We are free to make the wrong ones (and often do). The only way we can set a new direction in life with the assurance that this is the right way, is through God.

92- A Successful Business Career.

Success in any walk of life depends not only upon specialised knowledge, but also upon the qualities that are inherent in a man. Success in business demands not only strength of character but a thorough knowledge of commercial subjects.

Chief among these subjects is book-keeping, or the proper keeping of the accounts of a firm. The advanced form of this study which concerns companies is extremely difficult and complicated.

Again, commercial correspondence is an important subject. This includes knowledge of at least three languages,

and of the special idioms which must be observed in business letters.

Knowledge of the most profitable forms of advertising is also important. A merchant must never be content with the markets he holds, but must always seek for fresh markets in all parts of the world to dispose of these goods.

Schools of commerce teach also international and commercial law, including that of contracts, banking, insurance and companies. It goes without saying that a good knowledge of general office routine is also an essential.

Above and beyond these technical qualifications stands character, without which no permanent success can be attained. Firstly, honesty must be the primary aim and object of one who wishes to succeed. The customers of a dishonest merchant will refuse to repeat their orders, once they have discovered his dishonesty. The old saying: "Honesty is the best policy", always holds good.

Industry, too, is essential, for no progress can be made without hard, honest work and application.

Punctuality is important. Once an appointment is made it must be kept, at whatever personal inconvenience.

Proper routine must be maintained. The manager must see that the employees do their work properly and efficiently, and must be ever on the watch to observe any slackness or inefficiency.

To be polite to a possible customer is always a wise policy. It may be the means of securing order for goods that will continue for years to come.

93- Violence.

Violence is among one of the most malignant act that has been increasing day by day, in the streets of our city. As a result of this new wave of violence, our city's reputation, safety, and public stature are all degrading. Everyone has a different definition of violence than others. In order for everyone to understand the full impact of words such as

"violence," we need to have a definition that each person can identify with. Violence is generally described as being - "Physical force exerted for the purpose of violating, damaging, or abusing," "the act or an instance of violent action or behavior," "abusive or unjust exercise of power." All the above are definitions of violence as quoted in the dictionary, and although they are worded differently, they all point out the same idea, that violence is harmful to our society. Therefore we need to make sure that violence in our city no longer goes unnoticed, and in order to eliminate it from our society, we need to put into action, certain ideals and morals into both our psyche and community.

Before we can get into further detail as to how we can eliminate violence from our city, we first need to understand what violence really is, and what are the factors that cause violence in our society? The most common description of what violence really is can be given as negativity towards something or someone either through physical or verbal actions, which often cause the victim to suffer mental or physical pain. The different types of violence that exist in our multi-cultural, multi-faith society are out-numbered, but the most evident ones are, domestic, gang, sexual, monetary, and racial violence. Although they all seem different in their own way, one factor binds them all together; that is they all cause harm to their victims and to our society as a whole. Hence, the fact that they are all against the law; they each can have serious emotional or physical consequences for the victim.

94- Crime: Its Cause and Prevention.

A man's character is influenced and moulded by two great forces: heredity and environment. By the former, the qualities of the parents are transmitted to their children; by the latter, one's character is altered by one's circumstances.

There is no doubt that a youth resembles his parents or ancestors not only physically but also in character. Again the strength of a youth's character depends largely upon

those persons with whom he comes into contact. So it is clear that those who commit crimes are not altogether to blame for their misdeeds, but are often at the mercy of forces outside their control.

In former times criminals were regarded as wholly responsible for their actions. Punishment was inflicted to satisfy a desire for revenge by the community upon the wrongdoer.

Nowadays, with the advance of the study of psychology, it is realized that the criminal should be regarded not as a wicked, incurable creature, but rather as a sick man suffering from a curable disease. Consequently, the modern prison is more like a sanatorium than a place of torture and misery.

The effect of the old system was to manufacture habitual criminals. Prisoners were treated so brutally that they became the enemies of society and committed crime after crime. In the modern prisons, wrongdoers are shown the stupidity of their actions; they are taught a useful trade, treated kindly and are found suitable employment when released. Thus they become useful members of society.

So it is clear that severe and brutal punishment destroys the soul of a wrongdoer and makes him so revengeful that he is likely to continue in his career of crime. Kindly treatment, on the other hand, gives him self-respect and awakens his conscience.

The object of punishment therefore must be only to prevent others from imitating a wrongdoer and to reform the latter and teach him the evil of his ways. Punishment must never be inflicted in order to render a wrongdoer miserable, for that is a sure way to brutalise him and predispose him to repeat his offence after serving his sentence in prison.

95- Imagine Life in the Year 2100 .

What will life be like in a hundred years time? By then, the population of the world will have doubled. We will

have run out of many essential materials like oil and coal. We may have run out of water to drink.

But some experts believe that things will not be as bad as that they say that life will be far better than it is today. The buildings of the future will be far superior to those of the present day as they'll be getting more sunlight. Man will have discovered new sources of power to replace those that have been used up.

However, one thing is certain. Life will be far more mechanized. Machines will do many jobs that people do today. Therefore, it would be difficult to get the job one would like to have and one will have to learn several jobs in one's life time.

In 2100, I think that a new sort of modern cars will replace those we use nowadays. Our cars will be full automatic. Aeroplanes which are now faster than sound will have the speed of rockets. They may link the whole world in a matter of a few hours. Prefabricated buildings will be the fashion of the age. Building will be ready for use in a matter of days.



Exercises



Write an essay on:

- 1- What we do in our holidays.
- 2- Bringing up children.
- 3- A kind act.
- 4- The greatest events in human life.
- 5- What a tourist may take home from Egypt.
- 6- How man has become master on earth.
- 7- Causes of food shortages.
- 8- How we can protect our crops?
- 9- The importance of science in our life.
- 10- Transport.
- 11- Housing
- 12- The advantages and disadvantages of having a car.
- 13- Unemployment especially among young people is a serious problem in many countries today.
- 14- Pollution has a bad effect on people's health.
- 15- The advantages and disadvantages of travelling by train.
- 16- Crime doesn't pay.
- 17- It is only when a person is sick that he realizes the value of good health.
- 18- Television as a means of culture and entertainment.
- 19- The ideal family.
- 20- How to solve the problem of heavy traffic in Cairo.
- 21- Sports and games.
- 22- How to solve the problem of unemployment in Egypt.
- 23- Traveling abroad enriches one's experience.

- 24- Describe a bank robbery in your town.
- 25- Old people.
- 26- The more you work, the more you gain.
- 27- Man can hardly live apart from other people.
- 28- Write a story ending with: "This was the result of having many children in the family".
- 29- Street accidents.
- 30- The luxury of yesterday is the necessity of today.
- 31- Write a short story ending with : "At last I could solve the whole mystery"
- 32- Little things sometimes cause dangerous results.
- 33- A happy holiday.
- 34- People I shall never forget.
- 35- The sea holds both dangers and benefits.
- 36- The part played by young men and women in our new society.
- 37- The bad effect of TV. on the children.
- 38- The importance of studying foreign languages.
- 39- How to keep our cities clean.
- 40- The bad effects of smoking.
- 41- The benefits we gain from traveling abroad.
- 42- Children need much care.
- 43- Means of travel nowadays are easy and comfortable.
- 44- The value of practicing sports and games.
- 45- The problem of over population in Egypt.
- 46- Modern means of transport.
- 47- The importance of learning foreign languages.
- 48- People who do dangerous work.
- 49- The programme you like best on television.
- 50- The importance work of a nurse.
- 51- How young people enjoy themselves.
- 52- Feast days and how they are celebrated.
- 53- Describe the newspaper or magazine you most enjoy reading.

- 54- The country you would like to visit most.
- 55- Your favorite game or pastime.
- 56- The most attractive person I have ever met.
- 57- The kind of work you prefer when you grow up and why.
- 58- The qualities that a friend should have.
- 59- If you fail, try again.
- 60- A happy occasion.
- 61- An exciting adventure.
- 62- Lucky people.
- 63- The different types of neighbors you have.
- 64- New Year celebration in your country.
- 65- Summer nights.
- 66- The importance of reading newspaper.
- 67- Living in a small village.
- 68- The part played by radio & television as a means of culture.
- 69- Your idea of an ideal home.
- 70- How a family can increase its income.
- 71- Week- ends and how different people spend them.
- 72- Those who give their lives for others.
- 73- Ambition is the way to success.
- 74- People I admire and for what reason.
- 75- Things that bring comfort and pleasure to home life.
- 76- Sitting beside a radio or a television is not a waste of time.
- 77- A friend in need is a friend indeed.
- 78- Success in life depends on character.
- 79- Happiness.
- 80- Childhood.
- 81- Peace and war.
- 82- Character & environment.
- 83- Reading.
- 84- Describe some of the changes which have taken place

- in your town or village during the last twenty years.
- 85- Your role in defending your country.
 - 86- Visiting foreign countries adds to a person's knowledge and experience.
 - 87- Only primitive people seek personal revenge.
 - 88- The ideal mother is both a working woman and a good housewife.
 - 89- A story ending " And this is why I can never thank him enough for saving my life'.
 - 90- Earth is no longer Man's sweet home.
 - 91- The value of sports.
 - 92- Pleasant and unpleasant memories of your childhood.
 - 93- Computers are the most efficient servants man has ever had. But will they make his life happier.
 - 94- Our planet Earth is in danger. What should we do to look after it and protect it for ourselves and the future generations?
 - 95- Sometimes animals and books make better friends than human being. Discuss giving examples.
 - 96- With modern technology life has become easier and more comfortable but are people happier? Discuss, expressing your opinion.
 - 97- The role of the youth in the progress, development and prosperity of their country.
 - 98- Write an account of the most important events in the history of your country. And when they happened.
 - 99- Parents nowadays are more concerned with providing materialistic needs, ignoring emotions and values.
 - 100- Opening up to other cultures and civilization through mass- media (Radio- TV- Video- Internet- Newspapers- Magazines ... etc). Could have either positive or negative effect. (Discuss)
 - 101- Generation gap.
 - 102- Time: How people should make the best of it.

- 103- How to help making our environment clean.
- 104- Describe a happy day in your life
- 105- Describe your family life and compare it to an ideal family life. How do you think should the members of a family get on with each other?
- 106- Health is a splendid treasure.
- 107- The advantages and disadvantages of living in big cities.
- 108- Describe what you consider to be the ideal way to bring up children nowadays.
- 109- Some pleasant and unpleasant memories of your childhood.
- 110- International sporting competitions encourage friendship between different countries.
- 111- An achievement you feel proud of.
- 112- Write your opinion. It is better for boys and girls to be educated together than for them to be educated separately.
- 113- Why should young men and women start their own business instead of waiting for government posts?
- 114- A wise person has to be careful when he or she chooses friends.
- 115- The relation between "Tourism and Terrorism".
- 116- The importance of home environment in the formation and development of character, behavior and personality. Discuss, showing how this could help schools in fulfilling their aim to create a promising generation.
- 117- A story entitled "If money were all"
- 118- Your favourite programme on TV and why.
- 119- How can we make schools more enjoyable for students?
- 120- How to help making our environment clean.
- 121- The duties of the young people towards their parents.

- 122- Tourism and how to encourage it.
- 123- A story beginning with : "Once, while I was walking along the street with my friend"
- 124- Describe one of your school days.
- 125- The importance of money in our life.
- 126- The best way to spend your leisure time.
- 127- Different means of transportation make it easy for us to go anywhere in a short time.
- 128- Failure is not an end, it can be a beginning for a successful life.
- 129- Write about something funny or exciting that happened to you or someone you know.
- 130- Write a story ending "... it was an awful day I'll never forget"
- 131- Are animals intelligent or not? Why?
- 132- Pollution of water has a very bad effect on people and countries.
- 133- Your physical fitness depends on the food you eat.
- 134- Write a story using the following saying : "A friend in need is a friend indeed"
- 135- How has T V changed our life?
- 136- Describe a road accident that you saw one day on your way to school.
- 137- An interesting book you read.
- 138- Some people like to keep pets at home. What do you think?
- 139- You were the only one to survive from a plane, that was crashed in a deserted island. Writ about this experience.
- 140- A day outside home.
- 141- Which sport do you like best? Why?
- 142- Write about your country.
- 143- Which is your favorite season of the year and why?
- 144- Money can buy everything except health and

happiness. Tell a story to which the previous statement is the end.

- 145- Useful hobbies.
- 146- Your plans for the future.
- 147- Last week you dreamt that you found a treasure. Complete the story.
- 148- A national recipe of any kind of food you know.
- 149- An evening you spent outside with your parents.
- 150- If you have a time machine which time would you choose to live and why?
- 151- Some great women are far more famous than men. Give an example, showing why she deserves this fame.
- 152- Your plan for the summer holidays.
- 153- Computers- how far they have affected our lives.
- 154- Happy occasion for members of the family.
- 155- Football
- 156- A story ending with..... .. Hence, he realized that his mode of life should have no further lies.
- 157- Joys of travelling abroad.
- 158- The best ways to spend leisure time.
- 159- How to be healthy.
- 160- The good qualities of your best friend.
- 161- A great personality you read about.
- 162- A daring act done in time of danger by someone who did not take his own safety into consideration.
- 163- English as an international language.
- 164- A good book is a good friend.
- 165- You discovered that your neighbour's house was on fire and he wasn't there. Report what did you do and how you saved the house from being completely burnt.
- 166- A murder mystery you have enjoyed reading or watching on TV.
- 167- Fashions nowadays are numerous. State your opinion giving examples on the different kinds of fashion (clothes- hairstyle- shoes- colors- accessories).

- 168- Things you like to do on a holiday.
- 169- People we do not like to mix with.
- 170- Life in the next century.
- 171- Our country is trying to improve the education system.
As a student write your own ideas in this field.
- 172- Write an imaginary story of a dog that was lost, as told by the dog itself.
- 173- Plants make the world a pleasant place to live in.
- 174- Hard work always leads to success.
- 175- Imagine a world without wars and terrorism.
- 176- Schools should not close their doors in summer.
- 177- A picnic you have enjoyed.
- 178- Shopping.
- 179- Poor people lead a miserable life, they need real help.
- 180- Imagine your country has been chosen to host the next Olympic games Express your feeling and opinion for this important event.
- 181- The characteristics of a person you most admire and respect.
- 182- Self confidence is a double – edged weapon.
- 183- Pollution and its effects on our environment.
- 184- Television is a double – edged weapon.
- 185- Supporters of technology say that it solves problems and makes life better. Opponents agree that technology creates new problems. Discuss, expressing your own view point.
- 186- Computers are widely used in all branches of life.
- 187- When you graduate, will you try to get a government job or start your own business? Why?
- 188- Choose a job and talk about what you like and dislike about it.
- 189- A person who impressed you.
- 190- Your hopes and ambitions in life.
- 191- Most futurologists agree that life in a big city is no longer enjoyable. What do you think?

- 192- Advertisements on television in Egypt.
- 193- How our life now differs from that of our grandfather.
- 194- Our parents do many things to make us lead a happy life. Say why we should be grateful to them.
- 195- How to make a good impression at a job interview.
- 196- Tell us about something that had surprised you a lot.
- 197- A better world of ours. How could we attain it?
- 198- The youth are the backbone of the society.
- 199- Imagine your life in 2090.
- 200- Choose a job and speak about personal qualities it requires and which you like and dislike about it.
- 201- My body may be confined to this chair. But with the Internet my mind can go to the end of the earth." Comment on this statement showing the various facilities and advantages of the internet as a miracle of modern technology.
- 202- An embarrassing experience that happened to you.
- 203- You've won a free ticket to a foreign country. Decide where to go and what you expect to do and see there.
- 204- Write solidarity, cooperation and sympathy of the Egyptian people in time of disaster and catastrophe is remarkable.
- 205- Write with reference to the Palestinian uprising and Egyptian's reaction to the pressing situation
- 206- It's not enough to dream of success, but to work hard in order to realize it. What are the elements of success in your opinion?
- 207- Health is a splendid treasure.
- 208- Write a bout a holiday that went wrong.
- 209- Our age can be called the age of technology.
- 210- Egypt is rich in historic remains.
- 211- How life would be without modern technology.
- 212- The dangers of over population and the possible solutions.

- 213- What complaints might a teenager have about his or her parents? Discuss illustrating the generation gap.
- 214- If you had the problem of feeling worried and tired beside lacking confidence what could you do to improve the situation.
- 215- How far do you agree to the view that the press overpowers public opinion?
- 216- We have much more leisure now than people had fifty years ago. What effect does this greater leisure have on our activities?
- 217- New cities.
- 218- Modern technology.
- 219- With modern technology life has become easier and more comfortable but are people happier? Discuss expressing your opinion.
- 220- Egypt faces many problems nowadays. Discuss three of them and suggest possible solutions.
- 221- A holiday you've never forgotten that went on either nicely or badly.
- 222- Mass Media.
- 223- Summer camps for students.
- 224- How technology influences our life now.
- 225- How can we protect our heritage?
- 226- Can we consider youth as the treasure and wealth of a nation? Why not?
- 227- Life in a crowded street.
- 228- Why tourists come to Egypt in winter.
- 229- Collecting things.
- 230- Bad habits and their effect on man.
- 231- Presents.
- 232- Traveling by air
- 233- Education is not an end, but a means to an end.
- 234- Freedom of speech.
- 235- Savings.

- 236- Noise is one of the most unpleasant features of modern life.
- 237- Reading for all.
- 238- Some people think that using bicycles is a solution for the problem of city transport. What do you think?
- 239- Earthquakes.
- 240- No one can live without a friend.
- 241- Co- operation is needed to lead a successful life.
- 242- A dream you have achieved and a dream you haven't achieved yet.
- 243- Have you got a favorite restaurant? Where is it? How often do you go there? Why do you like it?
- 244- Do you believe in total obedience? How far does a teenager has to stand for his rights?
- 245- Friendship is a double face coin it could be constructive or destructive. Discuss.
- 246- The kind of treatment you expect from your parents and teachers at your age.
- 247- Today in most countries women are almost equal to men.
- 248- Do you think that life has become easier and more comfortable.
- 249- How medicine and treatment have changed from the past to the present.
- 250- Write a story to show that, one lie is often followed by others .
- 251- Egypt is the gift of the Nile
- 252- "Gardens and Parks" are important in our life.
- 253- Making good use of our spare time
- 254- My school library.
- 255- An accident you saw on your way home.
- 256- Violence.
- 257- How to keep healthy.
- 258- A place you remember, it may be a house you lived in,

- village, a town or city or a place you visited on about holiday.
- 259- An invention or discovery you had read about or seen.
- 260- As an adolescent, how do you find this period critical.
- 261- Write about one of the most important problems in Egypt and how we can overcome it.
- 262- An unfortunate incident.
- 263- Our new projects are the pathway to our welfare and glory.
- 264- Knowledge is power.
- 265- War is a disaster in which the winner loses as much as the loser. Discuss.
- 266- Necessity is the mother of invention.
- 267- Your freedom ends where other people's freedom begins. Discuss.
- 268- Second thoughts are best.
- 269- What we should do to make life in our country happier and better.
- 270- A man is known by the company he keeps.
- 271- Nothing has served the cause of peace more than direct contact between the leaders of nations.
- 272- The simple life of a village.
- 273- Bad habits and good habits.
- 274- Public opinion.
- 275- Justice
- 276- The value of school games
- 277- Injustice
- 278- A good citizen
- 279- Examination.
- 280- Museums
- 281- The zoo.
- 282- Keeping one's word.
- 283- In a democratic country, citizens enjoy freedom, equality and justice.

- 284- The attraction of the city.
- 285- Going on an expedition.
- 286- Science is a mixed blessing.
- 287- Books alone can never educate.
- 288- Which newspaper do you usually buy and what subjects are regularly covered in it? Describe the content of the newspaper and say why you buy it in preference to any other newspaper you know.
- 289- Dress is an indication of character.
- 290- Causes and effects of famines.
- 291- The children of today are the men and women of tomorrow.
- 292- Music is the food of the spirit.
- 293- Love means sacrifice.
- 294- Nothing succeeds like success.
- 295- Deeds speak louder than words.
- 296- There are no gains without pains.
- 297- The police play a very important role and face danger to keep us safe. You can make use of the following ideas: chase criminals- prevent crimes- help people.
- 298- Natural disasters.
- 299- Cleanliness.
- 300- Cloning.
- 301- Family planning.
- 302- Desert reclamation.
- 303- Fanaticism.
- 304- Illiteracy.
- 305- Drugs.
- 306- Extremism.
- 307- Public libraries and why they are useful.
- 308- The value of having Pen-friends.
- 309- A birthday party.
- 310- The Egyptian people is marked by hospitality.
- 311- Routine makes life unbearable.

- 312- Write a story ending with: "That is the end of his wicked deeds".
- 313- The advantages and disadvantages of having a meal at a restaurant.
- 314- The first experience of travelling by air.
- 315- Money is a servant and not a master.
- 316- Investment.
- 317- There is always misunderstanding between grandparents and grandsons.
- 318- My hopes for the future.
- 319- The importance of clubs for old people and youth.
- 320- Why some students dislike school.
- 321- Discomforts of travelling by train.
- 322- Rumours have bad effects on our society.
- 323- The influence of both cinema and theatre on young people.
- 324- Sleep gives rest to the body.
- 325- Live and let live.
- 326- How people spend their evenings.
- 327- Why we are grateful to doctors.
- 328- School activities.
- 329- A grown-up who is still immature.
- 330- Medicine must be taken with caution.
- 331- A chronic problem which must be eradicated.
- 332- The problems in the developing countries.
- 333- A happy day or event in your life.
- 334- Considering others.
- 335- It is wrong to judge people by appearance.
- 336- The underground metro.
- 337- The River Nile.
- 338- Thanks to the modern means of communication. No place is now too difficult to reach.
- 339- Some ways in which a student can serve his country.
- 340- Pupils who absent themselves from school lose much.

- 341- The more you work, the more you gain.
- 342- Watching television it not always a waste of time.
- 343- Presents and the occasions on which they are offered.
- 344- What a country expect from its youth.
- 345- The sea – side is the best place for spending a good holiday.
- 346- A holiday you spent in the countryside.
- 347- Write a story ending with "That's how the old poor man lost his life"
- 348- How to encourage children to read more and more.
- 349- Food projects to face the increasing population problem.
- 350- Egyptian young men and women can help make our cities look more beautiful.
- 351- Raising the standard of living demands developing industrial and agricultural production.
- 352- What would you do if you suddenly came into a fortune of 10 million dollars
- 353- There is a rise in the prices of all articles.
- 354- Why the government does its best to teach all citizens reading and writing.
- 355- The best form of transport in a big city.
- 356- Why people travel from place to place.
- 357- Difficulties faced by a spaceman.
- 358- The desert is the future of our country.
- 359- Present- day students, how they differ from previous generations.
- 360- Cities of the future.
- 361- Imagine you witnessed a shop –lifting scene in a big store. Tell us the story.
- 362- Modern inventions are a mixed – blessing.
- 363- National campaign for giving up smoking.
- 364- Once I dreamt that Complete telling us what happened.

- 365- How to overcome famine.
- 366- Competition in our life.
- 367- Life in the past and present.
- 368- Troublesome neighbors.
- 369- National campaign for eradicating illiteracy.
- 370- People who spend more than they can afford.
- 371- A pick- pocket in a bus.
- 372- Beggars
- 373- School excursions.
- 374- Old age.
- 375- People who do dangerous work.
- 376- A doctor's work is not only to cure illness but also to prevent it.
- 377- War destroys civilization, ruins economy and kills thousands of people.
- 378- Modern life, which is highly mechanized, has its disadvantages as well as its advantages.
- 379- The life of old people should be made as comfortable as possible.
- 380- Travel in the past was not as easy as it is today.
- 381- The ways in which a family can increase its income.
- 382- The best ways of spending your leisure.
- 383- Giving an example is more effective than teaching.
- 384- Should students only be judged by their results in end-of - year exams?
- 385- Describe your ideal home.
- 386- The importance of trade and transport.
- 387- A bright future is awaiting Egypt.
- 388- How did Egypt help and support the Palestinian uprising.
- 389- Do young people today make good use of their free time?
- 390- How does technology affect our life?
- 391- The formula of success in fast food industry.

- 392- What would you do if you were rich?
- 393- The most amazing piece of news you have read in the paper.
- 394- Crimes and criminals.
- 395- A journey you have always dreamt of.
- 396- What changes would you like to see in Cairo?
- 397- A story ending with the words "Finally I woke up and realized it was only a dream.
- 398- Television has a bad effect on children.
- 399- Happy occasions for members of the family.
- 400- The role of the media in society.

