

CANDIDATE NAME	CLASS 6C	INDEX NUMBER
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DUNMAN HIGH SCHOOL  
General Certificate of Education Advanced Level  
Higher 1

## YEAR 6 PRELIMINARY EXAMINATION

### GENERAL PAPER

**8807/02**

Paper 2

**4 September 2013**

INSERT

**1 hour 30 minutes**

### READ THESE INSTRUCTIONS FIRST

This Insert contains the passage for Paper 2.

This document consists of **3** printed pages and **1** blank page.

**[Turn over**

*Har Ridley considers the pace of life in the modern world.*

- 1 Pace of life is not easy to define. To the uninitiated, there is no more vivid symbol of a rapid  
pace of life than the moving hands of a clock. But to the informed, pace of life is the arbitrary  
flow or movement of time that people experience. It is characterised by rhythms (the pattern  
and arrangement of work time and rest time), sequences (the priority given to work and play) 5  
and synchronies (the manner in which people and their activities are attuned to one another).  
These characteristics form a dimension of our experience that we take for granted – our  
perception of time. In Brazil, to be three hours late is perfectly acceptable; in Japan, there is a  
sense of the long-term that is unheard of in the West. Indeed, when we travel to a different  
country, what contributes most to our sense of disorientation is not the concrete cultural  
adjustment that is required, such as getting used to new food, negotiating a foreign language or 10  
adapting to a different standard of living, but having to adapt to another culture's sense of time.
  
- 2 How do we use our time? Are we being ruled by the clock? If we were to travel back in time  
to ancient Greece where the Greeks used sundials as early clocks, we realise that they lived  
according to *nature* time, where the rhythm of the sun and the seasons governed their  
activities and way of life. Interestingly, their heliocentric undertakings led them to live 15  
according to *event* time when they structured their time around events – when they wanted to  
make an appointment next summer, they would say, 'I'll see you at the next harvest'. The  
beginning of *clock* time arguably started since the Industrial Revolution centuries later when  
mechanical timepieces were used not only to mark the commencement and conclusion of  
activities, but to dictate their scheduling, notwithstanding what was going on in the 20  
surroundings. We now put in long hours at work habitually to meet hard deadlines that  
various departments are obliged to adhere to. Indeed, clock time has revolutionised the  
cadence of daily life. It requires an uncompromising regularity in the passage of events, with  
increasing speed. For most industrialised societies, living by the clock is a given. People  
struggle to escape from clock time, at least to vacate from it. But in the end, the clock stands 25  
plainly invincible, in control of production, progress and pace of life.
  
- 3 Today, our unhealthy pace of life has infected us with the disease of 'busyness' and having no  
time to 'stand and stare'. Tragically, we relish in being zealously and exhaustingly over-  
occupied, erroneously accepting it as a sign of achievement. Traditionally, a man's devotion to  
his family was defined by his noticeable presence in the household, which also determined his 30  
status as the patriarch in the family. Today, he who works himself to the ground to reach to the  
top, and he who is never home before nine but brings home the biggest salary, secures the  
respect from his spouse and children. And children no longer enjoy the precious, unhurried  
pace of childhood but scurry from school to enrichment classes that fill up the entire day.
  
- 4 Dire consequences for family life aside, a fast pace of life also significantly threatens our 35  
culture. Fast food is now preferred to leisurely prepared, once-cherished home-cooked meals  
from traditional recipes, and women are no longer obligated by custom to cook at home,  
leading to reliance on unhealthy takeaways or pre-prepared meals. Instead of sitting round the  
table talking and connecting to each other, we eat our meals on the hoof while trying but failing  
to do a dozen things with our communication devices at the same time, oblivious to our 40  
surroundings. Traditional artistic endeavours that develop in us the virtue of patience and pride  
in our culture, such as calligraphy and handicrafts, are abandoned since they take time to  
master. Time-honoured, meaningful and symbolic rituals and customs to celebrate an event, a  
life or a noteworthy mythical figure are no longer carried out wholly, or even skipped entirely.
  
- 5 Businesses are well aware of the power of creating a sense of urgency. Limited-time offers 45  
are a mainstay in marketing strategies: businesses often present vulnerable customers with  
offers that terminate when they leave the premises, hurrying them to make a reckless  
purchase. And enterprising firms capitalise on the souls wearied by busyness by offering  
them a retreat to small, rural communities practising a simple way of life – not for the positive  
motive of spiritual pursuit but the negative one of escapism. To cater to our need to de-stress 50  
in our frenetic age, they offer us theme parks which are but bogus entertainment centres to  
thrill and dull our senses with high-tech fast ride experiences, fast food in ubiquitous  
restaurant chains and souvenir stores, taking even more money off us in the process.

- 6 It is one of the great ironies of modern times that time-saving technology has given us less time and has further added to the pressures of life. While modern machinery liberated women from domestic drudgery, it also enslaved them, and men, at the workplace. With office automation and communication devices, we no longer work in a leisurely manner but in quicker and more resourceful ways. We now see time as a commodity and are tuned to the idea of speed. Achieving more in less time is a triumph! Insidiously, we become impatient, and begrudge delays and unfilled moments. We fume at wasting our time when we are in our vehicles immobilised in traffic congestions, and our blood pressure escalates, stressing ourselves further. And our obsession with speed is further fuelled by the phenomenon of world-wide competition in sport – as seen in the Olympic Games, various sporting world cups, racing and ball games that are all encouraged by unprecedented prevalence of the media – where, regrettably, only record-breaking performance in time is celebrated.
- 7 When did you last stare at the evening sky to catch a sunset? If you did, then you were a magnificent anachronism, just sitting there seemingly doing nothing. But you were not doing nothing – you observed, anticipated, and probably marvelled at the vast beauty of the nocturnal skyscape. Inactivity is invigorating and redemptive but none of us does enough of it because we are never allowed to spend a large chunk of the day doing nothing – daydreaming, thinking, exploring – and that is a provocation to interference from our parents, peers and bosses who always chivvy us into what they perceive as ‘useful’ occupation. And thus, we have lost our capacity for defiant idleness entirely.
- 8 In *The Psalms of David*, Isaac Watts wrote:  
*‘Time, what an empty vapour ‘tis;  
 And days how swift they are!  
 Swift as an Indian arrow flies,  
 Or like a shooting star.’*  
 Is time an arrow we must dodge or vapour we can ignore? If we know better, we may live by the clock only when we have to. All that is lacking is the inclination of governments, businesses and community leaders to give priority to enforce shorter work weeks and more days off work. Perhaps, instead of saying, ‘Don’t just sit there; do something,’ we should say the opposite, ‘Don’t just do something, sit there!’ Indeed, instead of speeding up our pace of life, we should be slowing it down.

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***Acknowledgements:***

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## YEAR 6 PRELIMINARY EXAMINATION

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### GENERAL PAPER

**8807/02**

Paper 2

**4 September 2013**

**1 hour 30 minutes**

Candidates answer on the Question Paper.

Additional Materials: 1 Insert

### READ THESE INSTRUCTIONS FIRST

Write your Class, index number and name on all the work you hand in.

Write in dark blue or black pen on both sides of the paper.

Do not use staples, paper clips, highlighters, glue or correction fluid.

Answer **all** questions.

The Insert contains the passage for comprehension.

Note that **15** marks out of **50** will be awarded for your use of language.

At the end of the examination, fasten all your work securely together.

The number of marks is given in brackets [ ] at the end of each question or part question.

AQ Mark	
For Examiner's Use	
Content	/ 35
Language	/ 15
Total	/ 50

This document consists of **6** printed pages and **1** insert.

**[Turn over**

Read the passage in the Insert and then answer **all** the questions. Note that up to fifteen marks will be given for the quality and accuracy of your use of English throughout this Paper.

For  
Examiner's  
Use

NOTE: When a question asks for an answer IN YOUR OWN WORDS AS FAR AS POSSIBLE and you select the appropriate material from the passage for your answer, you must still use your own words to express it. Little credit can be given to answers which only copy words and phrases from the passage.

- 1 According to the author, in paragraph 1, how is pace of life characterised? **Use your own words as far as possible.**

[3]

- 2 Explain how the examples in lines 7-8 support the point made by the author in the last sentence in paragraph 1.

[1]

- 3 Explain how 'clock time' (line 18) differs from 'nature time' (line 14) and 'event time' (line 16). **Use your own words as far as possible.**

[2]

- 4 'We now put in long hours at work habitually to meet hard deadlines that various departments are obliged to adhere to.' (lines 21-22)

Which characteristic mentioned in lines 3-5 is best illustrated by the statement?

[1]

- 5 Explain what the author means when he says 'living by the clock is a given' (line 24).

[2]

- 6 In paragraph 5, according to the author, how do businesses exploit our fast pace of life today?  
**Use your own words as far as possible.**

[3]

- 7 Explain how what the author has to say about vehicles in paragraph 6 illustrates the irony he describes in lines 54-55.

[1]

- 8 'where, regrettably, only record-breaking performance in time is celebrated' (line 65)  
Why does the author use the word 'regrettably'?

[1]

- 9 According to the author, what are the reasons for us not doing enough of 'inactivity' (line 69)?  
**Use your own words as far as possible.**

[2]

- 10 What **two** characteristics of time are illustrated in *The Psalms of David* (lines 75-78)?

[1]

- 11 Using material from paragraphs 3 and 4 of the passage, summarise what the author has to say about the problems and negative consequences that a fast pace of life can cause.

*For  
Examiner's  
Use*

Write your summary in **no more than 120 words**, not counting the opening words which are printed below. **Use your own words as far as possible.**

Our fast pace of life is harmful because .....

[8]

[ \_\_\_\_ words]

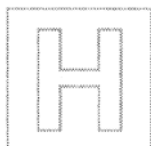


- 12** In the final sentence, Har Ridley writes that 'instead of speeding up our pace of life, we should be slowing it down'. Is a slower pace of life desirable for you and your society? How far do you agree with his observations on pace of life? In giving your views, explain where and why you agree or disagree with the author.

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[10]



DUNMAN HIGH SCHOOL  
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### YEAR 6 PRELIMINARY EXAMINATION

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### GENERAL PAPER

**8807/02**

Paper 2

**4 September 2013**

**1 hour 30 minutes**

Candidates answer on the Question Paper.

Additional Materials: 1 Insert

## SUGGESTED ANSWER KEY AND MARK SCHEME

- 1 According to the author, in paragraph 1, how is pace of life characterised? **Use your own words as far as possible. [3]**

Lifted	Paraphrased
<p>It is characterised by</p> <ul style="list-style-type: none"> <li>▪ rhythms (the <u>pattern and arrangement</u> of work time and rest time),</li> <li>▪ sequences (the <u>priority</u> given to work and play) and</li> <li>▪ synchronies (the manner in which people and their <u>activities are attuned to one another</u>).</li> </ul>	<p>It is characterised by:</p> <p><b>a)</b> the manner in which we <u>organise</u> / <u>plan</u> our work and rest hours</p> <p><b>b)</b> the way in which we <u>emphasise</u> / <u>rank</u> / <u>order</u> work and leisure</p> <p><b>c)</b> the way in which our activities are <u>aligned with/ coordinated/related</u> to one another.</p> <p style="text-align: right;"><b>1m each</b></p>

- 2 Explain how the examples in lines 7-8 support the point made by the author in the last sentence in paragraph 1. **[1]**

To answer this question, candidates must perform 2 tasks:

- infer from the examples that different countries have varied perceptions of time
- link the inferred idea to the point in the last sentence: different culture's sense of time causes confusion (disorientation) when we travel to another country.

Suggested answer:

The examples show that different countries have varied perceptions of time, which supports the point that it causes confusion when we travel to other countries.

- 3 Explain how 'clock time' (line 18) differs from 'nature time' (line 14) and 'event time' (line 16). **Use your own words as far as possible. [2]**

This question tests candidates' ability to identify the criterion that distinguishes clock time from nature time and event time. To get the full mark, candidates must

- show the criterion: 'notwithstanding what was going on in their surroundings' (line 20)
- provide essential details to explain clock time, nature time and event time.

Lifted	Paraphrased
<ul style="list-style-type: none"> <li>▪ ...they lived according to <b>nature time</b>, where the rhythm of <u>the sun and the seasons</u> governed their activities and way of life.</li> <li>▪ Interestingly, their heliocentric undertakings led them to live according to <b>event time</b> when they <u>structured their time around events</u> – when they wanted to make an appointment next summer, they would say, 'I'll see you at the next harvest'.</li> <li>▪ The beginning of <b>clock time</b> arguably started since the Industrial Revolution centuries later when mechanical timepieces were used not only to <u>mark the commencing and conclusion of activities</u>, but to dictate their scheduling, <u>notwithstanding what is going on in our surroundings</u>.</li> </ul>	<p><b>a)</b> Nature time is based on phenomena / cycles of change / natural occurrences / in the <u>external physical environment</u> /</p> <p><b>b)</b> while event time depends on/is related to human <u>activities</u>.</p> <p><b>c)</b> Unlike nature time and event time,</p> <ul style="list-style-type: none"> <li>- clock time is <u>not dependent on what happens in our environment</u> and <u>human activities</u></li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>- clock time marks/stipulates when we start/begin and stop/end our activities (or when we do what we do).</li> </ul> <p style="text-align: right;"><b>1-2 pts – 1m 3 pts – 2m</b></p>

- 4 'We now put in long hours at work habitually to meet common deadlines that various departments are obliged to adhere to.' (lines 21-22)  
Which characteristic mentioned in lines 3-5 is best illustrated by the statement? [1]

Answer: 'synchronies'. Candidates must write their answer in a complete sentence.

Accept if candidates quote 'the manner in which people and their activities are attuned to one another'.

- 5 Explain what the author means when he says 'living by the clock is a given' (line 24). [2]

The contextual clue is given in the next 2 sentences: 'People struggle to escape from clock time, at least to vacate from it. But in the end, the clock stands plainly invincible, in control of production, progress and pace of life.' (lines 24-26)

Requirement: candidates need to

- a) unpack 'living by the clock' – *being ruled / governed / dictated / controlled by time etc.*
- b) to illustrate that it is "a given" i.e. *avoidable, an expectation etc.*

Suggested Possible Answers:

The author means that...

- being ruled / governed / dictated / controlled by time [1]
- it is expected / is unavoidable / a necessity for all. [1]

## ORA

- 6 In paragraph 5, according to the author, how do businesses exploit our fast pace of life today?  
**Use your own words as far as possible. [3]**

Lifted	Paraphrased
Businesses are well aware of the power of creating a sense of urgency. <u>Limited-time offers are a mainstay in marketing strategy: businesses often present vulnerable customers with offers that terminate when they leave the premise, hurrying them to make a reckless purchase. And enterprising firms capitalised on the souls wearied by busyness by offering them a retreat to small, rural communities practising a simple way of life – not for the positive motive of spiritual pursuit but the negative one of escapism. To cater to our need to de-stress in our frenetic age, they offer us theme parks which are but bogus entertainment centres to thrill and dull our senses with high-tech fast ride experiences, fast food in ubiquitous restaurant chains and souvenir stores, taking money off us in the process.</u>	Businesses a) provide bargains that <u>expire quickly / time-sensitive</u> deals to entice purchase.  They also b) offer customers <u>get-aways / excursions / holidays / tours</u> to country-side and  c) <u>leisure/amusement attractions</u> to meet our needs. (Accept 'amusement parks'.)  <b>1m each</b>  <i>Award marks for what businesses do, not the outcome on consumers.</i>

- 7 Explain how what the author has to say about vehicles in paragraph 6 illustrates the irony he describes in lines 54-55. [1]

*No mark to be awarded if candidates only explain the irony. They are required to include the context from the text as part of their answers.*

Lifted	Inferred
<p>It is one of the great ironies of modern times that time-saving technology has given us less time and has further added the pressures of life. (lines 54-55)</p> <p>We fume at wasting our time when we are in our vehicles immobilised in traffic congestions, and our blood pressure escalates, stressing ourselves further. (lines 60-61)</p>	<p><b>a)</b> Time-saving technology such as the car is supposed to <u>save us time/free up our time</u> on travelling.</p> <p><b>b)</b> Instead, we find ourselves caught in traffic congestions, <u>wasting our time</u>.</p> <p><b>OR</b></p> <p><b>a)</b> Similarly, we should enjoy a <u>better quality of life</u> having a car.</p> <p><b>b)</b> Instead, <u>we feel angry and/or frustrated/upset</u> whenever we ride our cars and are caught in traffic congestions.</p>

- 8 'where, regrettably, only record-breaking performance in time is celebrated' (line 65)  
Why does the author use the word 'regrettably'? [1]

The phrase suggests a single, focused preoccupation with record-breaking performance in time at games and competitions, supporting the author's claim that we are irrationally obsessed with speed. The word 'regrettably' suggests that an expected (ideal, preferred) situation is not achieved or did not occur.

**Requirements:**

- a linguistic cue is required to indicate the author's intent (e.g. to show/emphasise/stress/highlights)
- an appropriate explanation that our obsession with speed in sport performance brought us negative outcomes e.g. behaving irrationally; giving up what we hold dear; violating principles, standards, morals; losing our focus.

**Suggested Answer:**

He uses the word to show/emphasise/stress that our obsession with speed has made us forgotten that about the spirit of sport. **ORA**

- 9 According to the author, what are the reasons for us not doing enough of 'inactivity' (line 69)? **Use your own words as far as possible.** [2]

Lifted	Paraphrased
<p>Inactivity is invigorating and redemptive but none of us does enough of it because <u>we were never allowed</u> to spend a large chunk of the day doing nothing – daydreaming, thinking, exploring – and that is <u>provocation to interference from our parents, peers and bosses who always chivvy us into what they perceive as 'useful' occupation</u>.</p>	<p><b>a)</b> We were <u>never permitted / prohibited</u> to idle.</p> <p><b>b)</b> Doing so invites others (our parents, friends, colleagues, employers) to <u>urge/harass/pester/nag/persuade</u> us</p> <p><b>c)</b> to do what they think is <u>good for us/productive</u>.</p> <p style="text-align: right;"><b>1-2 pts – 1m</b> <b>3 pts – 2m</b></p>

10 What **two** characteristics of time are illustrated in *The Psalms of David* (lines 75-78)? [1]

Lifted	Inferred – Suggested Answer
<p>'Time, what an <u>empty vapour</u> 'tis; And days how <u>swift</u> they are! <u>Swift</u> as an Indian arrow flies, Or like a shooting star.'</p>	<p>Time is...</p> <p><b>a)</b> intangible / illusive ('invisible' not accepted) <b>b)</b> passes by quickly / rapidly / speedily (accept 'fleeting'.)</p> <p><i>Need both characteristics to score 1m.</i></p>

- 11 Using material from paragraphs 3 and 4 of the passage, summarise what the author has to say about the problems and negative consequences that a fast pace of life can cause.

Write your summary in no more than 120 words, not counting the opening words which are printed below. Use your own words as far as possible.

**Note:** candidates must phrase their answers to show problems that resulted from a fast pace of life.

Lifted	Suggested Paraphrased Points
<p><b>Para 3</b></p> <p>Today, our unhealthy pace of life has</p> <ul style="list-style-type: none"> <li>▪ infected us with the disease of 'busyness' and</li> <li>▪ having no time to 'stand and stare'.</li> <li>▪ Tragically, we relish in being zealously and exhaustingly over-occupied,</li> <li>▪ erroneously accepting it as a sign of achievement.</li> </ul> <p><i>Traditionally, a man's devotion to his family was defined by his noticeable presence in the household, which also determined his status as the patriarch in the family.</i></p> <ul style="list-style-type: none"> <li>▪ Today, he who works himself to the ground to reach to the top,</li> <li>▪ and he who is never home before nine</li> <li>▪ but brings home the biggest salary, secures the respect from his spouse and children.</li> <li>▪ And children no longer enjoy the precious, unhurried pace of childhood but</li> <li>▪ scurry from school to enrichment classes that fill up the entire day.</li> </ul>	<p><i>Our fast pace of life is harmful because...</i></p> <ol style="list-style-type: none"> <li>1. it makes us become overly preoccupied</li> <li>2. having no time to pause/smell the roses/slow down/relax/idle</li> <li>3. being excessively engrossed and...</li> <li>4. ... mistake it as an accomplishment / success</li> </ol> <p>} <i>These details are not harmful effects of fast pace of life.</i></p> <p>}</p> <p>}</p> <ol style="list-style-type: none"> <li>5. we become overly ambitious / become workaholic /</li> <li>6. put in long hours at work / not spending time with family</li> </ol> <p>} <i>not a problem or negative consequence</i></p> <p>}</p> <ol style="list-style-type: none"> <li>7. children lose/do not get to experience slow/leisurely pace of growing up</li> <li>8. always rushing to their supplementary lessons all day</li> </ol>
<p><b>Para 4</b></p> <ul style="list-style-type: none"> <li>▪ Dire consequences for family life aside, a fast pace of life also <u>significantly threatens our culture</u>.</li> <li>▪ Fast food is now preferred to leisurely prepared, once-cherished home-cooked meals from traditional recipes,</li> <li>▪ and women are no longer obligated by custom to cook at home,</li> <li>▪ leading to reliance on unhealthy takeaways or pre-prepared meals.</li> <li>▪ Instead of sitting round the table talking and connecting to each other,</li> <li>▪ we eat our meals on the hoof</li> <li>▪ while trying but failing to do a dozen things with our communication devices at the same time,</li> <li>▪ oblivious to our surroundings.</li> <li>▪ Traditional artistic endeavours that develop in us the virtue of patience and pride in our culture, such as calligraphy and handicrafts,</li> </ul>	<ol style="list-style-type: none"> <li>9a. make us lose our tradition / changes our way of life</li> <li>9b. we have given up valued, old / time-honoured ways/methods of cooking</li> <li>10. women not bound by tradition to prepare home meals ('obliged' is not accepted)</li> <li>11. resulting in dependence on eating out</li> <li>12. we no longer communicate at the dining table/during meal time</li> <li>13. we rush and not enjoy our food (inferred) / eat faster</li> <li>14. and multi-task ineffectively / without success</li> <li>15. ignoring our environment</li> <li>16. inherited/passed down art forms that build character / develop qualities in us</li> </ol>



Lifted	Suggested Paraphrased Points
<ul style="list-style-type: none"> <li>▪ are abandoned since they take time to master.</li> <li>▪ Time-honoured, meaningful and symbolic rituals and customs to celebrate an event, a life or even a noteworthy mythical figure</li> <li>▪ are no longer carried out wholly,</li> <li>▪ or even skipped entirely.</li> </ul>	<p>17. are given up/forsaken</p> <p>18. important traditional (cultural, social, religious) practices...</p> <p>19. ...are simplified / partly followed or</p> <p>20. discontinued/not adhered to/no longer practised abandoned</p>

**Point-Mark Table for Summary Question**

Number of Points	Marks Awarded
1 – 2	1
3 – 4	2
5 – 6	3
7 – 8	4
9 – 10	5
11 – 12	6
13 – 14	7
15 or more	8

- 12** In the final sentence, Har Ridley writes that 'instead of speeding up our pace of life, we should be slowing it down'. Is a slower pace of life desirable for you and your society? How far do you agree with his observations on pace of life? In giving your views, explain where and why you agree or disagree with the author. **[10]**

There are 3 requirements in this AQ:

**R1:** Is a slower pace of life desirable for you and your society?

**R2:** How far do you agree with his observations on our pace of life?

**R3:** In giving your views, explain where and why you agree or disagree with the author.

Candidates are required to meet R1, R2 and R3 to be awarded the full mark: candidates must

- explain or justify why a fast or slower pace of life is desirable for them and their society
- select appropriate ideas from the text to evaluate their relevance and/or applicability to the Singapore context
- support their explanation with specific examples from their personal experience and observations made.

### Ideas from Paragraphs

#### Para 1 - introduction

The author introduces the topic on pace of life – highlighting the characteristics (rhythms, sequences, synchronies) and elaborated that it is something that is abstract and subjective since different countries' perception of time differ vastly. Hence, he concludes that adapting to another culture's sense of time is most challenging for one travelling to other countries.

#### Para 2 – historical development

The author then outlines the historical development of the concept of time: from primitive method of using the sundials (nature time) to mechanical time pieces (clock time) today. He asserts that the clock rules our life, and no one escapes from it today.

#### Para 3 – harm caused by fast pace of life

The author then moves on to highlight the ills that an unhealthy pace of life brings to the family:

- it makes us become overly preoccupied
- having no time to pause / smell the roses / slow down
- being excessively engrossed and...
- mistaking it as accomplishment / success
- we become workaholic / put in long hours at work to provide for the family to get their admiration / to meet their expectation
- children lose slow/leisurely pace of growing up
- as they have supplementary classes all day.

#### Para 4 – harm caused by fast pace of life

He further elaborated that fast pace of life impacts negatively on our culture because

- we gave up valued, old ways/methods of cooking
- women are not bound to prepare home meals
- resulting in dependence on eating out
- we no longer communicate at the dining table/during meal time
- we rush and not enjoy our food (inferred) and multi-task concurrently,
- ignoring our environment
- old-fashioned art forms that build characters / develop qualities in us
- are given up because they are time-consuming
- important traditional cultural, social, religious practices...
- are discontinued/not adhered to/no longer practised.

#### Para 5 – harm caused by fast pace of life

Fast pace of life presents opportunities to businesses – limited time offers, travelling and leisure/holiday activities are money making avenues for firms. The author sees that we are being taken advantage of

### Ideas from Paragraphs

because

- we become susceptible to firm's manipulation / influence
- making careless acquisitions / buy carelessly / buy without thinking
- we travel to run away from our issues / challenges / responsibilities / problems
- we indulge in shallow/superficial leisure activities OR we seek leisure activities that are cheap excitement/dull our senses
- and being exploited financially.

#### Para 6

The author highlights the irony of time-saving technology failing to save us time but making us busier and more frustrated. It also results in us becoming impatient and intolerant of delays and idle moments. The popularity of and our obsession with worldwide sporting events reveal our unhealthy preoccupation with speed.

#### Para 7

The author sees value in 'inactivity' as it is invigorating and redemptive but we do not have the habit of inactivity as, according to the author, we have been brought up with the habit to be doing something 'useful', losing all our ability to have 'defiant idleness'.

#### Para 8

The author concludes his discussion, asserting that perhaps we should slow down our pace of life, and 'do nothing' instead of 'doing something' all the time. He states that governments, businesses and community leaders are lacking in efforts to help us in achieving this.