Early To Bed Essay, Research Paper

Early to Bed

?Early to bed early to rise makes a man healthy wealthy and wise,? is

one of the most widely quoted proverbs from Benjamin Franklin’s Poor Richard’s

Almanac. This proverb is seldom disputed however I fail to see the logic behind

it. I think that he who goes to bed early misses out on a lot of things and

must be antisocial.

Let us just say that everybody in the world sleeps eight hours a day,

and every one goes to bed at about eleven and gets up around seven but he who

wishes to be healthy, wealthy , and wise goes to bed around eight and wake up at

about four. He would still get the same amount of sleep as the rest of the

world because not only did he go to bed early but he got up early too so that

destroys the logic that he would get more sleep and therefore feel healthier.

If you were to sleep longer than the average person you might be able to

think more clearly which over time might improve ones physical and mental health

which I suppose could be interpreted as wisdom, but as we have established early

to bed early to rise does not result in more sleep. Perhaps if one were to wake

up before the rest of the world they would have peace and quiet which would give

them an opportunity to read which could make one more wise, but who can really

learn that early in the morning?

Who exactly is going to become wealthier as a result of going to sleep

earlier and waking up earlier? I think that the average business person would

become less wealthy as a result of going to bed and getting up early. It would

be pointless for a company to open before the average consumer is even awake and

it would be foolish to miss out on business due to closing early so one’s

employees could get to bed early. I suppose that if one were a cat burglar one

might become more wealthy by conducting business while most of the world is

still in asleep, but I think most of the world would miss out on business by

having hours that conflicted with the rest of the world’s.

Early to bed early to rise makes a man healthy wealthy and wise? Well

it has yet to be proven. Perhaps early to bed late to rise might improve one’s

health. It’s baffleing to determine how one is to obtain wisdom merely by

going to bed early and getting up early, unless maybe there are some really good

documentaries on P.B.S. really early in the morning. If one enjoys being alone

waking up early might be the thing to do but one should not be mislead by the

proverb. Early to bed early to rise won’t make you healthy, wealthy or wise.