**(21st Century Text)**

**The Benefits of Travelling**

**By Rianne Walker**

Many people ponder what they should do for a vacation and I realized a lot of people don’t seem to share my views about traveling. I believe it’s very important to see the world and different cultures. It lets us open our minds to new things and we get to experience life in exiting different ways.

**Traveling gives us the opportunity to disconnect from our regular life.** You get to forget your problems/issues for a few weeks, it can also help you figure things out that you would not have understood without the distance traveling can give you. We all have crazy schedules, work and a family to take care of, going away alone or with some friends can give you distance and perhaps even make you realise how important these people are for you. Like the saying says: we never know what we have until we lose it.

**Another great benefit is the relaxation you get to do**. It’s essential to live life to its fullest and enjoy a stress free time with yourself. Going on vacation lets us recharge our “batteries” by disconnecting us from our regular life. When we come back we feel invigorated and we are exhilarated to be back in our day to day routine. It’s a very good stress remover that has a lot more to give than most people are willing to accept.

**Traveling increases our knowledge and widens our perspective.** Don’t you want to know more than your limited perspective? To view new customs, ideas, different ways of living, is fantastic for the mind. It gives us a new viewpoint about life and especially our life, it can help us change some of our habits or even create new ones. Delete the old hard-drive of habitual, old ideas! When I travel I usually make it a point to try new food: some cultures don’t have fries in their diet and they are all skinny, others use spices to give taste and not oils or fats. Discovering different values and ways to get by in life is really interesting. You also need to visit exotic new places, with treasures of tangible new cultural possibilities to unlock, to discover what this wonderful world has to offer.

**New experiences increase our resourcefulness** by living situations you would never encounter at home, this is great experience for you when you come back to your routine. I have noticed that people who traveled a lot in life were ready to embrace change and have a natural ability of overcoming problems that others would frown upon.

**When traveling with friends or family it creates memories for a lifetime**. These experiences will create a titanium bond of memories that nothing can erase no matter what happens with the friendship/relationship. It can also give a new perspective on the relationship and cement the bond forever. It also gives nice stories to tell people afterwards, you can create photo albums about your trips and when you feel nostalgic you can take an hour of your life and experience the trips again by looking at your pictures.

**It’s never been this cheap to travel**. With soaring oil prices the cheap travel era might be coming to an end – it’s usually the purview of the rich. Every penny seems to be spread thin like butter on too much bread. We need to scrimp, save, toil and tighten our belts at every turn.

However, there are still many budget airlines fighting like **d**ogs for your **d**ollar right now. With the internet and all the new technology, you can plan your trip exactly the way you want it. You can choose your budget, the duration of the trip and what you want to do. I suggest to read travel [blogs](http://www.kamagraoraljelly247.com/) and see what others are experiencing, you can save yourself a few hurdles by reading about their trip.

If you have some time off I suggest to take that trip and experience what life has to offer. Don’t wait or tell yourself there will be a better time to go. Take the risk, the opportunity and buy your plane ticket right now and leave. When you come back you won’t be sorry that you left, on the contrary you will be thinking of your next trip the second you come back from the airport.

Feel free to let me know how traveling helped you out, what new experiences you lived and how they helped you in your life.

**(19th Century Text)**

**The Frugal Housewife**

**By Lydia M. Child**

**TRAVELLING AND PUBLIC AMUSEMENTS.**

There is one kind of extravagance rapidly increasing in this country, which, in its effects on our purses and our *habits*, is one of the worst kinds of extravagance; I mean the rage for travelling, and for public amusements. The good old home habits of our ancestors are breaking up—it will be well if our virtue and our freedom do not follow them! It is easy to laugh at such prognostics— and we are well aware that the virtue we preach is considered almost obsolete—but let any reflecting mind inquire how decay has begun in all republics, and then let them calmly ask themselves whether we are in no danger, in departing thus rapidly from the simplicity and industry of our forefathers.

Nations do not plunge *at once* into ruin—governments do not change *suddenly*—the causes which bring about the final blow, are scarcely perceptible in the beginning; but they increase in numbers, and in power; they press harder and harder upon the energies and virtue of a people; and the last steps only are alarmingly hurried and irregular. A republic without industry, economy, and integrity, is Samson shorn of his locks. A luxurious and idle *republic*! Travelling is luxurious indeed!

And are not *we* becoming lavish and idle? Look at our steamboats, and stages, and taverns! There you will find mechanics, who have left debts and employment to take care of themselves, while they go to take a peep at the great canal, or peek in on the silly opera-dancers. There you will find domestics all annihilated for their wages-worth of travelling; why should they look out for 'a rainy day?' There are hospitals enough to provide for them in sickness; and as for marrying, they have no idea of that, till they can find a man who will support them genteelly. There you will find mothers, who have left the children at home with Betsey, while they go to improve their minds at the Mountain House, or the Springs.

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If only the rich did this, all would be well. They benefit others, and do not injure themselves. In any situation, idleness is their curse, and uneasiness is the tax they must pay for affluence; but their restlessness is as great a benefit to the community as the motions of Prince Esterhazy, when at every step the pearls drop from his coat.

People of moderate fortune have just as good a right to travel as the wealthy; but is it not unwise? Do they not injure themselves and their families? You say travelling is cheap. So is staying at home. Besides, do you count *all* the costs?

The money you pay for stages and steamboats is the smallest of the items. There are clothes bought which would not otherwise be bought; those clothes are worn out and defaced twenty times as quick as they would have been at home; children are perhaps left with domestics, or strangers; their health and morals, to say the least, under very uncertain influence; your substance is wasted in your absence by those who have no self-interest to prompt them to carefulness; you form an acquaintance with a multitude of people, who will be sure to take your house in their way, when they travel next year; and finally, you become so accustomed to excitement, that home appears insipid, and it requires no small effort to return to the quiet routine of your duties. And what do you get in return for all this? Some pleasant scenes, which will soon seem to you like a dream; some pleasant faces, which you will never see again; and much of crowd, and toil, and dust, and bustle.