

MyWritingLab

—for comparison  
 . If you select this  
 and then you dis-  
 cuss the differences  
 in discussing  
 on. The diagram

y-subject pattern

- C. Bad for recovering patients
- D. Straining exercise
- II. Advantages of swimming
  - A. Less strain while improving muscle strength
  - B. Increase flexibility
  - C. Improved circulation
  - D. Mental relaxation

### Carey Byer In the Swim

The jogging craze continues to sweep the country. In fancy nylon suits or in simple jeans and T-shirts, men and women everywhere jog to build stamina, tone muscles, take off unwanted pounds, strengthen the heart, and just feel good. Yet jogging is probably the worst form of self-torture a person can inflict upon the body. Swimming, on the other hand, provides physical and mental well-being without the unnecessary hazards of running.

Although running is popular for its improvement of muscle strength and endurance, there are many negative points to consider. First, running concentrates on the lower body, helping people develop strong leg muscles but ignoring the upper body, the arms and chest, the parts important for what we do the most. Another disadvantage is that runners frequently strain muscles and pull ligaments in their legs, which is painful and can keep a person off his or her feet for days. Also, running on hard surfaces like cement and asphalt has really bad effects on the knees, ankles, and back.

For people recovering from illness, running is simply too vigorous an activity. Those requiring exercise after a heart attack, stroke, or surgery are in no shape to start running—running is just too strenuous. Despite some of its benefits, running is an intense, straining exercise. Feet pound on the pavement, jarring all the internal organs. One could hardly call running a relaxing activity.

Swimming, on the other hand, puts much less strain on the body, while still improving fitness. Swimming—like running—improves muscle strength and endurance, stamina and balance. Swimming increases

Introduction  
 builds to thesis  
 by discussing  
 popularity of  
 another sport.

Thesis.

Writer presents  
 details to challenge  
 running as an  
 exercise of choice  
 and presents  
 first subject of  
 comparison.

Further  
 details on  
 problems  
 with running.

Writer introduces  
 second subject  
 for comparison:  
 swimming. Note  
 transition in first  
 sentence: "on the  
 other hand."

ing.



flexibility much more than running does, and it also improves upper and lower body strength. Suspension of the body in the water supports the back. Swimming is also the best exercise for building stamina among the ill or recovering. Warm water improves circulation and relaxation, and cool water reduces swelling, lowers blood pressure, and decreases the pain of strains and bruises.

Effective details 5  
to support  
swimming as  
better choice  
than running.

Finally, another important benefit of swimming is its proven effect on mental relaxation. The water and the rhythmical breathing and movement of swimming are extremely soothing and help people relax easily. Thus a person is free to allow the mind to wander instead of having to focus complete attention on exercise.

More benefits 6  
of swimming.

With all the facts we now have about the correlation between regular exercise and the prevention of heart disease and other illnesses, more and more people are exercising. Inactivity is out, fitness is in. People play tennis and racquetball, run, jump rope, do aerobics, ride bicycles, and find many other ways to become physically active. Yet the many positive effects of swimming on the body and mind may soon make it the most popular exercise in the country.

Conclusion  
reinforces  
thesis.

#### FOR WRITING OR DISCUSSION

MyWritingLab

1. What is the writer's thesis?
2. Which details best support the writer's assertions about running? Swimming?
3. What transitions connect elements in the body paragraphs? Between paragraphs?
4. What changes would you suggest to the writer for the next draft?
5. Write a paper in which you compare and contrast two activities, exercises, or sports that you know. Use the subject-by-subject pattern.

#### Point-by-Point Pattern

A second pattern of development is the **point-by-point**, or **alternating pattern**. Although this pattern is most frequently used in writing long papers, it is by no means restricted to them. In this pattern, the writer establishes one or more points of comparison or contrast and then applies those points to each side of a subject. We can represent this pattern in a diagram.

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**Benjamin Simonovich**  
**Two Jobs**

1 As I drag myself into a blistering 110-degree room, where the walls are melting, twenty hamburgers are flipping on a 200-degree stove, potatoes are deep frying, and one order after another hits me, I feel as if my frustration will never stop. I sit back and wonder, "Did I make a difference in someone's life today?" The answer always is "No." But my experience working at the Animal Municipal Center a year later proved that I could make a change in someone's life. Seeing people drifting in in complete tears over a lost pet, then seeing their joy once the pet is found, is unforgettable. The factors that helped me progress from meaningless work to knowing I mattered in someone's life at the Animal Municipal Center were the customers, the work environment, and the social interactions at work with my coworkers.

2 At Wendy's, I was constantly apologizing to every customer stating, "I'm training—sorry." Just their facial expressions told me "Hurry up and give me my food." My contact with the customers at Wendy's was practiced, plain, and fast. But at the Animal Municipal Center, I really got to know the customers. They showed me that their pets were a part of their families, which really pushed me into doing my job one hundred percent. This was a totally different story from Wendy's, where I didn't really get involved with the customers except giving them their food. What difference was I making in these people's lives at Wendy's if I wasn't even getting to know the customer at all? At the Animal Municipal Center, my days were made by a simple adoption, a lost pet or injured pet, or the aftermath of having to put down a sick, helpless animal. Even though some days were slow, I was occupied by the dogs' barking in the cage area all day.

3 At Wendy's the work requirements were awful, not at all like those at the Center. Every day I had to wear an uncomfortable uniform at Wendy's, where the requirements were for a black Wendy's hat, green shirt, black pants, and black shoes, and I had to wear all this no matter what the weather and despite the indoor heat. Every day I had to put up with annoying flies buzzing around salad, fries, burger bits, chicken nuggets, and frosty mix all over the floor. There was no such unpleasantness at the Animal Municipal Center. I could wear my casual clothing to work, which made me feel really comfortable instead of being stuck in an unpleasant uniform all day. I had my own desk with a computer, file cabinet, my own stapler, paper clips, and paper. I felt like a professional. The environment at the Animal Municipal Center gave me the drive to wake up eager in the morning, whereas Wendy's made me dread each day.

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**FOR WRITING**

1. Identify the contrast between the two jobs.
2. What elements of the work environment at Wendy's and the Animal Municipal Center are different?
3. Which details from the text support your answer?
4. Which details from the text support your answer?
5. Write an essay comparing the two jobs. Which job do you think is more satisfying to perform?



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My coworkers at Wendy's were really hard to communicate with since most of them spoke no English. The only thing I knew how to translate was the word for the food I needed for a customer. The workers would always laugh and chatter in their own language, but I would never know what they were saying. It made me and the other English-speaking workers feel left out instead of part of the team. One experience at Wendy's really showed the type of disrespect one could get at work. I was taking orders at the drive-through in the mid-afternoon, and during a little intermission, the coworkers started asking me questions, and then all of a sudden, someone pulled my pants down to my ankles. The others howled with laughter, but I was embarrassed and angry, which ultimately led to my quitting that very day. But from my first day at the Animal Municipal Center, I was at ease and already having fun, which made me want to come to work to see my second family while making money at the same time. At the Animal Municipal Center, I was part of a huge family that was always growing.

Now as I amble into work at the Animal Municipal Center a nice breeze of air-conditioning hits me. There are no hot stoves and sizzling burgers. The barking of the dogs plays as music for my eight-hour day; and being able to walk these dogs that have been abandoned by their owners and help the people that love them makes the job worthwhile.

#### FOR WRITING OR DISCUSSION

MyWritingLab

1. Identify the writer's thesis. How does it prepare the reader for the comparison-contrast essay that follows?
2. What elements in the paper make the basis for the comparison between Wendy's and the Animal Municipal Center?
3. Which details best show the writer's frustrations with working at Wendy's?
4. Which details best show the writer's pleasure in working at the Animal Municipal Center?
5. Write an essay in which you compare and contrast two jobs. You can write about two paying or volunteer jobs that you have had or two tasks that you had to perform.

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