

When a country develops its technology, the traditional skills and ways of life die out. It is pointless to try to keep them alive.

To what extent do you agree with this opinion?

In this day and age, almost in most parts of the world people are living in a completely different way than that of their ancestors, hence the seemingly ~~unbridgeable~~unbridgeable gap between the members of society in the digital age. While many wholeheartedly believe that we have to forget about the past, and look forward to new discoveries, the advocates of traditional lifestyle claim that the methods our ancestors ~~have inherited~~given us are in fact priceless remedies for modern human pains we should ~~take care of~~cherish and pass it on to the next generations.

Spending most of their time at workplaces, people living in large cities rarely find time to do anything but managing their mortgages, bills, health insurance, and ~~improve~~improving their competency to secure their job. Perhaps that is why many a traditional skill and method of life is on the road to oblivion, and an overwhelming majority of individuals do not care about this controversial issue. Another pivotal factor at play is that a lot of skills which were needed in the past such as hunting, weaving, candle-making, and horse riding are not demanding anymore, ~~thereby~~hence the drastic reduction in the number of people involved in such activities.

Having said that, modernity just like every other aspect of our life has its drawbacks. Depression, anxiety, and obesity are typical plights a majority of people across the globe are suffering from. Mindfulness meditation as a practical solution for depression and anxiety is based on traditional eastern culture which shows ancient people found a practical remedy for their psychological problems which still works even better than modern chemical medicines. Socializing and eating healthy food are other useful habits which our ancestors practiced, ~~and~~which can play a crucial role today.

To cut a long story short, I hold keeping all the traditional skills and lifestyles is not necessary. Though Fighting, hunting animals, and living in harsh weather conditions are not useful nowadays, spending more time with family members and friends, more physical activities, and less greed are useful skills we have to work on. I argue it is high time people added some of the useful traditional skills into their modern lives.