

# 11.Health

People say that health is the most important thing in life, *but* it seems to have the least significance in their actual lives. We see many people in modern society undermining their health through lack of exercise and having unbalanced diets. Alcohol, smoking, and junk food also aggravate this phenomenon. Another new factor adding to many people's health problems is stress. Experts say we can't avoid stress as long as we live in this ever-changing world. So what counts is not how to avoid it, but how to reduce it and cope with it effectively.

On the other hand, modern medical researchers still suspect our genes have considerable control over our destiny. This means our health is still in the hands of God. However, that doesn't necessarily mean we can't do anything about our bodies. Rather, we should continue to stay fit by temperate living, no smoking, moderate drinking, a nutritional diet and adequate exercise. That way, to some extent, we can make up for the genetically undesirable aspects in our human nature.

## Comprehension

1. "But" expresses a contradiction. What two things are being opposed in the first sentence?
2. What are the five things mentioned that are bad for our health?
3. What can we do about stress?

## Your opinion

1. Do you think you are healthy?
2. Do you eat three meals a day?
3. Do you take vitamins every day? Do you think they help your health?
4. Do you often drink a tonic?
5. Do you exercise every day?
6. Have you ever been hospitalized? Why?
7. Do you regularly see a dentist? Why or why not?



8. When you have a cold, do you see a doctor right away or just rest at home?
9. Do you believe what doctors tell you?
10. What diseases are you the most afraid of?
11. What do you think is the most important thing in terms of your health?
12. What do you do when you're under stress?
13. Have you ever suffered from insomnia?" Did you ever take sleeping pills?

