

How to lead a long and healthy life speech

[Science](#), [Epidemiology](#)



Good Health starts from the very infancy. It is here that protection and care is needed, so that each organ functions well, each organ develops naturally, and there are no deformities, disabilities and diseases but often the health of children remain neglected, with the result that they grow unhealthily and that affects their education as well. A healthy child develops into a healthy adult. In case the child does not grow properly, and he remains handicapped in some way, his ill-health spoils his adult life. He cannot join any active service; he cannot be a successful professional, nor can he live his life happily. Health is real wealth. A healthy person is an asset to himself, to his family and to his community. On the other hand an ailing person is a burden on all. He is a danger for coming generations because heredity plays an important part in this respect. Health is the pivot upon which a man's whole personality and its well-being depend. An ailing and aching body saps the enthusiasm for pursuit. Unwholesome feelings and sensations retard the pace of functional activity, economic development and spiritual uplift. Health cannot be achieved merely by taking one or two pills everyday or by observing a few restrictions. It can be achieved only by understanding what health is, on what it depends and then applying this knowledge in every-day life. The care of the body regarding food, cleanliness, exercise, rest and protection against disease, are essential for the preservation of sound health. Life is for living. Without health, life is deprived of not only much of its usefulness but also its joys and pleasures. The stream of life will be rich and lasting in proportion to the sources which nourish it. These sources belong to every person. They are food, exercise, and proper posture, care of

bodily functions, avoidance of alcohol and tobacco and wholesome mental and emotional attitudes.