

# Composition on Health Is Wealth

Introduction: health is the first source of all happiness. He who said that health is wealth was quite on the right. Health is the sound condition of the body. It is a great wealth which none can deny. A man of health can enjoy all happiness in life.

Good health: health is wealth in more than one sense. Good health has a money value. It makes all those who depend on bodily labour or a living to earn money. The worker in the field or in the factory must have good health. The office boy who has to go to different places carrying messages, the postman who has to go his daily round, the policeman who has to control traffic and all who have to do outdoor work must have sound health or they will lose in money. Even a trader in ill health cannot prosper well. He could possibly flourish more with better health. The teacher, the doctor and the lawyer all need have good health in order to be able to do well in their profession.

Ill Health: the saying is true in a higher sense. Health gives the man more than what wealth can give. Wealth without health is worth little or nothing. A diseased man who has millions of money finds no joy in his wealth. His untold riches can give him no happiness. His food, however delicious, gives him no pleasure and his soft bed, no rest and comfort. He would heartily desire to change place with a poor beggar who enjoys good health.

National health: national prosperity is dependent on national health. It is a healthy people that can produce wealth and bring prosperity and progress. A nation of weak people cannot hope to reach any high standard of prosperity. It runs the risk of being enslaved by a stronger nation. The saying is, therefore, as true of a nation as of a person.

Conclusion: the being so, it is the duty of every man to improve his health. It is also a national necessity to raise the standard of national health.