

Essay on "Health Is Wealth." Do You Agree?

I agree wholeheartedly with the saying "Health Is Wealth." If a person is not healthy then he or she will find it very difficult or even impossible to enjoy life, even though he or she may be very rich.

If I am asked to choose one from two of the following things, which will I prefer: health without wealth, or, wealth without health? Without hesitation, I will choose the former. There is no doubt.

Wealth is generally associated with how much money a person has, that is, how rich he is. An uncle of mine is very rich. He has just about everything anyone can hope for and some things no one dares to hope for. That is how rich he is. He lives in a huge mansion guarded by huge Dobermans and sophisticated burglar alarms. He has expensive cars, furniture, paintings, and other rich man's toys. Well, he has everything except good health.

Everywhere he goes he carries with him a bag of medicine. He has to take pills every day for his weak heart, diabetes, and hypertension. He is about sixty years old and has spent his life accumulating wealth. Without a doubt, he has succeeded in becoming very rich. However, he has also succeeded in becoming very unhealthy too. He laments about his lack of health and says that how he wished that he was young and healthy again. Unfortunately, he cannot regain his health again.

This example of wealth without health is not what I want to follow. It is ridiculous to have so much material wealth but to be unable to enjoy it. What is the use of money when one has to take so much medicine every day just to stay alive? How can one enjoy life when

one's body is weakened by disease and pain? No wonder my uncle laments so.

Health without wealth is far better. That is what I have now. I do not have to worry even a bit about what I can eat or do. I eat and do what I like because my body is healthy. Of course, I do not abuse it by taking drugs or overexerting myself. I take good care of my body. In that way, I stay healthy.

With health, I can go about my work with joy. If I become rich, then that is fine. Then again, I may lose my riches, but that is all right too. I can always do the things I enjoy whether I am rich or not. I can play games, swim in the sea, climb hills, eat delicious fruits and appreciate the things of this beautiful Earth. This is indeed wealth – to be healthy and joyous.