

Letter To Your Younger Brother About the Rules of Good Health

Question: Write a letter to your younger brother advising him how he can improve his health

Answer:

10th September 2021

12 Mugdapara, Dhaka

Dear Nabil,

I am pained to learn from your father's letter that your health is growing from bad to worse day by day. He has expressed great anxiety about your health. You must be very careful about your health.

In order to improve your health, you must obey the laws of health. In the first place, you must take light food. Never overeat yourself. You must not drink water with your food. Take your evening meal two or three hours before going to bed. Secondly, you must take exercise, take healthy foods moderately, and drink pure water and milk daily. Similarly, you have to brush your teeth and take a bath daily because bad teeth bring on indigestion. Fourthly, you have to go to bed early and get up early. At the same rate, you should avoid overwork because it is harmful to health. At last, you should give up smoking. If you observe these rules, your health will improve in a short time.

Now I hope you will try your best to maintain the rules and regulations to make you healthy and wealthy.

Yours affectionately,

Sahid