



HEALTHY LIFE

It is more important to spend public money promoting a healthy lifestyle in order to prevent illness than to spend it on the treatment of people who are already ill. To what extent do you agree or disagree?

Bài mẫu tham khảo

Many people say that in order to fight diseases, the government should invest more money in encouraging a healthy lifestyle instead of spending money on the treatment of people who are already suffering from illness. I advocate this point of view.

On one hand, I agree that a large proportion of state budget should be allocated to activities or campaigns that promote a healthy lifestyle. This is because a lot of diseases nowadays are actually the direct result of people's unhealthy habits. For example, children who eat fast food on a daily basis commonly can suffer from a range of health issues, such as weight problems and obesity. These diseases can be prevented if people are made more aware of the severe consequences of an unhealthy diet. In addition, there are a number of incurable diseases, such as HIV, AIDS and many forms of cancer. Of course, there are drugs and treatments that can prolong the life of patients suffering from such diseases, but the better solution in this case is obviously trying to prevent these diseases from occurring, instead of trying to cure them, which can often place a heavy burden on patients' families, and on society as a whole.

On the other hand, the treatment for people who are already ill should also receive adequate funding, due to the fact that some diseases simply cannot be prevented. People living in many tropical or coastal regions, for example, are highly vulnerable to water-borne diseases after a natural disaster such as a tsunami or heavy flooding. Additionally, there are also some illnesses and disorders that are inherited. For instance, if a person suffers from asthma, it is highly likely that his children will also contract respiratory related diseases, regardless of their diet or lifestyle. These mentioned cases would be almost impossible for people or the government to prevent, and therefore money needs to be spent on the treatment of patients.

In conclusion, both promoting a healthy lifestyle and spending money on the treatment of people who are already ill are equally important in the fight against diseases, and each country should develop flexible plans to adapt to different situations.

(359 words)

Từ vựng



- To fight something (problems or issues): Giải quyết vấn đề gì đó
- To encourage/promote a healthy lifestyle: Khuyến khích lối sống tốt cho sức khoẻ
- To place a heavy burden on patients' families: Đặt gánh nặng lớn vào gia đình bệnh nhân
- Adequate (adj): Đủ về số lượng hoặc chất lượng (synonym của enough)
- To be vulnerable to something: Dễ dàng bị tổn thương bởi cái gì đó
- Waterborne diseases (n): Bệnh lây lan qua đường nước
- Inherited (adj): Di truyền
- To contract a disease: Bị nhiễm một căn bệnh

***People should look after their health for personal benefits, rather than a duty for a society.
What extent do you agree or disagree?***

Bài mẫu tham khảo

It has been argued that people today should care for their own personal health purely to enjoy the personal benefits that are gained from having good health, rather than as a duty to others in their society. Personally I believe that people should take good care of their health not only to reap the associated benefits, but also as a way of helping to uplift the lives of the citizens within their own cities and countries.

Many people claim that the secret to a happy life is through achieving and maintaining good health, and I also stand by this notion. When someone experiences good physical and mental health they are able to enjoy their life to the fullest. Good health allows people to pursue their hopes and dreams and enjoy human relationships with family and friends. Without good mental and physical health, these ideals are difficult to attain.

In addition to this, today, people are suffering from mental and physical sickness and diseases more so than ever before. This, in turn, causes a heavy load on a country's healthcare industry and causes large financial burdens to the country's national budget, which comes at the cost of the tax paying citizens. If people were to look after their health better, it would reduce such financial burdens and the money could then be spent on other services that would benefit the quality of life for the society as a whole.

In conclusion, I firmly believe that all people should strive to achieve and maintain the highest levels of health possible not only so that they can be happy and enjoy their own life, but also so that they can contribute towards a more happy and healthy society around them.

Từ vựng



- Reap the associated benefits: Có được những lợi ích liên quan
- Uplift the lives of the citizens within their own cities and countries: Nâng cao chất lượng cuộc sống của người dân
- Achieve and maintain good health: Đạt được và duy trì sức khỏe tốt
- Experience good physical and mental health: Có sức khỏe thể chất và tinh thần tốt
- Cause a heavy load on a country's healthcare industry: Tạo ra gánh nặng lên ngành y tế của một quốc gia
- Benefit the quality of life for the society as a whole: Có lợi cho chất lượng cuộc sống của xã hội