

# Disease



## Reading

Everybody hopes to stay healthy until he dies, but his wish rarely comes true. Young or old, many people suffer from disease. Young people especially think they can stay permanently healthy, so they sometimes mistreat their bodies. People with an incurable disease become disheartened and may even think of committing suicide. Cancer and AIDS are the most dreadful diseases now, with no effective treatment.

What can we do to stay healthy? People choose different methods. But prevention is the best option, and a regular check-up is the first step. The most important thing is that we trust our doctor under all circumstances. There are many people who have no faith in doctors, under the assumption that the body is too complex for any human being to understand. So they tend to rely on natural or spiritual healing. Do you think they deserve criticism for their ignorance?

Source: Express Yourself 2

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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