Prevention Is Better Than A Cure

"An ounce of prevention is worth a pound of cure" is a common expression that is heard in everyday life. It is like a piece of advice that physicians give, especially to patients. This expression is actually a golden rule. For physicians and medical authorities, it is better than any medicine. It is useful not only in the field of health, but also in all fields of life. One might save a great deal of one's time and life if one follows this valuable advice.

The majority of people do not care about this advice. Therefore,

they catch diseases or face dangers that they could have avoided if they had paid a little attention or taken a little care. Examples of this might be very useful. Regarding diseases, one might be secure from a serious illness if one knows that keeping clean is a means of protection. The other example that we see in everyday life is neglecting the teeth. Most people think that the teeth should be used for breaking solid objects, tearing off the cap of a bottle, breaking a strong string or gnawing fruit that should be gnawed by such animals as wolves or dogs. This carelessness or indifference shortens the life of teeth and makes one suffer severely even at the prime of life. If one is wise enough as to take a certain care of one' s teeth, one is able to make one's teeth effective and practical until the end of one's lifetime.

What we are aiming at in this concern is that we, as human beings, could avoid dangers, risks, dilemmas, bad health, and even bad relations with people by applying this golden rule. Following this advice would not only save our health and time and give us security, but it is also a means to save money through using it wisely. Which of us would not wish to save both money and one’s self with just a little care and attention?