Prevention Is Better Than Cure

"Prevention is better than cure" is a common proverb that is heard in everyday life. It is like a piece of advice that physicians give especially to patients. This proverb is actuality a golden rule. Rather, 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 followed 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. Probably, examples in this concern might be very useful. Regarding diseases one might be secure from a serious illness if one knew that keeping clean is a means to 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 would shorten the life of teeth and make one suffer severely even at the prime of life. If one were wise enough as to take a certain care of one' s teeth one would be able to make one's teeth effective and practical until the end of one's lifetime.

, deed, exemplification would be time-consuming.

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 the foregoing golden rule. This proverb would not only save our health, time and give us security but it is also a means to save money through using it wisely. Which of us would not save oneself and money with a little care and attention?