

### 3

## POSITIVE HEALTH



Health is a positive state of physical and mental well-being. When we feel secure - by being physically healthy and free from disease, by feeling **content**, and by living in a comfortable and clean environment -we are in a state of positive health. Our close and **harmonious** interactions with family members, neighbours, and friends help us to stay well mentally.

According to this definition, very few people in the world enjoy positive health. In the rich and developed countries, family ties appear to be weakening, neighbours may be strangers and friendship is sometimes restricted to business contacts. In those countries environmental conditions have improved considerably, the populations have achieved a better **nutritional status**, and there is often plenty of money available to buy most of life's comforts. People in developed countries may enjoy better physical health, but they are far from achieving positive health, as many are not so contented mentally:

On the other hand, in the developing countries, the quality of human **interactions** within families, neighbours and friends are often more positive. However, both the environmental and nutritional status of these populations are lower, so the people suffer more from poor physical health. When a person's physical health is poor, the state of positive health cannot exist. So, we find that positive health is **eluding** many of us.

However, it is not impossible for people in developing countries to achieve positive health. To help achieve this state, we need an understanding of how our bodies function so that we can keep healthy; we also need a clean environment and healthy food that does not cost too much money. We need proper education for all people that leads to understanding the relationship between health and a positive approach to life.

We should remember that a contented mind and healthy living can help to keep us free from many diseases. In some ways, it is easier for the people, in developing nations to achieve positive health, because they have more **close knit** social systems,

with better communication between people, than do many people in wealthy and developed nations. With very little by way of resources or sophisticated medical facilities we can achieve positive health for the majority of individuals in our communities.

This does not mean that we do not need medical care. We definitely need proper medical care under certain circumstances. We need proper vaccination and **immunisation** against infectious diseases, proper treatment of diseases by medical and surgical **intervention** when required, proper **maternal** care before and after childbirth, and regular medical checks after the age of forty years. However, there is no need to be obsessed about our health, and we should use our own instincts and knowledge to decide when medical **intervention** is really necessary.

While most people in the developed countries enjoy better health, the doctors, of those countries attribute this better physical health largely to the improved medical facilities. They tend to ignore other important social factors, such as the higher standards of education, wealth, nutrition and cleaner environments enjoyed by most of these populations.

It may be helpful to realise that, although people in the wealthy and developed nations have mostly achieved better physical health than people in the developing world, many of them are suffering from a **decline** in basic human values. This is frequently reflected in complex problems such as drug dependence, psychological and mental illnesses, and stress related diseases. Family ties are breaking down and close, happy human interactions are becoming less common. To cope with these difficult situations, people often turn to a **psychoanalyst** or **psychiatrist** for professional help. Our aged aunts and wise friends used to solve similar problems by listening and showing understanding and **compassion** as they believed it was most important to relieve the distressed person's mind.

Unfortunately, people from many developing countries are trying to achieve the same level of physical health as that enjoyed by developed nations by providing medical facilities to cope with even minor health problems. Other important factors associated with better physical health are being ignored. Often, the result is that many

families are spending more money on doctors and medicines than on healthy food and other essentials to improve their physical environments. For the developing world this is a tremendous waste of limited resources.

### **Achieving Positive Health**

Instead of wasting valuable resources on the provision of more medical facilities, it might be better to use our knowledge and basic common sense in an effort to maintain healthy bodies and minds. For example, learning the value of good nutrition for health, and teaching this to the children. And, we should use our **indigenous** simple home remedies to solve simple health problems instead of relying simply on modern drugs which are often very expensive. And remember most drugs have side effects which can be more dangerous than the disease itself.

In nature, animals are not influenced by media **campaigns** and they trust their own **instincts**. Nature has given each animal the power to monitor its own body and maintain normal health. As an example, salt is an essential element required by all animals. Wild animals in the forest (like rhinoceros, elephants or deer), try to find a place where salt is present in the soil. They regularly lick the soil to get the exact amount of salt their bodies need. They eat only the required amount of food and never suffer from **obesity** as we humans often do. They monitor their body needs by instinct and eat no more than is required. All **carnivorous** animals eat grass whenever they have **diarrhoea** or other stomach problems due to indigestion. And, they normally manage to maintain good physical health.

### **Eating Behaviour**

We human beings seem to have lost the ability to monitor our own bodies in order to maintain health. We refuse to understand our own body signals and tend, instead to follow the advice of doctors or the media. Sometimes, overzealous parents force infants and small children to eat because it is feeding time - not because they are hungry. Or, children may be fed more than their bodies demand or need because some book dictates how much food a baby requires. As a result, children may grow up ignoring important body signals until finally these signals become weak and fail to

**stimulate** normally. People then either eat far too much or too little (as in the case of some young figure-conscious girls) and fail to eat the precise amounts of food required by the body. However, if we change our attitudes and learn to trust our own body signals from the beginning, we can have , proper nourishment in the correct amounts and, thus, enjoy good health.

### **Expectations and Responsibilities**

By instinct, most parents love and care for their children. Yet, very often, their expectations and ambitions put too much pressure on the children. When children cannot reach the level of their parents' ambition, they can suffer from tremendous **frustration** and stress. This may lead to drug experimentation and other related behaviours as a way of avoiding the realities of the situation.

From the beginning, children should be allowed to develop in their own natural happy way within the control of parental love, guidance and care and without too much pressure. A change of some **conventional** parental attitudes may help to prevent many cases of drug dependence and other **adolescent** problems.

We should also understand our parental responsibilities to the world environment. Remember that the living space of this world is limited and we must have enough space for our future generations to live happily. To achieve that aim, we must practice family planning and limit the birth rate by having only one or two children per couple. Between each birth there should be a gap of three or four years so that each child is not deprived of the right to sufficient parental love and care. Family planning really means family welfare, as it helps to keep women healthy enough to contribute to a happy home environment. A happy healthy mother is a key to the welfare of the whole family.

The mind is most important in the maintenance of positive health. To develop a healthy mind it is important to learn to relax properly and to develop ways to deal with day to day stress. Many diseases such as high blood pressure and some heart problems are thought to be related to stress, so by using relaxation techniques you may avoid many health problems.

However, even when we enjoy good health, diseases may occur. According to international statistics, each person is at risk of becoming sick or injured about twice a year on average. It is important to deal with any sickness or injury in a realistic and intelligent way without **panic**. Knowledge of the body should help you to manage an emergency situation before contacting a doctor for proper medical management when necessary. Any medications or drugs such as antibiotics, or strong pain killers need to be monitored by a doctor or other qualified person in the health profession.

**Subhra Datta**

### **About the Text**

‘Positive Health’ has been taken from ‘The complete health encyclopedia’ written by Subhra Datta, a notable physician. She argues that positive health is a matter of disciplined daily routine including good eating habits and tension free minds. People in developed countries have achieved better physical health, but their mental health is poor. She believes that home-made remedies are very effective to treat many diseases; so too much dependence on doctors is undesirable.

Positive health in children sometimes depends on the attitude of their parents. If the parents put too much pressure on their children to achieve instant success, they become distressed and begin to take drugs.

### **GLOSSARY**

|                       |   |                                                          |
|-----------------------|---|----------------------------------------------------------|
| content (adj )        | : | satisfied                                                |
| harmonious(adj)       | : | friendly                                                 |
| nutritional status(n) | : | the level of taking food necessary for health and growth |
| interaction (n)       | : | communication with others                                |
| eluding (v)           | : | escaping, slipping away                                  |
| close-knit (adj)      | : | bound, woven together                                    |
| sophisticated (adj)   | : | highly developed                                         |
| vaccination (n)       | : | medical treatment by injecting a vaccine into            |

|                    |   |                                                                                                        |
|--------------------|---|--------------------------------------------------------------------------------------------------------|
|                    |   | the body to produce immunity against diseases                                                          |
| fatal              |   |                                                                                                        |
| immunisation (n)   | : | creating ability in human body through medication to resist a particular infection                     |
| intervention (n)   | : | interference                                                                                           |
| maternal (adj)     | : | having to do with a mother                                                                             |
| decline (n)        | : | downfall, a gradual and continuous loss                                                                |
| psychoanalyst (n)  | : | a person who treats mentally ill patients by making analysis of their past and present history of life |
| psychiatrist (n)   | : | a doctor who studies and treats mental illness                                                         |
| compassion (n)     | : | pity                                                                                                   |
| indigenous (adj)   | : | native, home-made (medicines)                                                                          |
| campaigns (n)      | : | series of planned activities intended to achieve a goal                                                |
| instincts (n)      | : | an inborn tendency to behave in a particular way                                                       |
| obesity (n)        | : | fatness                                                                                                |
| carnivorous (adj)  | : | meat eating/non-vegetarian                                                                             |
| diarrhoea (n)      | : | a stomach disorder caused by infection in bowels and intestines                                        |
| stimulate (v)      | : | cause a reaction in an organ                                                                           |
| frustration (n)    | : | feeling of dissatisfaction and despair                                                                 |
| conventional (adj) | : | traditional                                                                                            |
| adolescent (adj)   | : | pertaining to a young person who is developing from a child into an adult.                             |

### **ACTIVITY - 1 : COMPREHENSION**

#### **A. Answer the following questions in about 30-40 words each :**

1. What do you mean by health ?

2. How can we remain mentally well ?
3. What is the quality of environmental conditions in developed countries ?
4. What is the advantage of environmental conditions in developed countries?
5. How can the infectious diseases be treated properly ?
6. What is the attitude of doctors towards better health in developed countries?
7. What is the disadvantage of decline of human values in developed nations?
8. How do people in developing countries waste their limited resources ?
9. What are the benefits of using home remedies to maintain health ?
10. How can the body signals help in achieving good health ?
11. What is the harmful effect on children when their parents put too much pressure on them ?

**B. Answer the following questions in about 60 words each :**

1. Why do people in developed countries remain far from achieving positive health?
2. What problems are faced by people in developing countries in achieving positive health?
3. How do the animals keep themselves fit?
4. How do the parents spoil the eating habits of their children?
5. How can the world environment be kept in balance?

**C. Say whether the following statements are true or false. Write T for true and F for false :**

1. Only physical fitness is necessary for health. [   ]
2. Mental health requires harmonious interactions with family members, neighbours and friends. [   ]
3. In developed countries family ties are strong. [   ]

4. Physical health and positive health are synonymous terms. [ ]
5. The trend of drug dependence is more frequently seen in developed countries than in the developing ones. [ ]
6. Too much eating results in obesity. [ ]
7. The meat eating animals never eat grass. [ ]
8. High blood pressure is not stress related disease. [ ]
9. Antibiotics and pain killers should be taken with the advice of a doctor. [ ]

### **ACTIVITY - 2 : VOCABULARY :**

**A. Form nouns by adding suffixes to the verbs given below and point out the suffixes :**

| S.No. | Verb        | Suffix | Noun      |
|-------|-------------|--------|-----------|
| 1.    | educate     | -tion  | education |
| 2.    | medicate    |        |           |
| 3.    | vaccinate   |        |           |
| 4.    | immunise    |        |           |
| 5.    | communicate |        |           |
| 6.    | intervene   |        |           |
| 7.    | interact    |        |           |
| 8.    | stimulate   |        |           |
| 9.    | relax       |        |           |
| 10.   | state       |        |           |



**B. Form adjectives by adding suffixes to the nouns given below and point out the suffixes :**

| S.No. | Noun        | Suffix | Adjective |
|-------|-------------|--------|-----------|
| 1.    | danger      | ous    | dangerous |
| 2.    | infection   |        |           |
| 3.    | harmony     |        |           |
| 4.    | zeal        |        |           |
| 5.    | psychology  |        |           |
| 6.    | environment |        |           |
| 7.    | health      |        |           |
| 8.    | wealth      |        |           |
| 9.    | hunger      |        |           |
| 10.   | nature      |        |           |

**C. Form adverbs by adding suffixes to the adjectives given below and point out the suffixes :**

| S.No. | Adjective   | Suffix | Adverb      |
|-------|-------------|--------|-------------|
| 1.    | dangerous   | ly     | dangerously |
| 2.    | mental      |        |             |
| 3.    | positive    |        |             |
| 4.    | real        |        |             |
| 5.    | frequent    |        |             |
| 6.    | harmonious  |        |             |
| 7.    | necessary   |        |             |
| 8.    | great       |        |             |
| 9.    | intelligent |        |             |
| 10.   | happy       |        |             |

**D. Fill in the blanks with antonyms of words given in brackets. Select your answers from the words given below :**

sophisticated, harmonious, indigenous, better, contentment, relaxation

1. \_\_\_\_\_ relationship is essential for mental health. (full of quarrels)
2. We should use our \_\_\_\_\_ simple home remedies. (factory made)
3. Most people in developed countries enjoy \_\_\_\_\_ health. (worse)
4. The rich countries have \_\_\_\_\_ medical facilities. (poorly developed)
5. A cheerful health is a matter of \_\_\_\_\_. (dissatisfaction)

**E. Fill in the blanks with one word substitutes for the expressions given in brackets. Select your answers from the words provided below :**

diarrhoea, psychiatrist, carnivorous, panic, antibiotics, obesity

1. The disorders of mind are treated by a \_\_\_\_\_. (mental doctor)
2. \_\_\_\_\_ are used to treat infectious diseases. (a type of strong medicine)
3. Overeating causes \_\_\_\_\_. (state of being fat)
4. Diseases should be treated in an intelligent way without \_\_\_\_\_.  
(a sense of fear)
5. All \_\_\_\_\_ animals eat grass whenever they feel sick. (meat eating)
6. Intestinal disorders in human beings and animals cause \_\_\_\_\_.  
(stomach disease)

**ACTIVITY - 3 : GRAMMAR :**

**TENSES SHOWING FUTURE TIME**

There are several constructions by which future activities are indicated. When future events are not influenced by willingness, intention or likelihood, we may speak of a 'pure future'. These sentences which do not have personally controlled elements are the best examples of 'pure future'.

1. Tomorrow will be Monday.
2. I shall be sixty next birthday.
3. He will be eighty in June.
4. How long will the work take?
5. Will there be time to visit both the museums?

Traditionally we use 'shall' with first person pronouns 'I' and 'we'; and 'will' with second person pronoun 'you', and third person pronouns 'he', 'she', 'it'. But

nowadays **will** is used in place of shall with the first person pronouns. The contracted forms **I'll** and **we'll** are common in speech. The negative **won't** is also used in place of **shan't**.

**1. Simple Future** time can be expressed in many ways without using a verb **shall/will** :

- (i) By using Simple Present Tense; as  
The train leaves at 5:00 a.m.  
Her birthday is on Monday.
- (ii) By using the Present Continuous tense; as  
He is coming tomorrow.  
They are leaving for Delhi tonight.
- (iii) By using is/am/are + about to + first form of verb; as  
The bus is about to depart.  
The college is about to open.

**Note:** The above future events are the part of a settled programme or likely to happen almost immediately.

- (iv) By using **be+ going to + first form of the verb**; as  
He is going to buy a new flat next month.  
The old house is going to fall soon.

**Note:** The above future events are likely or almost certain to occur and it is preferred to **will/shall**.

**2. Future Progressive / Continuous Tense:**

This tense is used to describe a future activity or state that will begin before and continue after a point or period of future time.

- (i) What will you be doing this afternoon?
- (ii) I shall be playing tennis all afternoon.
- (iii) When I get home my children will be watching TV.

**Note:** Shall be and will be as auxiliary + ing with infinitive form of verb is used in this

tense.

This tense can also be used for future events that are planned particularly related to tourism and travel.

e.g. Roshan will be going to China next week.

My son will be spending winter break in Goa this year.

**3. Future Perfect Tense** is used to indicate the activity and state which will be completed at some point of time in future; as

(i) He will have reached Delhi by now.

(ii) She will have planted a tree by tomorrow.

This tense puts more emphasis on the completion of the activity and on the consequence of it.

(i) In the year 2020 we will have been married for thirty years.

(ii) By this time next year I shall have finished my research work.

### EXERCISE

**(A) Put the verbs in brackets into be+going to form:**

1. You \_\_\_\_\_ (miss) your train.
2. What \_\_\_\_\_ you \_\_\_\_\_ (do) with this room?
3. The cat \_\_\_\_\_ (have) kittens.
4. She \_\_\_\_\_ (not give) another concert this year.
5. Do you think he \_\_\_\_\_ (come) back before evening?
6. How soon \_\_\_\_\_ you \_\_\_\_\_ (be) ready?
7. I \_\_\_\_\_ (not sleep) in this room. It is haunted.

**(B) Put the verbs in brackets into the future continuous or future perfect tense:**

1. I \_\_\_\_\_ (finish) this book by tomorrow evening.
2. You \_\_\_\_\_ (do) geometry next term.
3. You should go back now, your father \_\_\_\_\_ (wonder) where you are.
4. By the time we reach the party everything \_\_\_\_\_ (be) eaten.
5. The train \_\_\_\_\_ (leave) before we reach the station.

6. By the end of the year 5000 people \_\_\_\_\_ (see) this exhibition.
7. I \_\_\_\_\_ (use) the car this afternoon.
8. The garden \_\_\_\_\_ (look) its best next month.

#### **ACTIVITY - 4 : SPEECH ACTIVITY**

**1. Prepare a dialogue supposed to take place between a doctor and a patient:**

Doctor : What is your name ?  
Patient : Anil, Sir.  
Doctor : What is your age ?  
Patient : 22 Years  
Doctor : Address ?  
Patient : Sukhadia circle, Sri Ganganagar.  
Doctor : Do you keep a mobile phone ?  
Patient : yes, sir.  
Doctor : Number, please  
Patient : Sir, it is 9413037215  
Doctor : Ok. Now tell me your problem.  
Patient : Sir, I am suffering from fever.  
Doctor : \_\_\_\_\_  
Patient : \_\_\_\_\_

Complete the dialogue .

**2. Arrange a debate in the class on the topic “Too much used of the mobile phone is harmful.”**

#### **ACTIVITY - 5 : COMPOSITION :**

1. Write a paragraph in about 100 words describing the injurious effects of chewing ‘gutka’.
2. Write a paragraph in about 70-80 words describing the advantages of eating vegetarian food.