**Do you agree or disagree with the following statement? Nowadays it is easier to maintain good health than in the past.**

 There is no doubt that being healthy has been one of the most occupant affairs in human life. A prevalent question which is always discussed in social groups is whether it was easier to preserve healthiness in the past or not. personally I adhere to the idea that keeping healthiness in the modern days is so easier than it was in the past because of many reasons. In the following paragraphs I will elucidate why I think in this way through two noticeable reasons.

 The first remarkable reason to be stated is nowadays medicine science has been developed very much, yet it hasn’t been completely unmistakable. Due to advancement of technology, many laboratory equipment has been invented that can prognosticate and cure diseases better comparing to traditional ways that was in the past. To shed light on my reason I take an example, my friend’s grandmother lost two of her offspring aged 5 and 9 because of a heart problem and they didn’t know why these occurrences happened and what to do. after years another son of her came across with the same disease but in this time doctors prognosticated the sickness and cured him according to new methods of medicine science. If the science had not been progressed, unfortunately he would die.

 Another noteworthy affair which deserves to be mentioned is availability of various foods. In the past due to limitation of trading different foods because of low level of logistics, people was unable to access vast type of foods. As a result, in some regions they couldn’t provide essential minerals or vitamins which their bodies needed to. For instance, for a person that had been lived in an arid area availability of rice was very low. So, he would have lost opportunity to gain B12 vitamin in the rice and Following that, he would have confronted with different diseases related to lack of that vitamin.

 In conclusion, in modern days technology has been developed in a high level so it’s easier for doctors to know and cure illnesses and this affair mitigates risk of harmful consequences related to diseases. on the other hand, people have access to different types of foods so they can gain all of the essential substances that a healthy body needs. There are many other reasons to prove the idea and the mentioned two reasons are only two of them. (45 min , 400 words)