**Medicines and health**

Medicines are not meant to live, an English proverb says. Yes, that's true and we may add that good health is better than the best medicine. If your health is good, you are always in a good mood. You have a sound mind in a solid body, as an old Latin saying goes. The English proverb “Sickness in the body brings sickness to the mind”, expresses the similar idea, but from the different point of view. The profession of a doctor is one of the most noble, respected and needed in the world, as we turn to a doctor for advise at the hardest moments of our life, when we fall ill or suffer from pain or some disorder in our body and soul. We complain of low medical treatment, poor equipment of hospitals, difficulties in getting this or that medicine and so on. What a pity we start to value our health only when it is necessary to take medicine. Taking medicine is an unpleasant thing of course, and if we want to avoid it, we should go in for sport and keeps ourselves fit. Physical exercises to my mind are necessary. Physically inactive people catch cold more often than those who do plenty of exercises. Physical exercises are good pastime. That is true that good health is better than the best medicine. If you do early exercises you feel refreshed you have a good posture and that makes you felled so pay attention to the way you stand waken sit. Here some rules of good health:

1. Take long walks in the open air as often as you can.
2. Keep your body clean.
3. Keep your teeth clean.
4. Wear clean clothes.
5. Sleep with your window open.
6. When you are reading or writing let the light come from your left shoulder.
7. Have plenty of fruits and vegetables all the year round: "An apple a day keeps the doctor away.

Of all things people probably have diseases most. There is nothing more unpleasant than being taking ill. If you are running a temperature, have a splitting headache feel dizzy or cough you go and see a doctor or send for him at once. She or he will come and feel your pulse, take your temperature, listen to your heart, tested your lungs, measure your blood pressure, etc. Certainly, he or she will prescribe some medicine which you can get made up at chemists [drug-store] At chemist's shop you can get different kinds of medicines: pulls, tablets, ointments and many other things. I remember one of my most serious illnesses. It was four years ago. Illness started unexpectedly. Early in the morning I woke up and felt dizzy and feverish. I had a splitting headache and terrible cough. My nose was running, I was sneezing all the time. I could hardly recognize my own voice. Besides I was running a high temperature. The doctor asked me to strip to the waist, then sounded my lungs, felt my pulse, examined the throat. I had phenomena and I was to be taken to the hospital. I had to stay for a month there and obliged to get a lot of penicillin injections. In the long run I recovered of course. But most of all I'm afraid of visiting a dentist. Toothache can't be compared with anything else. Extracting a tooth or having a tooth filled are quite common things but very painful.