Nowadays, health has become the major concern of the public and current society has developed many ways to improve our health. So, when asked about whether it is easier for people today to maintain a good health than those in the past, i think there are indeed several important factors/reasons, including innovations in technology, agriculture and medicine, that have made it easier for us to maintain health/that have contribute much to the good health condition today than before.

First, due to breakthroughs in agricultural production, people do not need to worry about hunger. Instead, a nutritional and balanced diet have become the mainstream in the world, which plays an essential role in helping people today to maintain a good health. I’d like to take **Vitamin as an example, which is contained in some fruits and vegetables. As we all know, Vitamin is a basic nutritional requirement for a sound health. However, in the past, people found it hard to take in Vitamin because the fresh vegetables and fruits at that time are difficult to find. Due to the development in technology, people now have easier access to them**. Seen from this perspective, we can see that it’s easier for people to form a balanced diet then ever, which is beneficial for the health of people.

First, due to the breakthroughs in agricultural production, people do not need to worry about hunger any more. In this case, a nutritional and balanced diet have become the mainstream in the world, which plays an essential role in helping people today to maintain a good health. I’d like to take Yuan Longping, a Chinese agronomist who developed the first hybrid rice varieties in the 1970s as an example. At about 1950s, a serious of harmful political policies had plunged Chine into an unprecedented famine that caused the deaths of millions of Chinese citizens. Since then, Yuan Longping started to devote himself into research and development of better rice breed and finally succeeded at 1970s. Hybrid rice has since grown all over the world—provided a robust food source in areas with a high risk of famine. People no longer need to worry about food due to high production of hybrid rice. So, it is obvious that people nowadays can easier maintain the good health than people in the past.

Second, innovations in medicine also made great contributions to the good health condition of people nowadays. Due to the appearance of some medicines, the death rate of certain diseases has declined a lot. I’d like to take the development of vaccine for example. In the past, virus can easily spread and make people in poor health. Modern technology has invented vaccine which can tackle these diseases. The vaccine prevents the spread of diseases ranging from simple cough to life-threatening diseases such as certain types of cancer. So, it is obvious that with the innovations in medicine, we are no longer afraid of most diseases in the world.

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Admittedly, some people may argue that people nowadays may face many unexpected virus due to the rapid development of technology and the over-exploitation of the nature, which may be used as a biological weapon by many bad people. However, many governments have predicted the possibility of such disasters and come up with many strict policies to prevent these things happening. Also, media will play a role in supervising these new developments.

In conclusion, due to the advancements in agriculture, medicine and so on ,we are easier to main a good health than people in the past.