

## part of reading

yike

I'm on favor of Paul that it' not seems easier to maintain good health nowadays.

Although we've had better medical conditions today, there're more and more new types of symptoms never seen before. For instance, the huge study pressure undertaken by teenagers resulted in higher myopia rate and psychological issues happende among them. Besides, the changes in dietary structure, while allowing us to enjoy a higher standard of living, have also led to the emergence of new diseases such as diabetes. Al of those post new challenges to our health. It's important to cultivate our common awareness that in the current era of gradually developing medical conditions, the focus of maintaining health is not on medical conditions, but on ensuring healthy lifestyle habits