

Class-10

Sub.-English.

Chapter -3(Positive Health)

Write and learn the following questions.

**Comprehension**

(A) Answer the following questions in about 30-40 words each :

1. What do you mean by health?  
**Ans.** Health is a positive state of physical and mental well-being. Being physically healthy, disease-free, content and living in a comfortable and clean environment, we are in a state of positive health.
2. How can we remain mentally well ?  
**Ans.** We can remain mentally well by having close and harmonious interaction with family members, neighbours and friends. Closer- knit social systems and better communication also help us enjoy good mental health.
3. What is the quality of environmental conditions in developed countries?  
**Ans.** In developed countries, environmental conditions have improved considerably as populations have achieved a better nutritional status, and there is often plenty of money available to buy most of life's comforts.
4. What is the advantage of environmental conditions in developed countries?  
**Ans.** Due to better medical facilities, better incomes and a cleaner environment, people in developed countries are able to eat well, live well and generally enjoy better physical health and longevity.
5. How can the infectious diseases be treated properly?  
**Ans.** Infectious diseases can be treated properly by appropriate vaccination and immunisation procedures right from the birth of a child. Also, clean surroundings and nutritional good food help us fight them easily.
6. What is the attitude of doctors towards better health in developed countries ?  
**Ans.** Doctors in developed countries attribute better health largely to the improved medical facilities available there. They tend to ignore such other important factors as better education, wealth, nutrition and cleaner environments enjoyed by people here.
7. What is the disadvantage of decline of human values in developed nations?  
**Ans.** The decline in human values in developed countries has resulted in complex problem such as drug dependence, mental illnesses, and stress-related diseases. Family ties are weakening and happy human interactions are becoming rare.

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