**Better to pay the cook than the doctor**

The proverb is a warning to those people who are not ready to spend money on good food but are ready to pay a doctor. The eating of good and nutritious food makes us strong and healthy. A healthy person does not have to pay a doctor as he is not sick. The eating of bad and ill cooked food makes us weak and sick. We have then no other choice than to consult a doctor for treatment. If we were careful with our food, we would not have to pay the doctor. There are people who do not know how to cook good food. If we happen to eat the food prepared by them, we are sure to suffer from indigestion. There are cooks who are very careless in preparing food. It may be because their salary is low or the quality of the food materials which are supplied to them is also low. But if we pay him well and supply him with good quality food materials, he will make good and nutritious dishes for us. If we take nutritious food, we will not fall ill. When we are not ill, we do not have to visit a doctor. That is why it is said that it is better to pay the cook than the doctor. There are people who hesitate to spend money on nutritious food. But they are ready to pay any amount of money to doctors. Health is wealth. If we want to be healthy and wealthy, we should spend money on nutritious food.