One man came to a Rishi in Hardwar and asked him...

Swamiji,
I am having headache. What should I do?
Take some medicine
No, no, I am always having headache.
So cut your head off.
You are having headache because there is head.
No head, no headache. Very simple.
MORAL:

This reasoning is akin to the philosophy of Buddhism. Material life means suffering, so their philosophy is to cease existence. But no, our existence has to be purified. This is as crazy as chopping off the head to cure a headache.

— Srila Prabhupada