

Cleanliness

It is said, "Cleanliness is next to godliness." It is because we can achieve nothing physically, mentally or spiritually if we are unclean in our body mind or soul, Nobody likes an unclean child or adult and a clean one is loved, desired and respected everywhere.

First of all, we should keep our body clean. We should have a daily bath with toilet oat or shampoo well applied to all parts of our body and hair so that not a speck of dust or a drop of perspiration keeps sticking to us. We will feel unpleasant and lethargic instead of being alert.

Cleanliness is also very important for good health. A large number of bacteria keep sticking to our bodies and clothes. If we do not wash them regularly, we can acquire several diseases. Dirty and unwashed clothes are not only a source of based smell, but also, these are hotbeds for disease causing germs. We should brush our teeth and comb our hair regularly. Similarly, we should cut our nails frequently as man germs enter our body through our fingers.

It is very important that the utensils in which we take our meals, are neat and clean. The drinking water should be pure and clean and preferably filtered. We should also keep our houses and environment clean.

It is the duty of parents and teachers to teach the lesson of cleanliness to the children so that they grow up as great and useful citizens and members of society.