

Cleanliness

Essay No. 01

It is rightly said that cleanliness is next to godliness. It is to be noted that even a dog before sitting at a place cleans it with its tail.

Cleanliness adds charm to life. Even the greatest lover of children is more likely to pick up a comparatively clean child to hug it with love and affection.

It is true that a mother loves her child in whatever form and shape it might be. But an outside observer is not that blinded with love like the mother has reservation and choice.

Cleanliness is essential for good health. It is in the unclean milieu and atmosphere that all the disease-causing bacteria, mosquitoes and flies flourish. Hence, we must take all pains to keep our body, clothes, houses and surroundings neat and clean.

Children should be given lessons in cleanliness from the very beginning. They should be taught body hygiene. They should be asked to have a bath daily and to change their clothes daily and put on clean, well washed only. They must brush their teeth regularly. They should wash their hands before eating and take only clean food and pure water.

At school, the children should be made to sit on properly cleaned chairs and benches.

The elders should act as role models for children. They should themselves observe all the necessary rules regarding cleanliness. At higher levels the municipalities should be pressed to get the streets swept and drains cleaned regularly.

If all steps are taken at local, state and national levels to observe cleanliness in letter and spirit then our country will be a better place to live in.

Essay No. 02

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Cleanliness adds charm to life. Even the greatest lover of children is more likely to pick up a comparatively clean child to hug it with love and affection.

It is true that a mother loves her child in whatever form and shape it might be. But an outside observer is not that blinded with love like the mother and has reservation and choice.

Cleanliness is essential for good health. It is in the unclean milieu, ambience and atmosphere that all the disease-causing bacteria mosquitoes and flies flourish. Hence, we must take all pains to keep our body, clothes, houses and surroundings neat and clean.

Children should be given lessons in cleanliness from the very beginning. First of all, they should be taught body hygiene. They should be asked to have a bath daily and to change their clothes daily and put on clean, well-washed clothes only. They must brush their teeth regularly. They should wash their hands before eating and take only clean pure water and food.

At school, the children should be made to sit on properly cleaned chairs and benches.

The elders should act as role models for children. They should themselves observe all the necessary rules concerning cleanliness. For example, mothers should wash thoroughly all the vegetables before cooking them and children may be asked to help them in their work. At higher levels, the municipalities should be pressed to get the streets swept and drains cleaned regularly.

If all steps are taken at local, state and national levels to observe cleanliness in letter and spirit, our country can be changed into a heaven.