

## Simplicity

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Simplicity is a great virtue which one can observe in life. We are rightly advised by the wise elders to believe in simple living and high thinking.

We should observe simplicity in our food habits. We should take simple but nourishing food. If we are children, we should take milk, butter, bread, vegetables, curd, cheese and fruits. We should avoid fast foods.

If we are grown-ups, we should take less fat and salt, but we should take vegetables and fruits in abundance. In all cases fast food, fried items, soft drink and alcoholic drinks should be avoided. We should not smoke at any cost.

We should also observe simplicity in our clothes. We should not wear very tight clothes which make the movement of our limbs difficult.

We should observe simplicity in our speech and manners. We should be sweet, polite and humble in our talk. We should not boast, nor we should try to bully others. We should never lose our temper under any circumstances.

We should be honest and straightforward in our dealings.

We must have a simple life-style. We need not run after fashions. We should not spend more than our means. Our houses should be built in a simple, cute way. We need not have very for leading a comfortable      tension –free life.