

## LOOK CLEAN AND TIDY

**Habits are generally cultivated, not inborn. Practicing good and acceptable habits from the young age is indeed the best way to cultivate refined habits. Following are a few tips:**

- Have the habits of waking up in the early in the morning.
- Practice attending morning needs with regularity.
- Pay particular attention to your personal cleanliness. Dress very neatly, tidily and modestly. Your dress may well be simple ,but it must be clean.
- Take bath daily.
- Regular cleaning of the teeth is essential for health. Have your hair combed and brushed neatly at all time. Keep your feet clean. Do not go about barefoot.
- Make a change inner wear as often as you think necessary.
- Carry a handkerchief always in your pocket, and use it when needed. Blow your nose quietly. Never handle another's handkerchief.
- Do not spit, indoors or outdoors.
- Avoid poking your fingers into your ears,nose,teeth or hair in public. Such personal cleaning work must be done only in private.