

# The importance of cleanliness



**THE IMPORTANCE OF CLEANLINESS** It is important to maintain a standard of cleanliness in your room at all times. If you don't keep your room up to standards then you are facing many possible problems. If you leave clothes that are to be worn the next day on the floor then you are getting them more dirty than they already were. This can cause you to get sick from the dead skin cells, dirt, grime, and other things that are on your floor. If the clothing worn is not often washed, and frequently aired, it becomes filthy with impurities which are thrown off from the body by sensible and insensible perspiration. And if the garments worn are not frequently cleansed from these impurities, the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the internal organs. This then can lead to fevers and then possibly into harmful diseases. If you don't follow the standards then you have many negative aspects that can cause more problems in the future. Besides your clothing you should also always wash your hands every time you use the bathroom, before and after meals, and anytime they are dirty. This will help keep some diseases from your health because your hands are the dirtiest part of your body and if you put them on food that you put into your mouth you could get very sick. Another reason why it's important to keep your room clean is if you have a dust allergy. Within your room dust mounts up incredibly quickly and that can leave an allergy sufferer in a lot of distress. So you need to clean to get rid of the dust. Another example could be if you didn't clean up your room and bits of food were left everywhere going moldy. It would attract pests into the room which could potentially give you health problems as pests usually are dirty and they can pass various things onto you. Seeing as germs and parasites like to

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hide in unclean places, cleanliness is very important. So, it's important to stay moderately clean to avoid horrible germs, but it's also important not to go overboard and scrub yourself to within an inch of your life because that would be just as bad as filth. Thankfully, an easy way of staying clean and healthy is still the simple routine of washing hands thoroughly with soap and water. If you don't wash your sheets and blankets on a weekly basis you can also get sick, because they hold so much of your dead skin cells and any dirt from your body that rubs off. So keeping a good system of washing your clothes and sheets will help you stay healthy. Also if you keep your room up to standards then you are ensuring that you and any visitors you have stay healthy. So in conclusion it is very important to keep your room, clothes, bedding, and common areas clean so you and your guest don't become ill.