

# How cleanliness can influence life of kazi zawad badruddoza

[Environment](#), [Ecology](#)



Whereas the cleanliness is relate well to the aspects in our life. There is some reason why cleanliness is important to our life. Cleanliness influences our health, controlling our mood and then keeps the relationship with our friends. The clothes and the pants which we wear must be clean so that no more germs that can affect allergy like irritation. The food and the drink which we consume must be clean from microbes to prevent risk of illness like stomach ache, diarrhoea and many more.

Then, the objects around us it should be clean from dust so we not experience the respiration illness. With kept our cleanliness so that our life must be healthy. Another reason we must watch cleanliness because the cleanliness can controlling our mood. Cleanliness makes us feel fresh and comfortable. A clean room makes us feel freshness because all of the objects are clean and free of dust so that the air is fresh. Its floor is clean so there are no bacteria or microbes and we can do the activities without worried about hygiene problem.

Cleanliness can be regarded as personal or environmental. These habits ensure that a person would stay fit and healthy for a long time so you will not be force to use those anti aging treatments or some sort of surgery. These habits help us in developing an ideal and healthy life style which makes our lives even more delightful and joyous. Lesser effort would result in more success if a person has healthy mind and a healthy mind can only exist in a healthy

Cleanliness is one of the good qualities. It is a part of our civilization. A man of dirty habits is far from civilization. So, with the progress of civilization man

cleans himself more and more. He cleans his body. He cleans his mind and heart. He cleans all his action and manners. He cleans his soul. This will lead him to the highest form of civilization. But on the cleanliness of body, depend all other cleanings. Hence, cleanliness is considered so important.