

ne used if there are any ulcers in the mouth. Gargles with lukewarm water are good for mouthwash after meals and particulars after eating sweet foods.

## Daily bath

Our culture regards daily bath as a ritual. It is indeed necessary in hot weather as sweating makes us dirty. (In very cold regions one may skip daily baths.) Use water economically. Some people like hot water. Massage with warm sesame or mustard oil is good before bath. Temperature of bath water should be neither too hot not too cold. After retiring from daily work, we should wash feet, hands and face with water to remove dirt and sweat.

## Clean cloth

Clothes with comfortable fitting be used according to season. Cotton clothes of light colour are more comfortable in summers and warm clothes in winters. Our undergarments and other clothes must be clean to keep away skin infections and louse infestation. A daily change is healthy practice.

## Hair care

Combing the hair everyday is necessary for its health. A head-bath is necessary especially if your hair stinks due to sweating. Mixture of Shikakai, Reetha and Amla soaked in water is a simple, cheap and safe way for washing oily and sticky hair. For louse, we need fine combs. Avoid using somebody else's comb as it may have louse.

## Footwear

Proper footwear is necessary to keep away germs and worms in the dust from getting onto your feet. Many people walk or children play barefooted in the fields. Sometimes these fields are also used for defecation. The worms present in the faeces may get entry in the body when we walk bare footed. You will learn more about these worms in subsequent books. Dusty and hot weather also cracks our soles. Some people buy shoes, only to use them during festivals or when going out to meet their friends and relatives. This is not good. The Indian custom of keeping footwear outside the house is good. Everyone including children should always wear shoes when going outside their houses. Shoes are necessary for those who get cracked heal.

## What do you think?

- Long nails come handy when some one is attacking you physically.
- One can remove food particles in between teeth by needles.
- Lack of privacy for bath is a cause of skin illnesses.