HEALTH, HYGIENE *and* FIRST AID

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HEALTH, HYGIENE and FIRST AID

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HEALTH, HYGIENE and FIRST AID

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PREFACE

Hygiene (or cleanliness) is an innate characteristic of human beings. It is necessary for a person that he be clean and remain clean. This is so because people experience peace and health in this way.

Throughout history, people from different cultures have had various ways to deal with cleanliness. The truth of the matter is that none of them is in a position to compete with the understanding of cleanliness brought by Islam, the last and greatest religion. It is mandatory for Muslims, and even considered worship, for them to try to keep absolutely clean, not only their bodies, but also their houses, their cities, and their hearts.

Cleanliness begins with avoiding the eating of a bite of haram (unlawful) food. When a person pays attention to each bite that he eats, his heart, thoughts, and his whole body are protected. Someone who is successful at this will find it easier to also protect his tongue, eyes and all his other organs. Muslims also continue to clean their hearts and bodies by praying the five daily prayers.

It is a most clear characteristic of Muslims that they keep clean, not only their own buildings, but also their environment. This is true to the degree that it is not difficult and it does not weigh heavily on a Muslim pick up and carry away a piece of garbage that was thrown by someone else. This is because a Muslim is from the ummah (community) of the Prophet, who decreed, "A Muslim does not leave filth in an area by which he or she passes."

Though people are clean by nature, when the body is not washed, it begins to smell in a way that upsets those around it. The same applies to all places that are not cleaned. This means that regular and continuous cleaning is required, not only for people, but also for places.

The harm that comes from the water, land and air that is made dirty by people acting selfishly and irresponsibly also mostly affects human beings. Not paying enough attention to cleanliness is the cause of many diseases. People should keep themselves clean primarily in order to protect their own material and spiritual health; secondarily, they should also demonstrate the same sensitivity when it comes to the environment.

Therefore, I should mention the following truth one more time: Cleanliness is not only for people, but also for animals, plants, and all animate and even inanimate beings. They all have a need for cleanliness and it should not be put off for later. Mountains and rocks are washed by rain, ducks are inspired to clean themselves in streams, and cats are given the ability to clean themselves. Allah, exalted be He, who created all these things, also desired that people would clean themselves by their own will. Allah made *wudu'* (minor ablution) a *fard* (mandatory deed) and commanded us to pray in order that we come to His presence in a state of absolute purity.

If someone is a Muslim, they should have clean bodies and smell pleasing. Also, their looks, appearances, imaginings and thoughts do not contain anything dirty. In this state, a true Muslim resembles a precious flower, constantly radiating beauty. It is undoubtedly the goal of every Muslim to return to the absolutely pure life that our Lord wants for us.

Some Muslims do not conform to the rules of cleanliness found in *The Qur'an* and Sunnah; thus, they do not prefer the beautiful and pure path of Allah and His Prophet. That is because they are in a position where they do not properly know the Islamic understanding of cleanliness.

At this point, it is necessary that a well-educated person teach and explain the truth of the matter in the best way. It is necessary for all mankind that they understand and try to live like the Prophet Muhammad, *Sallallahu 'alayhi wassalam* (Peace and blessings be upon him). This is because our Prophet (pbuh) is at the peak of all forms of cleanliness. As a result of this need, the book you are holding was written in the light of the sayings of the Prophet and verses of The Qur'an.

My book, specifically on the subjects of health and cleanliness, aims to raise awareness about and bring about cleanliness. Also, it attempts to summarize and clearly explain the factors that affect human health, health services, and the things that are necessary for a healthy life.

This book, which reminds us that people are responsible, not only for their own cleanliness and health, but also for their environment, also explains what may be done and how we may contribute to having clean air, soil and water and a clean environment. In addition, it mentions in a detailed way the connection between cleanliness and health; it stresses the importance of ensuring a clean body, room, house, alley, street, city, and country.

It is also beautifully explained that it is not enough for a Muslim that he or she be clean only in the physical sense. It is necessary that a Muslim strive to be pure in the spiritual sense as well.

Mental health is an important factor that affects a person's entire life. Thus, it is explained in detail in the book. Detailed information is given about the factors that affect mental health and how to protect your mental health.

I have added a first aid section to the end of my book. As you know, correct and timely first aid can be very important because it may save a life.

I have written this book, *Health, Hygiene and First Aid*, to be conductive to make a generation pure and healthy, physically and in all areas of meaning, and with the hope that future mothers and fathers may raise awareness in these issues. The effort is from us, and the effects are undoubtedly from Allah.

Let's end this preface with a *du'a*: O Lord! Grant us a pure life that pleases you, physical and spiritual well-being, and happiness in the two worlds. Amin.

Neslihan Nur TÜRK

CHAPTER I

A GENERAL OVERVIEW OF THE CONCEPT OF HEALTH

CONTENTS

DEFINITION OF THE CONCEPT OF HEALTH

FACTORS THAT AFFECT HEALTH

HEALTH SERVICES

CHAPTER I QUESTIONS

1- DEFINITION OF THE CONCEPT OF HEALTH

According to its most commonly known definition, the term health means for the body not to be sick, but healthy and sound. However, it is wrong to think that health means only the well-being of the body. This is because a human being is comprised of a body, actions, social responses, senses, speech, mental faculties, and sexual characteristics all together, and the primary issue is the health of the whole. In that case, if we want to make a complete definition, we should say the following:

"Health is the presence of complete well-being in all aspects of development in a human being."

The definition of health given by the World Health Organization also is similar to this:

"Health is a state of complete physical, mental and social well-being and not just the absence of disease or infirmity."

It is a great blessing to be healthy and well. Our beloved Prophet, Muhammad Mustafa (peace be upon him), put this truth into words as follows:

"Whoever among you wakes secure in his life and wealth, with his body healthy and well, and his daily sustenance beside him, it is as if the whole world has been given to him." (Tirmidhi, Zuhd, 34)

Health, which is often remembered in times when it is lost, is an infinitely valuable treasure, a blessing for which we should be very thankful because it allows us to perform our work and worship in a good manner.

A saying of the Prophet Muhammad (pbuh) calls attention to this truth as follows:

"In the morning, charity is due on every joint bone of the body of everyone of you. Every utterance of Allah's Glorification (i.e., saying Subhan Allah) is an act of charity, and every utterance of His Praise (i.e., saying Al-hamdu lillah) is an act of charity and every utterance of declaration of His Greatness (i.e., saying La ilaha illAllah) is an act of charity; and enjoining M`aruf (good) is an act of charity, and forbidding Munkar (evil) is an act of charity, and two Rak`ah Duha prayers which one performs in the forenoon is equal to all this (in reward)." (Muslim, Musafirin, 84)

Allah created human beings in a perfect way and bestowed each organ with great power. These organs that are not easily worn out and continue to perform their functions for many years are often worn out when they become the victim of living habits contrary to human nature.

Our beloved Prophet, Muhammad Mustafa (pbuh), also informed us of this in this hadith:

"There are two blessings that people often do not appreciate: health and free time." (Bukhari, Riqaq, 1)

Concerning our knowledge of these two great blessings, our beloved Prophet (pbuh), who is the greatest example for us, warns:

"Before you are sick, know the value of health; before you die, know the value of life." (Tirmidhi, Zuhd 25)

❁

Seeing that it is so important, let's familiarize ourselves with the definition of health, examine it from different perspectives and try to figure out what the true definition of health actually means:

- Physical Health:

Physical health is when there is no problem with the body the structure of which is formed from the head, torso, arms and legs; when every cell, tissue, and organ work in the best way; and each part is in agreement with the others. Thus, generally, when there is no sickness in the structure of the physical body, a person is accepted as being physically healthy.

- Healthy Movement:

Healthy movement means not encountering any trouble while the joints and muscles in the body are moving, whether because of reflexes or conscious movements. Thus, when both the large muscles, like those in the arms and legs and the small muscles, like those in the fingers and face, are made to move, they do not show weakness, and a person is able to do the many jobs necessary to continue his life without needing help from others. A person may be said to have healthy movement when they are able to sit or stand, move the arms and legs up and down, walk or run, open or close the eyes, smile, flex the muscles, and continue do many other movements in the proper way.

- Social Health:

Social health is being able to live in a balanced way with others in society, with qualities like respect, love, equity, accountability, helping, and sharing, and without negative qualities. Socially healthy people are respected and accepted by society. Social health is possible for people who are sought after, awaited and whose opinions are valued. Those that are socially healthy do not only get along with people, but with all of creation, the animate and inanimate; and because they comply with what is right, they are loved.

- Linguistic Health:

Linguistic health means that one has healthy speech organs (brain, tongue, teeth, palates, lips, and

coordination between them) and the ability to use these organs in the most appropriate way. A linguistically healthy person does not show any signs of lack of fluency while speaking. People who can use language in the most correct way and without problems are accepted as being linguistically healthy.

- Mental Health:

Mental health means having a normal level of intelligence or above, the ability to use it in the best way, and not having problems related to mental activities like thinking, sensation, evaluation, and memorization. Among mentally healthy people, those who excel most in the mental disciplines (such as the verbal, mathematical, artistic, and physical intelligences) are successful to the highest degree, and they do many helpful activities.

- Sexual Health:

Sexual health in a person is the absence of any problems in the biological organs related to sexual life, the acceptance of the sexual roles, the choosing of correct sexual preferences, the staying away from all types of perversions, and the living of a balanced sexual life. In a society where men behave like men, women behave like women, and everyone happily accepts their roles without going beyond what is *halal*, most of the general peace will have been established. The long and healthy life of societies is largely related to people respecting sexual matters.

- Emotional Health:

Emotional health is a person's ability to deal with positive and negative situations such as life/death, wealth/poverty in the best way and to have correct actions and reactions as conditions change. People who are emotionally healthy are happy, self-confident, are not troublesome to those around them, rather they are problem solvers. When these people have sad or difficult times, they don't give up hope and they can deal with many problems.

In conclusion, a person who has a sound physical structure, but constantly curses and swears and has a quarrelsome and problematic nature, i.e. he is problematic in an emotional and social way, cannot be considered healthy. On the other hand, though someone may have a very healthy soul, yet have high blood sugar and heart problems, we may not call him healthy. People who are very sound in their mental aspects, yet who have fallen into perversion in their sexual preferences, may also not be considered healthy.

Each area of development constantly affects the other areas, and each area is constantly affected by each other area. For this reason, we use the term "healthy" to refer to someone who shows health in all these areas. Someone who has problems in any of these areas cannot be considered completely healthy.

2- FACTORS THAT AFFECT HEALTH

Human health is affected by many factors, and these are shown below. Now we will look at each of these factors one by one and by which factors they are affected:

- Genetics

The genetic units that carry the information that enables a living being to be able to grow, develop and continue its life are called genes. Genes are made up of DNA (deoxyribonucleic acid). Healthy genes result in us being healthy; problematic genes are the cause of various problems.

Genetic diseases and defects result from the passing of defective genes from generation to generation. Everyone takes genes from their mother and father. If the genes are normal, that is, if they carry the characteristics for what is necessary for a healthy person and they perform their job correctly, a healthy baby is born. However, in some babies chromosomes from the mother or father may result in one or a few defects. In these situations, because of the misdirection from the information passed down in these defective genes, there may be genetic defects or diseases in the baby. Down syndrome, albinism, six fingers, color-blindness, harelip, and hemophilia are some genetic defects and diseases. The age and health condition of the mother are also important factors for these diseases.

Almost all genetic diseases have the characteristic of being incurable. However, modern medicine aims to make life easier for patients through corrective surgery or rehabilitation services.

- Environment

Environmental factors, which are of many kinds, continuously affect people's health. Before going into detail, first let's take a look at the definition of environment:

"The environment is the area that surrounds us from closest to the farthest place and affects us and is affected by us."

If we think that the closest part of our environment is the place where we are, then we may say that the farthest part of our environment extends as far as the galaxies. This is because as human beings, we are continuously affected, both consciously by our immediate environment (such as the household, the workplace, and the city where we live) and unconsciously by our distant environment (different cities in our country, other countries, the stars, the moon, the sun, etc.). Environmental factors like air, earth and water, along with the actions of people in society have an effect on our health. It should also be mentioned that television and computers, which are on almost every day in many homes have the negative effects of radiation.

To the degree that the harmful effects of the environment can be reduced, human health will also be positively affected to that degree. Clean water, air and soil and an environment free from noise pollution is undoubtedly beneficial for human health.

Hearing annoying news every day, constantly hearing about all the negativity in the world, and being in an environment where family and others are constantly troubled are factors that negatively affect the psychology of people. For this reason, a peaceful environment is very important for leading a happy and healthy life.

- Way of Life:

Some people with normal genes, even though the environment in which they live is very clean and hygienic, may be seen experiencing health problems. This is caused by a person living an incorrect way of life. Someone without regular sleeping patterns, a healthy diet, and good habits may be said to be inviting disease. We'll get into details on the following pages, but for now, let's say this much: Anyone who doesn't live by the motto "Early to bed, early to rise" or sleeps too little or too much, who eats whatever comes to his mind or neglects getting proper nutrition, or who uses substances like cigarettes, alcohol or drugs, which are known to be harmful, they will surely be unhealthy.

3- HEALTH SERVICES

Health services throughout the world are generally discussed under three headings. They are preventive medicine, treatment services, and rehabilitation. Now let's look at each one individually:

- Preventive Medicine

Preventive medicine is the branch of medicine that takes and develops preventive measures, aiming to prevent the formation and settling of disease. It aims to both bring the body into a strong and resistant state and clear the environmental conditions of disease-causing effects. Therefore, we will talk about to kinds of preventive medical services, those directed at the individual and the environment:

Works in Preventive Medicine Directed towards the Environment:

These works are aimed at protecting the ecological balance and protecting the environment from all types of harm. These services are generally carried out by specially trained engineers, chemists, technicians, veterinarians, and people of similar professions. All kinds of volunteer work to protect the environment are also included in this area.

Preventive medicine aimed at protecting the environment includes the control and reduction of cancer-causing materials (detergent, food additives, cosmetics, etc.), measures taken to reduce the harm from negative factors like radiation, and serious work done to prevent the outbreak of diseases among the masses. Other services included in this area are listed below:

a) Waste management.

b) Drainage systems that properly serve the whole country.

c) Garbage collection, its storage in proper places, recycling the appropriate materials, and the disposal of the rest.

d) The establishment of industrial waste-water collection and treatment plants; and the treatment of dirty water and nutrients.

e) Pest control against disease-carrying insects.

f) Supplying safe and clean drinking water.

g) Purifying the air that is breathed from cigarette and exhaust smoke.

h) Fighting against unhealthy foods.

i) Food with preservatives.

Works in Preventive Medicine Directed toward the Individual:

Education, as is true for every area, is also very important in preventive medicine. For this reason, it is necessary that groups at risk and the public be educated.

Works in preventive medicine directed toward the individual include subgroups such as immunization, adequate nutrition, early diagnosis and treatment, personal hygiene, and health education. It is the work of preventive medicine directed toward the individual to explain that a clean environment is the responsibility of groups and individuals, to remind everybody what it means to think for themselves, and to raise awareness of health issues. Above all, explaining the sunnah to people and their becoming aware of life according to the sunnah is, without a doubt, the most valuable preventive medicine.

- Treatment Services:

Despite all the measures taken, when diseases appear with their symptoms, the services given for the aim of eradicating disease and its causes are treatment services. These services are actualized in three stages:

First-line treatment:

First stage treatment services are primarily given in the home. If that is not possible, they are provided at a family doctor's office. If that is not possible, they are given as outpatient treatment at institutions like a community health center, dispensary, or polyclinic. These treatments are generally given as outpatient care. The patient stays less than one day in the institution. People start first level treatment if they have small ailments, such as fainting, light injuries, allergy problems, second and third level blood pressure disorders, and infections. These services are mostly the area of general practitioners, midwives and nurses. According to the level of discomfort, it may be possible for an educated and experienced adult to give first-line treatment in the home in the way of first aid (taking the first necessary measures for a sick person, such as putting a warm, vinegar-soaked cloth on the forehead and armpits of a child suffering from a fever).

Second-Line Treatment:

Patients for whom services in first stage are not enough are referred to the hospital to receive treatment. There, patients are usually hospitalized for their care and treatment to be carried out. In order to prevent the overcrowding of patients in second-line treatment, it is very necessary that people first pass through first-line treatment. These services are carried out by specialist doctors and specialized medical staff. Services given at the private clinics and private polyclinics of specialist doctors may be considered second-line treatment.

Third-Line Treatment:

In order to solve problems that are not solved with second-line treatment, patients are referred to third-line treatment. At this level, medical professionals who have specialized in a branch of medicine carry out treatment using advanced technological equipment found in health centers. These medical centers are institutions like maternity hospitals, cancer hospitals, pulmonology hospitals, tuberculosis hospitals, mental hospitals, children's hospitals and university hospitals. This is the last link in the chain of referral institutions.

- Rehabilitation Services:

It is the aim of rehabilitation health services to help people with bodily or mental disabilities who have lost their ability to work, to be able to rejoin society from the medical and social aspect, and to be able to live without being dependent on others. Medical rehabilitation is related to improving bodily disabilities. As for vocational rehabilitation, it is related to teaching new jobs to people who cannot work or who cannot continue to perform their old jobs because of disabilities and helping them to find jobs. In both rehabilitation services, helping patients to adapt to new situations and making positive suggestions while demonstrating the necessary understanding and patience is the most important duty of the personnel involved.

READING PASSAGE

LOVE WHICH BEARS PURITY

Saying "Let the horse's death be from barley," there was a man who ate everything that came before him. Without listening to his friends' advice to eat little, he mocked them, saying "Should I become a bag of bones like you?" He would mostly be seen scarfing down of everything in front of him, devouring everything straightaway without even chewing. This appetite, such gluttony, was not a good omen; but, it was almost impossible to explain to him.

Soon after, his stomach started to burn and his skin began to turn yellow, but he didn't pay it any mind. He ate several kinds of food at every meal, and immediately after the meal he would continue to devour fruit and snacks and gulp down tea and coffee. It was as if his whole life were there solely for the purpose of eating, with no other goal and nothing else to worry about. Bring on the cakes! Bring on the ice cream! Bring on the pastries!

A few months later, in addition to gaining a lot of weight and having his skin turn yellow, his stomach also burned. He still acted in a reckless manner. Also, he didn't see the harm in instant food with preservatives, didn't pay attention to who prepared it or to what ingredients were used, and put anything offered to him into his stomach. Moreover, he had recently greatly increased his consumption of cola, saying "It helps digestion" as an excuse.

Throughout the following months, complaints continued to increase, so much so that his stomach pains turned into painful cramps, his yellow skin started to darken and he became unable to control his weight. As if these difficulties weren't enough, during that time he also fell in love. But he wasn't brave enough to say what he felt inside, and so he agonized in fear that she would not like him. Perhaps for the first time in his life, he began to regret eating so irresponsibly.

Because of this feeling, he decided for the first time in his life to go on a diet. Because the doctor told him that his problems related to an unbalanced diet that continued for years could not be fixed immediately, but would require very much patience and passing through a very difficult time period, he fell into hopelessness. However, the love that he felt inside gave him strength. With that strength, he went on a very strict diet for an entire year. Then his stomach pains almost completely disappeared. Finally, he lost fifteen kilos and his face became happier because of this new condition.

When he came to the girl whom he loved... she was already married to another; but thanks to his love, longing, and suffering, he became fit like us. During the following days, because of his growing confidence and positive manner, he became someone sought after and loved. Soon he will be engaged to someone and he hope he will be happy…

DISCUSSION

In groups of three, argue about which of the following is the most important for us being healthy:

- ✔ Preventive medicine services
- ✔ A proper life style
- ✔ Healthy genes

RESEARCH

Do some research about the people who are suffering from illness in your neighborhood; how many among them are genuinely sick, and how many of them feel sick because of an incorrect way of life?

ACTIVITY

Think about how you could make the home where you live more clean, cheerful and organized, then get right up and do it! Then you'll see how happy a clean house can make you, as well as the positive effects it can have on your physical and mental health.

Chapter I Questions

1) Which of the following give the most correct definition of "health"?

a) To be happy and cheerful.

b) To have no pain in the body.

c) Not only to be free of disease and infirmity, but to be in a state of complete bodily, mental, and social well-being.

d) To have a clear mind and balanced emotions and blood-pressure.

2) For someone without a headache, whose arms and legs are without problems, which of the following is true?

a) This person is emotionally healthy.

b) This person is socially healthy.

c) This person is mentally healthy.

d) This person is physically healthy.

3) For someone who is emotionally healthy, which of the following is false?

a) He can cope with situations such as birth, death, wealth and poverty.

b) He doesn't lose his balance as conditions change.

c) He despairs when he encounters very sad or difficult situations.

d) He is self-confident, a problem solver and not a burden to anyone.

4) Which of the following sentences is true?

a) A person who is physically healthy is also considered to be healthy in the other aspects of health.

b) Each of the areas of development influences each other.

c) Someone who has a powerful mind may not be considered unhealthy from the sexual perspective.

d) People who have social problems also have language problems.

5) As far as genetics are concerned, which of the following is false?

a) Genetics is one of the factors that affect health.

b) Diseased genes are the reason we're prone to certain diseases.

c) The cause of genetic disorders is improper nutrition.

d) Down syndrome is a genetic disorder.

6) **Which of the following is the most correct?**

a) The house we live in is our environment.

b) Not only our house, but also the city in which we live is our environment.

c) Environment means the social environment made up of friends, relatives and neighbors.

d) Environment means the area of all that is around us, from that which is closest to us to that which is farthest from us, that affects us and is affected by us.

7) **Which of the following things that are harmful to health is not a personal mistake related to way of life?**

a) Cigarette addiction.

b) Sleeping late and waking up late.

c) Improper nutrition.

d) Air pollution.

8) **Which of the following is wrong to think about someone who is sick, despite having normal genes and living in a clean and hygienic environment?**

a) This person may be sick because of bad habits.

b) He or she may be sick for psychological reasons, caused by annoying and bothersome things.

c) He or she must be a hypochondriac, what else could it be?

d) He or she may have fallen into a weak state because of an incorrect life style.

9) **Which of the following is not a kind of job related to preventive medicine?**

a) Working to bring down the fever of someone with a temperature.

b) Pest control for disease-carrying insects.

c) Waste management.

d) Works directed at keeping the air clean.

10) **Which of the following is a rehabilitation service?**

a) Giving therapy to someone who has become crippled.

b) To examine and analyze someone.

c) Writing a prescription and giving medicine.

d) Teaching about adequate nutrition.

CHAPTER II

A HEALTHY LIFE

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NUTRITION

SPORTS AND PHYSICAL EDUCATION

SLEEP AND REST

CHAPTER II QUESTIONS

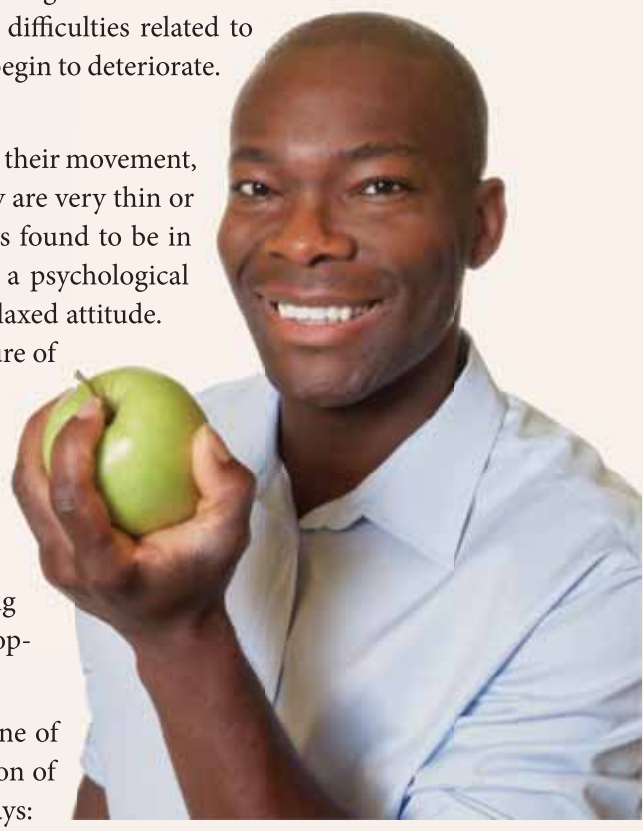
1. NUTRITION

Taking the necessary nutrients for the body and benefiting them is called nourishment. Nourishment, which is an indispensable need of our lives, begins in the mouth and continues in the digestive tract. The food that we eat is absorbed by the intestines, then reaches the blood and cells by way of the vascular system (veins and arteries). As for the part that is not of use to the body, it is excreted as feces and urine.

The main purpose of nutrition is to maintain health and ensure healthy growth and development. However, with the tastes and smells of the food we eat, there are very pleasing aspects that make us happy and appeal to the palate. Therefore, it is necessary that we have good nourishment in order to fill our stomachs, be happy, and lead a healthy life. This is because having sufficient and balanced nutrition is the first rule to being healthy.

Taking a sufficient amount of nutrients at the right time should protect the bodily trust that was given to us, so we should not be the cause of its losing power.

There are dozens of nutrients that are necessary for us throughout our lives. If the body can't get one or more of them, or if it gets too much, difficulties related to growth and development will be experienced and health will begin to deteriorate. This is called an unbalanced diet.



People with an unbalanced diet are heavy and reluctant in their movement, their skin and their general appearance is unhealthy, and they are very thin or very fat. They always talk about various pains and are always found to be in a state of complaint. Such persons are also in distress from a psychological point of view, either having an overly stressed or an overly relaxed attitude. This is because unbalanced nutrition harms the whole structure of a person.

In contrast, those who have a balanced and sufficient diet appear healthy, have vibrant and flexible bodies, and have beautiful skin. These people have vibrant and shiny hair and healthy nails and eyes. Their muscles and bones are healthy and their psychology is balanced. They have a strong constitution that is usually not sick. Their growth and development is normal, in accordance with their height and weight.

Allah created us and made us dependent. Nutrition is one of those things we are in need of. Therefore, after we eat a portion of food given from Allah's grace, we should give thanks. Allah says:

"O you who believe! Eat of the good things wherewith We have provided you, and render thanks to Allah if it is (indeed) He Whom ye worship." (*Qur'an* 2:172, Surat al-Baqara, Pickthall).

Our beloved Prophet Muhammad, peace and blessings be upon him, also drew attention to the need to give thanks for blessings as follows:

"Allah Ta'ala (exalted be He), is pleased with his servant's giving praise after eating or drinking something" (Muslim, Dhikr 89).

Now let's examine individually each food item that Our Lord has given us and that is necessary for us throughout our lives:

- Drinking water:

Organic compounds contained in water are the main nutrients for the human body.

Water, which is made up of hydrogen and oxygen, is a substance that is found in liquid form, is colorless and odorless, and has a unique taste. It is indispensable, not only for people, but for the lives of all living beings. The digestion and transportation of nutrients to cells, the proper functioning of cells, organs, and tissues, the disposal of toxic substances from the body, the control of body temperature, and many such functions are carried out with the help of water.

The percentage of water in the bodies of newborn babies is about 90%. This percentage decreases with age. It decreases to about 60% in adulthood and 50% in old age. Most of the blood, brain and muscles is water. Even in the bones, the percentage of water is found to be 22%. What this means is that water is a nutrient that should not be neglected.

A decrease in the percentage of water in the body leads to the development of various problems according to the degree of the decrease. The body's first response to lack of water is thirst. As the deficiency increases, the responses are then varied. Blood volume may be reduced. A decrease in physical activity may be seen. In addition, concentration disorders may arise. Things such as dizziness, difficulty breathing, and extreme fatigue may occur. If the body loses more than 10% of its percentage of water, serious problems may begin to occur, such as muscle spasms, extreme fatigue, kidney failure, and circulatory disorders.

Every day, about 2.5 liters are discarded from the body as urine, sweat, feces and through the respiratory tract. It is important to compensate for this diminishing amount and consume enough water in the day. This is because preserving the balance of water in the body is necessary for health. The skin of those who consume a sufficient amount of water is full-bodied and smooth. When the body's water need is met, the load on the heart and blood vessels is reduced. The blood becomes fluid and the body gets strong.

While it differs from person to person, according to factors such as age, sex, amount of physical activity, height, and metabolism rate, it is said that the necessary daily amount of water is two liters.

Our beloved Prophet gave people advises related to drinking water and he himself became one of the main practitioner of these recommendations. Therefore, let's set forth the hadiths of the Prophet related to this subject:

The noble Prophet (pbuh) said:

"He who eats or drinks from vessels of silver and gold, it is as if his stomach is filled with hell fire." (Muslim, Libas, 1). This means that water may be drunk from cups made of materials besides gold and silver.

We also learn the following from our beloved Prophet. If a cup is not to be found, and if necessary, we may drink water directly from a water source or from a fountain (Bukhari, Ashriba, 14, 20). It is not correct to drink with your mouth touching a waterskin or leather bottle (Bukhari, Ashriba, 24). One may drink while standing up (Bukhari, Hajj, 76), but it is better and healthier to drink while sitting (Muslim, Ashriba, 116). Also, one must not breathe into the container (Muslim, Taharat, 65).

If you don't begin drinking water by saying "*Bismillah*," then it is necessary to say "*Al-Hamdulillah*" after drinking no more than two or three sips (Tirmidhi, Ashriba, 13).

Our beloved Prophet taught us *adab* (etiquette), not only for drinking water, but also for serving water. It is as follows:

"The one who serves water to the people drinks last." (Tirmidhi, Ashriba, 20).

Allah, Glorified and Sublime be He, says in *Surat an-Nahl* (16):

"He it is Who sends down water from the sky, whence you have drink, and whence are trees on which you send your beasts to pasture. Therewith He causes crops to grow for you, and the olive and the date-palm and grapes and all kinds of fruit. Lo! Herein is indeed a portent for people who reflect." (*Qur'an* 16: 10-11, Surat an-Nahl, Pickthall)

This means that water is a source of life. This is so much so that if a person loses all the fat and carbohydrates in the body, his life is in danger; but, if he loses only 20% of its water, it will cause him to come face to face with death. For this reason, it is our responsibility as humans and servants of Allah to protect water and its sources and use it without wasting it.

- Vitamins:

Our Lord created every type of food necessary for us to live healthily. This food has not only taste stored inside it, but also healing. Because vitamin deficiencies may be an important cause of illness, vitamins may be considered a source of healing.

Vitamins can be classified in two groups as those which dissolve in fat or water. Now, let's examine each one individually and in which foods they are found so that we may find them easily when we search for them:

* **Fat-soluble Vitamins:**

Vitamins in this group may be helpful when dissolved in fat or oil. Therefore, oil is needed for vitamins A, D, E, and K to be used in a healthy manner. The healthiest oil is virgin olive oil.

Vitamin A:

Vitamin A is a much needed vitamin that increases the body's resistance to infections, supports healthy growth and reproduction, and is especially necessary for the bones, teeth, gums, skin, nails, hair, and eyes. The excess amount of it is not discarded through urinating, but stored in the body. In cases of its excessive usage, it may cause a change in skin color. Vitamin A is found in

large amounts in fruits like apricots, oranges, and plums, and in vegetables like asparagus, parsley, spinach, carrots, celery, lettuce and tomatoes.

Vitamin D:

Vitamin D helps the body meet its calcium needs in a balanced way by helping the bones and teeth to hold calcium and the small intestines to absorb it in a healthy way. Fish oil, fish, eggs, butter, liver, meat and oats are especially good sources of vitamin D. For this vitamin to be effective in the body, sunlight is necessary. No matter how much vitamin D a person takes, if he does not take any sunlight, he will be faced with the problem of calcium deficiency. This is because sunlight activates vitamin D and strengthens bones and teeth by helping with calcium absorption. In the form of a chain, each link helping the other, knowing and benefiting each other, these three elements (The sun, vitamin D, and calcium) are of the utmost importance to human health.

Vitamin E:

Vitamin E is a very strong antioxidant which is a substance that repairs the damage or corrosion in the body caused by various harmful substances. It ensures the protection of the cell structure, and helps the wounds heal faster. It protects from cancer and hardening and blocking of arteries. It beautifies the skin. It strengthens the immune system. Taking enough of it is extremely important for speeding up sexual development during adolescence. It has been proven that it may block age-associated memory loss, that is, Alzheimer's disease. It is found at high levels in cereals and vegetables like zucchini, cabbage, lettuce and spinach, as well as in olive oil, fish oil, hazelnuts, walnuts, tuna, sardines, egg yolks, tomatoes and potatoes.

Vitamin K:

Vitamin K is of two types: K1 and K2. The most important task of vitamin K1 is to ensure coagulation of the blood. It is found in grains, green vegetables, spinach, zucchini, lettuce, green tomatoes, pine needles, green peppers, cabbage, Brussels sprouts, cauliflower, beans, peas, yoghurt, egg yolks, kiwis, blueberries, and green tea. As for K2, it has the important tasks of helping with bone formation, maintaining bone health, and preventing calcium buildup in the arteries. It is produced by good bacteria in the stomach.

* **Water-soluble Vitamins:**

Vitamins B and C are easily dissolved in water. The excess amount of it is not stored in the body and is discarded through the urine. For this reason, no risk is posed in taking too much. Due to a very quick depreciation, it is possible to lose a great part of these vitamins in the stages of food preparation, cooking, storing and heating. Therefore, foods containing B and C group vitamins must be very carefully prepared and used immediately.

Vitamin B1:

Vitamin B1 is a digestive aid and prophylactic (something that prevents or contributes to the prevention of disease). It is a vitamin that is necessary for the normal functioning of nerve tissue. It converts blood sugar into energy. It is important for the health of heart. Just as it is good for indigestion, it also keeps one clear-headed and has a healthy effect neurologically speaking. For the body to make use of carbohydrates, vitamin B1 is necessary, while tobacco, alcohol, and sugar

destroy this vitamin. Vitamin B1 is found in soybeans, asparagus, cabbage, carrots, celery, coconut, grapefruits, lemons, parsley, pomegranates, radishes, oats, corn, bananas, rice, whole wheat bread, peas, (roasted) peanuts, potatoes, chicken, steak, liver, milk, wheat, raisins, cauliflower, and chickpeas.

Vitamin B2:

Vitamin B2 helps to convert food into energy. It is a prophylactic against certain kinds of cancer. It is necessary for healthy eyes, skin and hair. Known sources of vitamin B2 include soy beans and flour, wheat products, hazelnuts, peanuts, apples, cabbage, carrots, spinach, grapefruits, apricots, almonds, oats, barley, tomatoes, dates, peaches, plums, rice, corn, cauliflower, meat, liver, chicken, skim milk, yogurt, egg yolks, and broccoli.

Vitamin B3:

Vitamin B3 helps to balance cholesterol and is a prophylactic against cardiovascular disease and hypertension. It cleanses the body and is effective in lowering the fat to blood ratio. It especially helps with healthy blood circulation, with the healthy functioning of the liver, and in reducing the pain of headaches. For anyone who wants to be protected from depression and unnecessary and undue concerns, it is necessary that he or she take an adequate amount of vitamin B3. It is found in germinated wheat, wheat bran, potatoes, tomatoes, carrots, hazelnuts, walnuts, plums, lentils, chicken, steak, eggs, cheese, fish, beans, peas and leafy greens.

Vitamin B5:

Vitamin B5 is important for the healthy operation of the adrenal glands and in antibody production. To live without muscle weakness, headaches, and vertigo, it is necessary to take a sufficient amount of vitamin B5. Chicken, hazelnuts, wheat and eggs are known sources of this vitamin.

Vitamin B6:

Vitamin B6 is involved in the use of protein and fat in the body, energy production, healthy functioning of the central nervous system, and the production of hemoglobin. If someone can't get a sufficient amount of vitamin B6 and the food he or she eats is high in protein but low in carbohydrates, the possibility of the formation of kidney stones would be very high. Therefore, high amounts of protein require the consumption of high amounts of vitamin B6. If a person is affected by moodiness without cause, irritability, insomnia, forgetfulness, and trembling of the hands, it means they have a vitamin B6 deficiency. Some vitamin B6 sources are wheat, whole wheat flour, vegetables, lettuce, barley, soybeans, oats, bananas, turkey, chicken, fish, steak, potatoes, oranges, milk, spinach, peas, walnuts, and avocados.

Vitamin B12:

Vitamin B12 has an effect on the regular operation of the nervous system and the formation of red blood cells. Especially for the production of red blood cells, it is absolutely necessary. It also helps with the use of fatty acids in the body. Vitamin B12 deficiency may pave the way for serious illnesses, such as pernicious anemia, or other damages that are difficult to reverse. It is found in lamb, liver, fish, eggs, chicken, skim milk, nonfat yogurt and leafy greens.

Vitamin C:

Vitamin C is the most delicate vitamin. It is used up very quickly and loses its value. Therefore, foods containing vitamin C should not be put in contact with metal, be worked on too much with a knife, grater or blender, and should be consumed without waiting very long. Sliced apples browning in a short time and the taste of a squeezed grapefruit changing in a short time may be given as examples of the fragility of vitamin C. It strengthens the blood vessels and has protective effects against infection and toxins. For some vitamins in the body to be used, it is necessary that a sufficient amount of vitamin C be taken. For this reason, in is necessary that an amount of vitamin C be taken every day. Also, vitamin C is necessary for the calcium in the blood to be diffused throughout the body. It also has an effect on the health of bones and blood vessels, the management of pain in the joints and back, gum health, and strength and resistance. Vegetables and fruits such as apples, oranges, grapefruits, tangerines, lemons, cabbage, strawberries, kiwis, spinach, melons, tomatoes, beet greens, green beans, spinach, peas, green peppers, parsley, and vine leaves are good examples of sources for vitamin C.

Generally speaking, there is a type of food containing mostly one of the vitamins; however, this food does not just consist of that specific vitamin. Each food contains many vitamins, fused together in 10%, 50%, 90% and such varying proportions.

- Proteins:

Protein is the basic building block of all living organisms. It is of the utmost importance for the growth and development of our bodies and in resisting infections. Protein is necessary for the quick healing of wounds, as well as for the making of new tissue. A diet with insufficient protein may result in liver and kidney diseases. Protein deficiency diseases do not appear immediately; however, their treatment may also last for months or years.

Especially for children in the ages of growth and development, athletes, lactating mothers, and those in the recovery phase after surgery, it is necessary that much more attention be paid to protein intake. While a protein intake that is less than necessary may be the cause of deteriorating health, more protein than is necessary may turn into fat in the body, an thus cause a weight problem.

High protein foods should be consumed on a regular, daily basis. So, let's have a look at which foods we can get protein from:

Red meat, fish, milk, eggs, cheese, yogurt, haricot beans, chickpeas, kidney beans, lentils and walnuts may be considered examples of good protein sources.

- Carbohydrates:

Carbohydrates are organic compounds consisting of carbon, hydrogen, and oxygen. We get most of the energy we need to move, think, and fight diseases from carbohydrates.

The most important task of carbohydrates is to create energy. They are stored in the body, and the extra amount taken is converted into fat. In people who get enough carbohydrates, the body does not need to use protein to make energy. Carbohydrates also ensure that enough water and electrolytes are found in the body. They help to maintain the acid-base balance in the blood.

Carbohydrates are divided by their natures into three groups: monosaccharides, disaccharides, and polysaccharides.

Monocassharides are also known as simple sugars. Glucose, fructose (fruit sugar), and galactose are of this group. Glucose exists in a free form in the blood of human body. Glucose is used as a source of energy, especially by the brain and red blood cells. Grapes and foods produced from grapes are good sources of glucose. As for fructose, it is found in honey and molasses made from fruits like grapes, figs, and mulberries.

Disaccharides are of three types: sucrose (table sugar), lactose (milk sugar), and maltose (malt sugar). Sucrose is derived from sugar cane and sugar beets. Lactose is naturally found in milk. Although it is an animal-derived sugar, it is present in human milk as well.

Polysaccharides are of three kinds: starch, glycogen, and cellulose. Starch is formed from the combination of several glucose molecules. It is found in plant seeds and tubers. Wheat, potatoes, rice, peanuts, carrots, and corn are foods that contain high levels of starch. Starch is digested in the mouth and small intestines. It is converted to glucose in the intestines, and then it is used by the body. Glycogen is stored in the body and kept ready to be used as a backup energy source. It is mostly found in the liver and muscles. As for cellulose, it is found in plants. It is the indigestible part of food. By increasing movement, it helps with the comfortable functioning of the intestines. It is a remedy for constipation and makes you feel full. Food products made from whole grains, fruits and vegetables eaten raw and shelled, especially strawberries and bananas, are good sources of cellulose.

- Fats:

Fats are extremely important for the membrane that envelopes and protects the cells. After carbohydrates, they are the second indispensable source of energy for the body. Also, fats ensure that vitamins A, D, E, and K can be used in the body. Because these vitamins are fat-soluble, and fat consumption is very important for this reason, we also mentioned this in discussing vitamins. In addition to all this, fat is important as an element that adds flavor to food. Health of the skin, hair, and inner and outer organs is largely dependent upon the balance of fat. Some vital hormones are synthesized from fat.

Fat may be divided into two groups:

1- Saturated fats

2- Unsaturated fats

Saturated fats are of animal origin, and if too much is taken, it may cause cholesterol levels to rise and lead to heart disease. They are found in butter, animal fat, milk, and – according to an opinion which is still being argued – eggs.

As for unsaturated fats, they are of vegetable origin. They are responsible for keeping cholesterol levels low, brain development, and cell structure. Unsaturated fats found in olive oil and peanuts are especially medicinal. In addition to these, Omega 3 found in walnuts, hazelnuts, cabbage, spinach, broccoli, lettuce, fish and fish oil, along with Omega 6 found in sunflower seed oil, are extremely necessary for our bodies. Omega 3 helps with the fluidity of the blood, while Omega 6 helps with coagulating of blood when necessary. Especially for healthy blood circulation, it is necessary that these two types of oils be consumed regularly.

With oils produced from various plants, it is possible for us to feel vigorous and tranquil. Many types of oils, such as almond oil, oregano oil, and lavender oil, with their inherent healing properties and emission of pleasing fragrances, are a means of providing good rest and comfort for both our bodies and our souls.

It is also necessary to explain the following: it is harmful to force your body to digest margarine and refined oils. Especially these two types of oil may cause vascular occlusion (the blocking of a blood vessel). The body, however, recognizes and uses what is natural. Therefore, we should consume virgin olive oil or a enough amount of any type of natural oil.

- Minerals:

Minerals are inorganic substances that the body cannot make on its own. Working together with vitamins, they become good for the body. For this reason, getting enough vitamins also means that we benefit enough from minerals; especially for children in the growth and development phase, vitamins are extremely important.

Minerals contribute greatly to the development of the nervous and reproductive systems, the functioning of muscles, the formation of blood, the regulation of the pulse and blood pressure, and maintaining the fluid balance in the body.

Minerals such as zinc, iron, iodine, calcium, magnesium, sulfur, phosphorus, sodium, and potassium are especially necessary for the human body. All of these minerals are absorbed through the small intestines; some are then stored in the necessary cells, and some of them are excreted in the urine. A deficiency of minerals may affect the body negatively and result in the development of many health problems.

Now, in order to better understand, let's take a closer look at some of the minerals and the way they help our bodies:

Zinc: This mineral is extremely important for the blood, red blood cells, pancreas, liver, and some muscles and bones. A sufficient amount of zinc must be taken for the healthy development of the reproductive organs, the healing of wounds, and for lasting healthy senses of taste and

smell. Zinc deficiency may result in problems such as susceptibility to disease, the thinning and formation of white spots on the nails, and retardation of growth and development. Oilseeds, cocoa, oysters, egg yolks, liver, meat, and legumes are examples of good sources of zinc.

Iron: Iron is necessary for the synthesis of hemoglobin, the part of the blood which transports oxygen to the tissues of the body. It is also necessary for transport of oxygen to tissues, the disposal of carbon dioxide through respiration, keeping the immune system strong, energy consumption, and growth. Iron deficiency is very common because in many mothers iron stores are inadequate. Lack of iron in the body brings about results such as fatigue, anemia, hair loss, nail-shape distortion, and weakening of mental ability. Iron is found in red meat, chicken, fish, dried legumes, eggs, dried fruits, and molasses. It is also found in vegetables such as spinach, peas, and purslane.

Iodine: Iodine has an important role in growth and development, as well as in the production of hormones involved with the maturation of the reproductive system. It is essential for hair, skin, nail, and bone health. It is also involved in the making of thyroid hormones. Iodine deficiency may cause a decline in mental activity, drying and flaking of the skin, constipation, weakening of the heartbeat, and a decline in fertility. Purple carrots, salt, seaweed, seafood, garlic, and asparagus are good examples of iodine sources.

Calcium: Calcium is needed for the healthy development of bones, blood pressure regulation, blood clotting, and transmission of neural messages, as well as for the proper functioning of muscles. Joint pain, brittle nails, weakening of bones, an increase in tooth decay, and heart palpitations are common in cases of calcium deficiency. Long-term calcium deficiency causes short stature. In cases of calcium deficiency in the blood, muscle spasms, cramps, and chills may occur. Sesame seeds, dried figs, molasses, purple carrots, green leafy vegetables, and especially milk and milk products, are good sources of calcium.

Magnesium: A healthy functioning metabolism, effective use of energy, protein production and cell proliferation are affected by magnesium. In order to use the calcium and potassium in the body, magnesium is necessary. In cases of magnesium deficiency, undue tension, depression, loss of appetite, heart rhythm irregularities, cramps, ringing in the ears, insomnia and other problems may be experienced. Walnuts, hazelnuts, almonds, dates, dried figs, dried legumes, grains, bananas, arugula, spinach, lettuce, and parsley are known to be good sources of magnesium.

Sulfur: Sulfur is necessary for energy production, the formation of bones and teeth, cell growth and repair, and the healthy functioning of the kidneys and heart. In cases of sulfur deficiency, problems such as general weakness, fatigue, kidney disease, intestinal problems, and late emergence of teeth are likely to occur. Red meat, milk, chicken, fish, eggs, grains and dried legumes are sources of sulfur. Also, natural springs that contain high levels of sulfur may have an extreme healing effect.

Sodium: The body to stores the water that it needs, muscles contract in a healthy way, and blood pressure is regulated, by way of providing for exchange of water and electrolytes in the cells, with the help of sodium. Therefore, it is necessary that the body be supported with enough sodium. Especially as a result of sweating, the body experiences a loss of sodium along with water. For this reason, it is important that a person who sweats replenish his or her body, not only with water, but also with salt. An excess as well as a deficiency of sodium may cause problems in

an organism. Deficiency may result in muscle weakness and pain, a clouding of consciousness, and respiratory failure. Salt, pickled olives, cheese, butter, bread, brains, kidneys, coffee, dried legumes, potatoes, spinach, lettuce, carrots, oranges, eggplant, apples, and many other foods are good sources of sodium.

Potassium: Potassium is important for maintaining the balance of body fluids, for cell and tissue health, for the healthy functioning of the nervous system, and for heart health. Potassium deficiency may cause general fatigue, muscle fatigue, low blood pressure, edema, dry skin and acne. It is found in milk and milk products, bananas, figs, peaches, apricots, dates, raisins, cherry-like fruits, and potatoes.

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- Proper Nourishment:

Allah (exalted be He), in exchange for all the blessings he made for us, wanted from us only that we demonstrate proper servitude. Servitude is possible by being content with what Allah has made. Our Lord has drawn our road map, presented us with our beloved Prophet, Muhammad "Mustafa (The Chosen)", peace and blessings be upon him, and commanded us to live according to his *sunnah* (example).

Our Lord says in *Surat al-Ahzab,* 21:

"Verily in the messenger of Allah you have a good example for him who looks unto Allah and the Last Day, and remembers Allah much." (*Qur'an* 33: 21, Surat al-Ahzab, Pickthall)

Inasmuch as this is the truth, it is necessary for every Muslim on the road to becoming a good servant that he or she imitate the Prophet (pbuh) and resolve to live and behave like him. This effort, being necessary in every field of life, is also such for nourishment.

How to properly nourish ourselves and how to properly take what nourishment we've been blessed with may be seen by looking at the *sunnah*, and thus, in order to protect both our material and spiritual health, we should take a good and proper step.

Now, let's repeatedly turn towards *the Qur'an*, which constantly confirms itself with its reason and science, and the Messenger of Allah, being the most perfect example for us, and learn from these two infallible sources how we should nourish ourselves:

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• Eat Sparingly:

Perhaps the most important eating habit that every Muslim should enact in his or her life is to be content with less and feel full after eating little. The Messenger of Allah (pbuh) said:

"No one has filled a container more dangerous than the stomach. A few bites to keep a person on his or her feet are enough. If one must eat more than that, then let the stomach be filled with one-third food, one-third drink, and one-third air." (Tirmidhi, *Zuhd*, 47).

For those who are wondering how this can be done, let's explain: We won't sit at the table before we are hungry, and we'll leave the table before we are full. While it is not easy, a very important habit for all Muslims to implement in their lives is this; when starting a meal, in order to keep from eating more when you want to, take control of your *nafs* (self) and keep from eating more.

Everyone knows that overeating opens the door to obesity, excessive sleep, and also lethargy and unhealthiness. Since this is the case, in order to protect the body that Allah has entrusted us with, we should get used to eating less.

In other hadiths about confining oneself to less, our beloved Prophet informs us that as the number of people eating together increases, the blessings of the food also increase:

"Food for two is enough for three people. Food for three people is enough for four people." (Bukhari, At'ima, 11).

This means that it's not fitting for a Muslim to be stingy out of fear and separate oneself to eat selfishly. This is because a Muslim believes that as food is divided, it is multiplied. In fact, in a hadith, the Messenger of Allah says the following about how one may enter paradise:

"O people! Spread the salam (greeting of peace), feed people, and continue to be concerned about your relatives and help them. While people are sleeping, pray. In this way, you will safely enter Paradise." (Tirmidhi, Qiyamah, 42).

That is to say, if we observe the principles of eating little and feeding others, Paradise is waiting for us in this world and the next.

• Chew Your Food Well:

If someone wants to get used to eating little, he must first learn to chew his food well. This is because the more you chew a bite of food, the better its taste and healing properties become. And the more the food is broken up, the easier it becomes to be digestible in the stomach. Well-digested foods put your body into a state that it can benefit from them. The body feels full and able to take care of its needs, even with only a small amount of food. Thus, what a pity it is that those who scarf down their food and pass it to their stomachs without chewing it properly will not get the same feeling. This is because bites of food that are swallowed down before they are properly chewed are not felt by the body as mouthfuls eaten. A person in this situation, even if he has eaten a lot, will not feel full. Since he doesn't feel full, he continues to eat, and because he eats a lot, he puts on weight.

Moreover, because unchewed bites of food are difficult to be digested in the stomach, a second problem emerges. The stomach becomes fatigued from trying to digest these huge chunks of food. Bites of food that cannot be broken down begin to decay and turn into toxins. These toxins are first broken down in the liver. When the liver is not able to handle the load, it shares it with the bile. Thus, from the habit of simply not chewing your food enough, many health problems arise.

It is most correct to chew a bite of food at least until it has the consistency of puree, then swallow it.

- **Fresh Food:**

It is essential that food be properly cooked and consumed fresh. This is because food that is left out is susceptible to the formation of bacteria. Over time, food loses its nutritive value and harmful toxins such as nitrite may form in it. It is particularly bad to eat foods containing potatoes or spinach that have been left out for too long. Cooking the amount of food that you will eat and eating all the food that you cook for that meal is the most healthy and most appropriate manner of eating in accordance with the *sunnah*.

- **Eating One Kind of Food:**

What is meant by one kind of food is one kind of food at a time; However, much the number of the kinds of foods increases, digestion also becomes that much slower and more difficult. It is most appropriate and most healthy to make due with a small amount of one kind of food in place of whatever the *nafs* (self) wants to do.

For example, cheese contains protein. Also eating other foods that contain protein, like butter and eggs, along with it will increase the workload of the stomach. However, because these three foods are of the same type, it is possible for the stomach to digest them all for the same meal. Eating walnuts along with cheese will help the cheese to be digested more easily. Thus, knowing which foods help each other and making a nutrition program based on that is the best way to go.

There is no problem with eating vegetables together with yogurt for the same meal, or meat with salad. However, eating bread and meat for the same meal makes digestion difficult and makes for a heavy meal.

Also, imagine the tables set with many kinds of food. Think of how grave this situation is. Allah also wants us to be healthy and have nourishment fitting our disposition.

When we look to the sunnah, we see that the Prophet (pbuh) was content with the smallest amount of one kind of food. Guests were offered only milk, or only meat, or only bread.

- **Ideal Proportions:**

Every person comes into the world as a unique creation. The only people who are exactly the same are identical twins. Except for identical twins, everyone lives with their own unique form. In this case, it would neither be wise nor fair to present one single ideal type into which everyone would want to be included.

It would be as improper for someone who is built to want a thin body as it would be for someone who is very thin to want an overweight body. In this sense, it would be best if everyone could reach his or her own ideal by knowing their own body well and using a proper nutrition program for it.

The weight of each person's muscles, fat, and bones is different. Therefore, despite some people being the same weight, one may appear thinner, and another fatter.

Every person's body type is different from the others. Generally, three body types are described:

1. Ectomorph Type:

This type is genetically weak or very weak. Ectomorphs have a fragile and delicate structure. In the ectomorphic type, the bones are thin and the joints are small. Muscle tissue is scarce. The shoulders are lowered. While the height of a person of this type may be tall or short, because of the length of the limbs and the insufficient muscles, they generally seem tall. This is a weak structure from birth. Because of this, in order to strengthen the muscles, one must constantly strengthen and use them.

People of the ectomorphic type have long fingers and are tall. The shape of their faces is triangular. Their sharp facial features are noticeable. Generally, this is not a very cordial type. Because people of this type have low fat levels, they are susceptible to cold. Their hair is healthy and grows quickly. It is difficult for them to gain or lose weight. They are narrow-shouldered and near flat or flat-chested.

2. Mesomorph Type:

Those of the mesomorph type genetically have distinguishable muscle tissues. Their bones are thick. Their bodies are tapered towards the waist. Their faces are bony, long and wide. They have developed arms and legs, and even their fingers are muscular. The skin of people of this type is usually darker and thicker.

They attract attention with their strong and athletic bodies. Women of this type have a body shape resembling an hourglass, while men have rectangular body shapes. Their body posture is perfect. Compared to ectomorphs, they can easily build muscle and store fat quickly. Also, their skin is thicker.

3. Endomorph Type:

Endomorphs have genetically more rounded bodies. Their arms and legs are short. A thickening towards the waist is seen. They have thick bodies. Their hips are broad and high, and their upper arms are more developed than the other parts of the arms. The skin of people of this type is soft and smooth, and their hair is healthy. Their facial lines and rounded head are sizeable. Endomorphs do not have strong or developed muscles. It is very difficult for them to lose weight, and very easy for them to gain it. On the other hand, as is the case with mesomorphs, muscle development is easy, and with a little work, they can progress in this area.

It is understood that a person's body structure is determined by genetics and this structure does not change. However, by eating properly, exercising, and living correctly, one may protect his or her body from extremes and be healthy and fit.

This means that, when people look in the mirror, if the image is not distorted and they feel that they are beautiful, fit, and healthy, with their movement not impaired because of too much

weight, then they are within their own ideal proportions. There is no need for someone to force himself/herself to something other than this or have unnecessary obsessions.

After learning one's body type, the greatest task that falls upon a person is to think about the following verses and work to be in a state of complete contentedness and thanks towards his or her creator:

Allah, exalted be He, says:

"Verily We created man from a product of wet earth; Then placed him as a drop (of seed) in a safe lodging; Then fashioned We the drop a clot, then fashioned We the clot a little lump, then fashioned We the little lump bones, then clothed the bones with flesh, and then produced it as another creation. So blessed be Allah, the Best of creators!" (*Qur'an* 23:12-14, Surat al-Mu'minun, Pickthall).

"He is the One Who fashions you in the wombs as pleases Him..." (*Qur'an* 3:6, Surat Al-i 'Imran, Pickthall).

"O man! What has made you careless concerning your Lord, the Bountiful, Who created you, then fashioned, then proportioned you?"(*Qur'an* 82:6-8, Surat al-Infitar, Pickthall).

"So let man consider from what he is created. He is created from a gushing fluid that issued from between the loins and ribs. Lo! He verily is Able to return him (unto life)." (*Qur'an* 86: 5-8, Surat at-Tariq, Pickthall).

2- SPORTS AND PHYSICAL EDUCATION

- What is Sport?

All movements of the body, according to some rules, in the form of personal or group competitions are called sports. Sports increase the body's resistance and help develop the physiological capacity of its systems. People who consciously and regularly practice sports, are not only healthy and fit, but are also stronger in terms of morale.

Walking, running and climbing are individual sports. These sports can be done anywhere. Moving around outside, swimming, and playing are activities that may also be considered sports. Moving the body around every morning for 10-15 minutes, and at this time taking regular deep breaths, is a helpful sportive activity that will support the burning of fat in the body.

While doing sports, one may select movements that work different areas of the body. Someone who is planning to do a sporting activity should consider his or her age, state of health and other special conditions.

The place of sports is extremely important for a person to be tough disciplined vigorous, and alive.

- What are the Benefits of Sports?

Laziness and loss of motivation disappear in people who do sports. They awaken to new topics of interest, and they develop a structure that is more social and far away from stress. Regularly doing sports delays conditions such as aging and atrophy of existing capabilities in the body. Because people who do sports expend any extra energy in this way, they are protected from all negativity that may arise from a buildup of bad energy. They use their spare time doing physical activities, and this causes the body's capacity to increase. The body systems and the organs work properly, reflexes are sped up, and movement and nervous system activity increases and becomes stronger. In these people, the muscles are healthier, self-esteem is higher, and love of life is more intense. Sports are helpful in avoiding advanced age diseases, as well as in recovery from muscle, joint, and nervous system diseases.

- What is Physical Education?

Physical education is working the body, with or without a vehicle, with the aim of strengthening the body and keeping it healthy. Physical education covers actions such as playing, gymnastics, and sports. In physical, mental, and spiritual terms, physical education holds a very important place in our being able to reach top performance in what is necessary for our lives.

3- SLEEP AND REST

Sleep is a great blessing from Allah. A person's fatigue of body and mind is cast off and he or she can rest. Because of precious rest like sleep, we get the strength we need to work throughout our lives. Allah, exalted be He, says:

"And He it is Who makes night a covering for you, and sleep repose, and makes day a resurrection." (*the Qur'an* 25:47, Surat al-Furqan, Pickthall).

From here it is understood that the primary time for rest and sleep is the night. Sleeping four to five hours between the *'isha'* and *fajr* prayers is extremely important for the healthy continuation of a person's life. With sleep, cell renewal and tranquility and relaxation for the inner and outer organs are possible. Waking up for a part of the night for worship is a virtuous act. A *qaylulah*, an afternoon nap, to make this easier is *sunnah*. The *qaylulah*, as with all *sunnah*s, has been the subject of research by scientists who have proven its benefits.

Academics, presenting the results of their research in San Diego at the yearly meeting of the American Association for the Advancement of Science (AAAS), explained that those volunteers who had a one and a half hour nap a day received better results on comprehension tests that were difficult for them.

In a study done at the University of California, it was recorded that the brain needs sleep in order to record new data in the short-term memory. In the experiment, healthy adult subjects were given a difficult comprehension test in the morning, and they all basically received similar notes. Then half of the group were left awake. In subsequent tests, those who slept were seen to receive better results than those who did not. (Siesta is the name for an afternoon nap that is generally common in Italy and Spain. It was learned from the *qaylulah* of Muslims who went to Europe. The *qaylulah* is different from the siesta; the siesta is longer (2-3 hours)).

Sleep duration varies from person, but generally, six to seven hours of sleep is said to be enough for an adult. For some people, three to four hours of sleep is enough, while for others, ten to eleven hours of sleep is necessary. Because of genetic factors and environmental factors, this need which varies from one body to the next is universal and all people are in need of sleep.

People who do not sleep enough may be faced with problems such as drowsiness, tension, and inability to focus. Lack of sleep can lead to strange effects on people. Our beloved Prophet (pbuh) said the following words in a hadith:

"If anyone of you feels drowsy while praying he should go to bed (sleep) till his slumber is over because in praying while drowsy one does not know whether one is asking for forgiveness or for a bad thing for oneself." (Bukhari, Wudu', 53)

Because of the adverse effects of lack of sleep, he always exhibited a compassionate approach concerning it and sleep was always recommended for someone suffering from sleeplessness. In another hadith, our Prophet (pbuh) said:

"If one of you wake up to pray tahajjud *(the night prayer), and your tongue is wondering so much that you can't understand what you are reading from the Qur'an, then go lie down and sleep."* (Muslim, Musafirin, 223).

As in all matters, the best example for us on issues of sleep and rest is the Prophet Muhammad Mustafa, peace and blessings be upon him. His bed was like the grave a person is placed in, with the mosque ahead of him. (Abu Dawud, Adab, 106).

The Messenger of Allah (pbuh) saw a man lying on his stomach; he immediately stepped in and said *"This is a manner of lying that is not pleasing to Allah, exalted be He!* (Tirmidhi, Adab 21). Roofs without railings were not seen as suitable places to sleep. (Tirmidhi, Adab 82).

Now, let's also learn from his hadiths about what we should do before going to sleep, how we should lie down and sleep, and some more details:

"Whenever you go to bed perform ablution like that for the prayer, lie or your right side and say, "Allahumma aslamtu wajhi ilaika, wa fauwadtu `Amri ilaika, wa alja'tu Zahri ilaika raghbatan wa rahbatan ilaika. La Malja'a wa la manja minka illa ilaika. Allahumma amantu bikitabika-l-ladhi anzalta wa bina-biyika-l ladhi arsalta"

(O Allah! I surrender to You and entrust all my affairs to You and depend upon You for Your Blessings both with hope and fear of You. There is no fleeing from You, and there is no place of protection and safety except with You O Allah! I believe in Your Book (the Qur'an) which You have revealed and in Your Prophet (Muhammad) whom You have sent). Then if you die on that very night, you

will die with faith (i.e. or the religion of Islam). Let the aforesaid words be your last utterance (before sleep)." (Bukhari, Wudu', 75).

"Let none of you lie down on his back, and then place one of his legs over the other." (Abu Dawud, Adab, 36).

"Satan puts three knots at the back of the head of any of you if he is asleep. On every knot he reads and exhales the following words, "The night is long, so stay asleep." When one wakes up and remembers Allah, one knot is undone; and when one performs ablution, the second knot is undone, and when one prays the third knot is undone and one gets up energetic with a good heart in the morning; otherwise one gets up lazy and with a mischievous heart." (Bukhari, Tahajjud, 12)

The meaning of this hadith is that when you sleep and rest it is necessary that you sleep without missing your time for worship. In order to rightfully rest your body, it is essential that you not neglect worship, which is the food of the soul, and perform it in a timely manner.

It is also necessary to mention this, which is related to rest: A Muslim should not be idle or lazy. Rest is passing from one form of work to another. Our Lord says:

"So when you are relieved, still toil [at a different task] **And strive to please your Lord."** (*the Qur'an* 94:7-8, Surat al-Inshirah, Pickthall). Thus, He describes the most appropriate rest for human nature.

Indeed, people get tired most when they are free of things to do. This is because the unoccupied soul becomes busy. When we become busy with whispers, imaginings, and unnecessary anxiety, the road is open for our souls to fall into weariness. Therefore, there are benefits in us reconsidering our schedule for sleep and rest.

READING PASSAGE

IF THERE IS NO BREAKS

There was a man who was always working and could not take his mind from his work at all. Despite this hard pace, he could not reach his desired output and remained unsuccessful. His effort, diligence, and continuous and persistent struggle were very nice; but what was the result? The result was that he always got less than he expected and the output from the work that he did was never enough.

One morning, although he had worked all night, he still went to school. There were dark circles under his eyes and it was obvious that he had not slept. He took a test, and when he finished he was in a very bad mood. A friend who had been observing his situation for a long time asked:

- Why are you torturing yourself so much? Is it worth it?

He was not successful. He could not meet his family's expectations. His father had died years before, and his mother had placed all her hopes on him. He was the only man of the house. He was also the only hope of his sisters. Because of this heavy responsibility, he devoted himself to his work. Also, he was smart; but his work didn't turn out right! His friend said:

- Try taking a break.

How could he? If he didn't want to waste even a few minutes, how could he, and why would he take a break?

- My dear friend. We are human beings. We need to rest, and if we don't, we cannot be productive. When we work on and on without a pause, our brains as well as our bodies become tired. How much can be accomplished with a tired brain? How much work can be done? Instead of overloading yourself and standing still, you should do the following: Work for 45 minutes, then take a 15 minute break...just like at school...just like the breaks we go out for between classes at school. The amount of time for which a human adult can muster his or her attention well is 45 minutes. More than this only results in pointless fatigue. While you take only a short break between shifts, it will mean that your next 45 minutes of work will be productive. This applies both to while you're studying, and while you're working at a job.

This sounded plausible to him. And it was also not such a difficult thing. Upon doing this, would he become successful? His friend continued:

- This alone is not enough. You should sleep early in the evening and wake up before the sunrise. Sleeping in the evening is extremely important for your being fit and healthy. You

must not sleep through your mornings, which are the most productive and blessed times. If you feel that you need to rest during the day, the time for that is the hours after the *zuhr* (noon) prayer. A one-hour afternoon nap will cause you to be both rested and rejuvenated.

He hadn't thought about these things before, and he had embraced an entirely different life. He only thought about sacrificing, working day and night, and "the necessity of taking a rest for rejuvenation" had never come to his mind. Indeed, the charge of a mobile phone runs out. Why should the energy of a person not run out? Lamenting to himself, he said "While you connect the charger to your mobile phone, how do you not notice that you are also in need of a charge?" His friend went on:

- Just as time is set aside for prayer and supplications, so are necessary breaks when one is fatigued from their work. These also should not be neglected. When His servants carry out the *salah*, Allah wishes goodness for them. If people were not in dire need of it, he also would not have ordered the five daily prayers. With *wudu'*, the body balances out its electricity, and by praying without hurrying oneself, one finds peace.

Most of the time, the prayer is missed in order to finish homework or complete a job. He sometimes gave himself this warning. "Yes," he said, "sometimes I work for this world as if I'm never going to die. I forget about death and the afterlife. Even though the prayer is the cause of comfort in this life and the next…"

- In the meantime, please also pay attention to the food you eat. Can a car run without any gas? If you don't get essential vitamins, minerals, and other nutrients, leaving yourself malnourished, your powers of perception and your endurance will decrease. Although someone may work really hard, malnutrition may still be the cause of his being unsuccessful.

Upon hearing this, he recalled putting off meals, hastily eating unhealthy snack-food, and not eating properly. Really, he had really neglected himself that much! He was surprised...

Once he started to implement the advice of his friend, his mind became sharper, and he was filled with a totally new energy. His tiredness decreased. His memory became stronger. He went from working hours for exams, yet not being successful, to getting the top grades in his class. His face was beaming. His morale improved. His mother and sisters rejoiced to see him in this state. A completely new atmosphere pervaded the home.

- Speaking of the weather, also open your windows and air out your room. It's not possible to be successful without oxygen. Take a deep breath, and take in the clean air. Send some oxygen to your brain.

"Enough, enough," he said smilingly. "While making progress with this, provided the oxygen is enough, who exactly keeps me? Then opening his hands, he said "Allah! Thanks be to Allah! Each time I breathe in, and each time I breathe out, may I thank You countless times!"

DISCUSSION

Divide yourselves into groups, with each person representing a nutritional element. Then each group should talk of the benefits and necessity of their group and try to stand out from the others. Then argue about the following questions:

- Which nutritional element is more important?
- Which nutritional element is superior?
- Without the one, do the others not have much meaning?

RESEARCH

Study the sleeping habits of those around you. Identify the differences in health/performance/positive thinking/energy levels between those who have a regular night's sleep and practice the *qaylulah* and those who do not have a regular sleeping pattern.

ACTIVITY

First, make *wudu'*. Then, take rye flour, yeast, salt, flax seed, and black cumin, mix it with warm water, knead it and leave it near a heater. When it starts to rise and become fluffy, dump it on a greased pan and wait a little more. Then, bake it well in the oven. First you will smell, then you will taste this warm bread that you've made yourself. Give thanks, and then make an intention to always make bread in your home in later times. (You may use grains and spices from your own region if you like).

Chapter II Questions

1) Which of the following is the definition of nutrition?

a) Eating three meals a day.

b) Eating every time we feel hungry.

c) Taking and utilizing the nutrients necessary for our bodies.

d) The taking of food into the body through the mouth.

2) Which of the following is not one of the benefits of nutrition?

a) We spend money when buying food.

b) We are happy to smell and taste food when we eat it.

c) We become strong with the vitamins and nutritional elements contained in food.

d) Food helps us to protect our health.

3) Which of the following is not an accurate statement about water?

a) It has a unique taste and is colorless and odorless.

b) It is one of the necessary conditions for the continuation of life.

c) It is a substance composed of hydrogen and oxygen.

d) A quarter of the human body is water.

4) Which of the following is in the group of water-soluble vitamins?

a) A b) C

c) D d) K

5) Which of the following is a nutritional element that it is a building block for our bodies?

a) Vitamins

b) Carbohydrates

c) Proteins

d) Fats/Oils

6) Which of the following statements is false?

a) People who eat a balanced diet are healthy, lively and closer to being happy.

b) Eating a lot does not mean eating well.

c) Water is a rich essential nutrient.

d) A high-protein-containing food should be eaten every day.

7) Which one is true?

a) Minerals are organic substance which the body generates by itself.

b) Zinc, iron, and iodine are three major carbohydrates.

c) Food for two people is enough for three; food for three people is enough for four.

d) Healthy food may be swallowed without being chewed it a lot.

8) Which of the following may be considered an accurate statement?

a) The weight that we feel ourselves to be fit and healthy with is our ideal weight.

b) A very thing person must gorge himself to gain weight.

c) An obese person should immediately begin a bread-free diet.

d) An endomorph who exercises will become an ectomorph over time.

9) Which of the following is not one of the benefits of sports?

a) Sports increases our bodies' resistance and cause positive thinking.

b) They help us to feel fit and healthy.

c) They help in strengthening the muscles by working different areas of the body.

d) They exhaust you and make you sweat and feel sluggish.

10) What is the name of the most indispensable type of rest, needed to gain strength for a new task when the body and mind are tired out?

a) Break

b) Sitting

c) Sleep

d) Nap (*Qaylulah*)

CHAPTER III

A HEALTHY ENVIRONMENT

CONTENTS

CLEAN AIR

CLEAN WATER

CLEAN SOIL

A CLEAN ENVIRONMENT

CHAPTER III QUESTIONS

1. CLEAN AIR

The Earth is a place where many seen and unseen creatures live. All living beings need food, water, and air to live. Although each and every one of these needs is very important, it is impossible to live without air. The mixture of colorless, odorless, tasteless gas that living things breathe is called "air."

Air is the reason for us being healthy and fit. It is also an indispensable source of life for all of our organs. All researchers are in agreement on the fact that dirty air is the cause of great harm in the lungs and airways. It has been shown that high levels of pollution in the air, through facilitating blood clotting, cause a risk of heart disease.

The brain alone uses 20% of the oxygen that enters the body. Air has an extremely important role in keeping the brain healthy. Therefore, it is indisputable that the air, and especially clean air, has an effect on human health.

Oxygen-rich air is clean. In closed environments, because of breathing, oxygen is consumed and carbon dioxide levels rise. This is because oxygen is used during respiration and carbon dioxide is left behind. For this reason, the air in a classroom, bedroom, living room or auditorium becomes dirty in proportion to the number of people breathing in the room. In order to ventilate these types of places, it is necessary to open the windows to allow for the entry of clean air.

As a matter of fact, when someone is in a stuffy environment for a long time, he or she will get a headache. This is because the body, in the absence of air, cannot get enough oxygen. Blood that doesn't get any oxygen cannot be cleaned. People whose blood is not cleaned immediately begin to demonstrate ailments such as headaches and fatigue.

Especially in the bedroom, there should not be many live flowers. This is because at night plants take in oxygen from the environment and "breath" out carbon dioxide. This is also a factor in the oxygen in the environment disappearing more quickly. Since a person sleep, on average, eight hours, and this would mean that a person would be getting insufficient oxygen for eight hours, you can now better understand the danger. Generally, someone who has been breathing unhealthy air, should awake in the morning having a partially swollen face. One may prevent this by leaving one of the windows of the room slightly cracked while sleeping.

In order to take advantage of the fresh air, it is necessary to go on walks in outdoor areas such as the prairie, garden, or coast and let your whole body take in the air. We take in oxygen, not only through the nose, but also through the skin. For this reason, it is important that the clothes we wear be made, not from synthetic materials, but from natural materials such as cotton, wool, and linen and that they not be tight and burdensome.

Our skin is covered with tiny pores. In order for your skin to breathe comfortably, your pores must be open. That is to say, you must rid your pores of clogging toxins with regular bathing and cleansing of the body. The easiest way to do this is to scrub yourself with a natural and rough instrument, such as a luffa.

Since it is this important, we must do our best to keep the air clean in our homes and rooms and in our city and our country.

- **Oxygen**

Oxygen is needed in order to maintain human life. When we inhale, we take the oxygen from the air into our lungs. The oxygen passes from there into the blood, binds to hemoglobin, and then the hemoglobin carries oxygen to all the tissues of the body by way of the blood stream. The carbon dioxide that results from the oxygen being used in the tissues then becomes manifest. The carbon dioxide also is then carried by the hemoglobin from the tissues to the lungs and expelled in the air we breathe out. Good respiration happens when the oxygen-carbon dioxide balance is adjusted.

Oxygen contributes to energy production by helping us burn the food that we take in through our mouths. Oxygen is a very important substance that is needed by all of our cells, and if reduced, negatively affects all the functions of our bodies. Rapid aging is seen in those who do not get enough oxygen.

We said earlier that the organ most in need of oxygen is the brain. Indeed, it has also been known for years that there is a very important link between breathing and mental health. When enough oxygen does not go to the brain, it results in things like negative thoughts, depression, and memory loss. People who don't get enough oxygen because they have to work in closed environments all day may have problems such as fatigue, irritability, and inefficiency. It has been proven that problems such as heart attacks and cancer may also result because of a lack of oxygen.

As for those who get enough oxygen, their bodies are protected from many diseases. Since it is this important, everyone should learn "correct breathing," which is the easiest and most natural way to take oxygen into the body. For this reason, we are going to work on breathing in a detailed manner:

- **Breathing**

Breathing is an involuntary movement that continues at every moment. Without planning or tiring, we constantly inhale and exhale. In fact, most of the time, we are not even aware that we are breathing. It is like the blinking of the eyes, or the heart's constant beating. It is such a continuous motion that most of the time we do not even think about it. Just as, before it rots and causes us pain, we forget about how great a blessing is one single healthy tooth, we also

forget about how great a blessing it is each time we breathe in and out. Undoubtedly, those who best know the value of breathing are those afflicted with asthma, or bronchitis or other severe lung diseases.

There is no life without breathing. Every living, surviving creature breathes. Each time a person breathes, taking in oxygen and exhaling carbon dioxide, he restores himself. In fact, breathing has such a place of importance that we may say, "Each moment it finds life anew."

- Mistakes Made While Breathing:

Some mistakes we make hamper the spontaneous breathing function of our bodies. Here are the three most important mistakes:

1- Breathing in through the Mouth:

When we breathe in through the mouth, we take harmful organisms, which are likely to be in the air, directly into our bodies. This also means that it is easier for infectious diseases to occur in the airways. However, the air that we breathe in through our nose, thanks to the special internal structure of the nose, is heated, hydrated, and cleaned as it goes to the bronchial tubes.

2- Chest Breathing:

Chest breathing is shallow breathing. Shallow breathing takes oxygen only to the upper part of the lungs. Thus, we would use only a small amount of the capacity of the lungs. This would be the cause for us not getting enough oxygen as well as us not being able to sufficiently expel the carbon dioxide in our lungs. People who constantly breathe like this are always in need of oxygen and forced to live with toxins in their bodies. The best way to breathe is to get used to breathing with your diaphragm and taking deep and calm breaths so oxygen can more easily spread to all the cells.

3- Rapid breathing:

In order to get enough oxygen and spread that oxygen to all sides of the lungs, it is necessary to take deep breaths.

- Correct Breathing:

Every time we breathe in, oxygen molecules pass from the lungs to the blood. Once there, it combines with the hemoglobin found in red blood cells and the compound that gives blood its red color comes about. Later, this oxyhemoglobin is spread to the whole body by way of blood circulation. During this circulation, the waste product of breathing, carbon dioxide, is collected and taken back to the lungs to be exhaled. Shallow breaths taken by those who only breathe with the top part of their lungs are not effective enough in ejecting this waste product. From here it can be understood that deep breaths are actually an unrivaled blessing because they clean the body each time we breathe.

The way to breathe properly is to inhale through your nose and exhale through your mouth. An adult human should, under normal circumstances, breath 12-16 times a minute. The air that we breathe in is about 79% nitrogen, 20-21% oxygen, 0.04 % carbon dioxide and contains a very small amount of other gases and water vapor. As for the air that we breathe out, it is 79% nitrogen, 16% oxygen, 4% carbon dioxide and contains a small amount of other gases and water vapor. It can be deduced from this that in inhaling and exhaling, there is a 4% change in the ratio of oxygen to carbon dioxide. This case shows us two important facts related to breathing:

1- The only way for oxygen to reach the tissues, organs, and cells that need them is through breathing.

2- One of the easiest ways to purify the body of harmful formations and toxins is exhaling.

When breathing is done correctly, heart rhythm becomes regular, blood pressure decreases, blood circulation accelerates, digestion becomes easier, and a person feels stronger when faced with negative events and situations. It is known that the quickest way to protect oneself from situations such as sleep disorders and drug addiction is through getting used to breathing properly and resting from a fast-paced life. One of the most practical applications of this is to pray the five daily prayers regularly.

Rapid and shallow breathing results in extreme fatigue and irregular sleeping. It may lead to grief, loss of motivation, gas and cramps, vision problems, chest pains, and heart palpitations. As for balanced and deep breathing, it ensures improvement in health, rejuvenation of skin, strengthening of morale, and a better outlook on life.

According to the standards of the World Health Organization, correct breathing means the following:

1- Your lungs should be filled with 4-6 liters of air per minute,

2- You should be accustomed to breathing with your diaphragm,

3- You should breathe through your nose rather than the mouth.

Diaphragmatic breathing is better for three reasons:

1- With diaphragmatic breathing, you take in more air and more deeply.

2- The diaphragm expands the lower part of the lungs with unique movements and increases the flow in the veins.

3- With the movement of the diaphragm expands only the lower portion of the lungs and brings relaxation.

- Reasons for Decreased Quality of Breathing:

This very important activity should take place in the most correct and effective manner; however, some things make it difficult to breathe. Now, let's review each of them:

a- **Our Environment**: Polluted air, resulting from exhaust gases due to heavy traffic, cigarette smoke given off by many people as a result of their bad habit, and increased fuel consumption in winter, is harmful. If there is enough oxygen-free air, people also become incapable of

addressing their need for oxygen. Furthermore, groups of crowded workers having to work in cramped spaces also adversely affects breathing. Working in poorly ventilated rooms is like an invitation for disease.

b- **Hastiness:** We see that people, especially those who live in big cities, are always in a rush. People moving at this tempo are forced to eat fast, quickly enter and exit the toilet, and walk or run at a fast pace to catch a train or ferry. This being the case, their breathing becomes faster and shallower. That is to say, while a person says to himself, "I'll breathe quickly," he does not breathe fully and in this situation, enough oxygen does not reach the necessary places and is not dispersed enough.

c- **Stress:** As the responsibilities that we carry, the duties we have taken on, and the work that we must do increase, so also our fatigue, rushing about, and worries increase. This situation also leads to shallow and rapid breathing.

d- **Sensitivity:** People who live with intense feelings find themselves in situations where they break very quickly, are easily excited, are easily angered, and live at the extremes of joy and grief. Such people's breathing is negatively affected, becoming faster and shallower.

e- **Intensity:** Our muscles are stretched when we focus very hard on a job, a thought, or an event. The tension of the muscles related to breathing plays a role in limiting our breathing. In this situation, the breaths that we take become shorter each time we breathe.

f- **Posture Problems**: All of the incorrect postures that we get used to while sitting and walking may cause our breathing to become more difficult and the quality of our breathing to decrease. Errors such as not sitting straight and steadily or walking with your back hunched both shorten the duration of breathing and become an obstacle to the lungs' being fully operational.

g- **Inactivity:** Continuously sitting while working, meeting our cleaning and cooking needs, and taking advantage of the amenities of technology and the modern life style limits our movement. For example, there is a big difference between the movements made by hand, washing clothes in a basin, and throwing clothes into a washing machine. With the first way, the body is involved in tiring work that lasts for hours, while the second way is not very tiring. Whereas a person may walk to work, after buying a car, there will also be a big change in his or her energy consumption. As physical activity is limited, situations requiring deep breathing are also limited, and one may become used to shallow breathing. This also decreases the amount of oxygen taken in by our bodies, and thus may be the cause of many other ailments.

h- **Overeating:** When people overeat, their stomachs expand and the body becomes heavy. Excess weight has the effect of limiting movement and making breathing more difficult. For comfortable breathing, it is necessary that one get used to a balanced diet. Our beloved Prophet Muhammad Mustafa (The Chosen) (pbuh) said in regard to this:

"No one has filled a container more dangerous than the stomach. A few bites to keep a person on his or her feet is enough. If one must eat more than that, then let the stomach be filled with one-third food, one-third drink, and one-third air." (Tirmidhi, Zuhd, 47).

i- **Advanced Age:** Generally, when a person reaches their twenties, their lung capacity and pulmonary function reaches its best level. After this age, their capacity begins to worsen every ten years. This worsening may be between 9 and 25 percent. In order to prevent this decline in

respiratory capacity and to develop the existing capacity, it is beneficial to do regular breathing exercises and sports.

• Scents

The subject of the many various effects of scent on human psychology and health is a very important one. Bad odors cause feelings of disgust and loathing, while pleasing odors both cause good feelings and help in the improvement of health as well as morale.

Flowers, fruits, and various herbs contain the blessing of a pleasing scent. Each person and each animal has a unique smell. This scent, which honors its creation, must be maintained with cleansing. Muslims were commanded not to come to the mosque with irritating odors. Our beloved Prophet Muhammad (pbuh) told us in a hadith:

"Anyone who has eaten garlic or onions should not approach the mosque because things which offend people also offend angels." (Muslim, Masajid, 74).

What was intended here was that, if people ate these vegetables, they come to the mosque after first cooking them to eliminate odor before eating them, or they come after the smell goes away. Bothering those around you with bad odor was prohibited by our beloved Prophet. This means that it is mandatory for Muslims to smell pleasing and cleanse themselves from any unpleasant smells that would upset those them.

- How Do We Smell?

For babies in their mothers' wombs, first the sense of taste develops. The senses of taste and smell then develop together as an inseparable combination. In the 28th week of pregnancy, using this developed sense of smell, the power of a baby's memory of smells becomes so powerful, that he or she can distinguish his or her own mother's smell from among thousands.

The organ we smell with is the nose, which develops between the 11th and 15th week of pregnancy, has two holes on the outside, and is connected to the pharynx on the inside. The brain's odor detection cells are within the nasal cavity, in the closed section of the upper part called the olfactory mucosa. As you breathe in and out, you bring odor-carrying gases to the nose. They are dissolved in the mucus, and then stimulate the odor sensory nerves. When these notifications reach the brain, a smell is perceived.

When they take in the same smell continuously, after a while, the cells of the nose become desensitized to it. For this reason, we think that the smell has been reduced or lost. This situation, which is called "olfactory fatigue," continues until something new is smelled.

Someone with the flu will find their olfactory senses weakened because their mucus layer in the nose is thickened. Our brains evaluate smell and taste alerts in the same center. Therefore, we perceive the taste and smell of food together.

The sense of smell works for twenty-four hours a day, without a break. We don't notice what we smell while we are sleeping, but we are affected positively or negatively by them.

- The Effects of Scents:

Pleasing scents give people positive feelings like vitality, confidence, and enthusiasm. Some fragrances are soothing and calming. People do not want to go to a place that smells bad. They avoid being friends with someone whose smell bothers them. It is also worth noting here that a smell that pleases one person may be repugnant to someone else.

The scent of lavender is recommended for people who do not sleep regularly, or for people who cannot easily go to sleep. This scent brings relaxation to those whose work is very stressful and tiring. The scent of black cumin and violet helps to calm crying babies. The fragrances of the rose, violet, lemon, and bergamot are recommended for young people entering puberty, reducing their angry and bitter feelings.

The scents of lavender and bergamot were found to increase endorphin secretion by 8-12 times. What this entails is this: A person who smells these fragrances, will begin to feel very much happier and greatly relieved. For the elderly, it has been proven that the scents of rosemary and cinnamon are relaxing. It is known that the scent of the rose increases mental and perceptual strength, and strengthens the memory. For all of these benefits, the fragrances must be natural. It is not the case that synthetic fragrances have healing properties.

Smells are taken by olfactory receptors in our noses and delivered to the brain, causing them to be introduced to our olfactory memory. In this way, due to certain odors, it becomes possible to remember events going back a very long time and to recognize a person we know. We can understand from this that smell can also lead to a relapse of feelings and memories.

The essential oils of some plants, when taken into the bloodstream, play a role in improving physical ailments. For example, eucalyptus has the characteristic of being antimicrobial. In a study done on this subject, computer operators were seen to make about 54% less mistakes in a work environment scented with essential lemon oil. It has been proven that essential black pepper oil reduces the desire to smoke and reduces unrest.

Whether they realize it or not, people are affected by smells. We have said that each person has his or her own unique smell. According to the research, this affects us in selecting a friend or a spouse, even if we don't realize it.

We know from experience that olfactory memory is stronger than visual memory; especially smells from childhood and periods of intense emotion are unforgettable. Some smells bring us peace because they remind us of peaceful memories from our childhood.

People are said to have the capacity to distinguish between ten thousand different smells. The effect of smell on perception of space is known; some smells may make a place seem bigger or smaller. The sense of smell is especially strong in

women, and research has been put forth showing that pleasing smells have an analgesic effect on women.

We have seen many babies sleeping while wrapped up in their mothers scarves or clothing. To fulfill their longings, and to be free of their concerns and feel secure, sometimes people feel the need to smell one of their favorite fragrances. We very often love and take up of one of them because of its scent.

For many of us, it is very difficult to feel comfortable in a house that smells like a hospital. Surely, you become happy when you're very hungry and the smell of cookies starts to rise from the kitchen. To sum up, smell is extremely important and is a decisive factor in our lives.

- If the Sense of Smell is Impaired, What is Lost?

For various reasons, such as environmental pollution, advanced age, smoking or alcohol use, upper respiratory infection, nasal and sinus diseases, psychological disorders, or pregnancy, everyone's sense of smell will, from time to time, be impaired or lost. This is especially common in people over the age of fifty, who are said to be 24% more likely to be seen in this situation. When we cannot smell, a large part (75%) of our sense of taste is also lost. In such cases, the most significant problem related to the loss of taste is a lack of pleasure when eating.

In being deprived of beautiful fragrances, someone who cannot smell will become deprived of much joy. Because such people cannot smell unpleasing things, such as sweat, they may upset those around them. This also paves the way for those people to experience difficulties in their social environment.

We protect ourselves from many dangers by smelling. For example, if gas spreads throughout your house, you smell it, then take measures against it by getting up and turning off the stove, then opening the windows. If you don't smell something burning, you might not even notice if children are playing with matches in the other room. In short, we often protect ourselves from suffering great harm with the help of our sense of smell.

• Polluted Air

The air we breathe is polluted due to various reasons. Especially in big cities, we should avoid pollution caused by heating, vehicles, and industry. This is because polluted air leads to an increase in many diseases, especially diseases of the upper respiratory tract. Let's take a look at how substances that cause air pollution are harmful to the human body:

Lead: The growth and development of blood cells are inhibited by lead. Accumulating in the blood and urine, it affects health badly.

Carbon monoxide: Combining with the hemoglobin in the blood, carbon monoxide disrupts the transportation of oxygen.

Sulfur dioxide: This has the power to severely irritate the upper respiratory tract. It also damages plants.

Fossil fuels: Hydrocarbon-containing fuels, such as coal, oil, and natural gas, are natural energy sources. They increase the amount of carbon dioxide in the atmosphere.

Polluted air harms not only people, but also animals, plants, water, and soil. Some measures must be taken to protect the ecological balance and allow for the continuation of a healthy life for all living things.

- **Here are some of the measures we may take:**

- Industrial facilities may attach filters to their chimneys, and establish such facilities outside of settled areas. Factory waste may be kept under control and be prevented from being dumped in nature.

- Importance may be given to isolating the interior and exterior structure of homes, and the fuel used to heat homes may be switched from high calorie coal to natural gas. In homes where wood or coal is used, the stove should be certified for quality and the chimney should be regularly cleaned every year. Periodic maintenance should be carried out for heaters and gas boilers. People who carry out this maintenance must have received special training. In settled areas, a central heating system is preferred.

- Public transportation may be made more widespread and active. Thus, with the number of vehicles in traffic reduced, pollution coming from exhaust fumes will be prevented.

- Plastic and similar materials should not be burnt in a way that may harm people or other living things.

- Green areas may be increased in a planned manner, and through encouraging people to plant trees. Work may be done to encourage people to revitalize their gardens, in cases where people have a garden at their houses.

- In place of chemicals that are harmful to the atmosphere, plants, people and animals, possible alternatives that are proven to be harmless may be used.

2- CLEAN WATER

We explained earlier just how important a place water has with respect to human health. Water is equally important, not only for people, but for all living things in nature. Soil cannot do its work when it is left without water. Animals cannot live without water. If seas, lakes, and rivers dry out, they cease to exist, and the entire ecological balance is disrupted. Water is the primary need in all areas of life, at home or at school, in industry or in medicine.

With rain and snow, Allah constantly protects the balance of fluids in nature. By building dams to collect it, then purifying it, people consume very serious quantities of water. For this reason, it is of vital importance that the quality of water be protected and that it not be used wastefully.

The purest sources of water in nature are, respectively, snow and rain. Rainwater, in particular, increases the agricultural power of soil. A deficiency or absence of water is dangerous and lethal for living things. If water that is lost is not replaced, many troubles occur in the body. The weight of a healthy young adult is 80% water. For those who are advanced in age, this ratio becomes 60%.

If there are fecal bacteria in water, it may make one sick. Typhoid is at the head of diseases cause by drinking water. Dysentery and cholera may also travel through water. Many contagious diseases spread due to unsanitary water.

Therefore, it is very important that water be kept clean. In large cities, lakes and rivers that meet people's water needs are contaminated due to the development of industry and an increase in the population. However, they may be used after purification. In villages, towns and similar smaller residential areas, water needs are met from many more sources. This water must be tested to find out if it is hygienic or not, then, after taking measures to make sure it will not mix with contaminated water, it may be used.

The amount of fresh water on the earth equals only 1.5% of all water sources. Only 12% of all the fresh water in the world has the characteristic of being drinkable.

3- CLEAN SOIL

Every passing day, soil becomes contaminated from factories built around farmland and the careless and irresponsible working systems of these factories which thoughtlessly send smoke and waste into the air, soil, and sea. We witness many fields, which used to be extremely productive, become otherwise. What a pity that, because of the chemicals they use in their fields in their desire to earn much more, both the soil and the plants that grow in it are changed from being healing substances into harmful ones. Because of senseless agricultural practices, along with reasons such as unplanned urbanization, the amount and value of our soil is reduced. Day by day, this soil, which is one of our basic needs, is being depleted.

Waste from energy and industrial facilities, along with household waste, damages not only the immediate environment, but with carriers like the wind and rain, they may even harm agricultural areas in remote areas. Years ago, the Chernobyl Nuclear Power Plant exploded and a very large area became affected by high levels of radiation. Throughout the following years, we witnessed trees in Turkey, especially in the Black Sea region, being unable for many years to give fruit and even suddenly drying up. British scientists explained that 34% of the UK was negatively affected by the radiation and, despite the passage of years after the Chernobyl disaster, 66 thousand more people may still get cancer and die because of it. They reported that not only people, but animals too were harmed. Radiation was detected in the bodies of sheep in England and wild boars in Germany years after the accident. In a statement made by the Ministry for the Environment in Germany, it was said that radioactive cesium-137 material was found in bay leaves and truffles eaten by wild boars. This happened as a result of radiation reaching the country, after the Chernobyl disaster, by way of clouds. As for the situation in Ukraine, where the disaster happened, it was deplorable.

To sum up, acids spread from factories and power plants have the capacity to also damage faraway lands and

lakes. Carbon dioxide and other gasses coming from chimneys, by creating a "greenhouse effect" and causing a significant rise in temperature, are changing the world's climate. We see that irreparable damage has been caused to people, animals, and plant life on the earth as a result of the destruction of the ozone layer caused by aerosol sprays and chloroflurocarbons used in cooling.

Soil that has been given too much water or been exposed to chemical fertilizers, over time, becomes barren and unproductive.

However, soil, which receives negative energy and has a soothing smell and color, is one of the most vitally important resources. Therefore, it is necessary that much more care be given to matters related to soil and for international measures to be taken in this regard. Realizing that people whose eyes are imbued with greed are irresponsibly consuming many resources for the purpose of gaining more wealth, we should not let this happen.

4- A CLEAN ENVIRONMENT

After talking about cleanliness of the three basic resources, namely, water, air, and soil, we may now move onto the topic of environmental cleanliness, which is very important for human health and happiness.

People are beings affected by the environment in which they are found. For this reason, it is important that interior and exterior spaces be in a clean, tidy, and pleasant state.

It is possible for an environment to be clean when the elements within it are clean. For example, the environment of a home may be considered clean if the rooms and furnishings are orderly, the colors are agreeable, its pictures are calming, and the clothing, words, and intentions of the people inside are clean.

Every kind of unappealing furnishing, mess, and neglect, whatever leads to visual pollution in the home, also causes the same pollution in the image of the city or country. Therefore, because people are responsible for their environment, they should try to carry out their duties as best and most beautifully as they can, and they should not neglect them.

What an unfortunate fact it is that most areas have been polluted by human hands. The world which has been entrusted to us in a pristine state, thanks to unplanned construction, has become polluted and been converted into a concrete dustbin.

Also, noisy car horns, burglar alarms fitted to cars, people listening to loud music and shouting cause noise pollution in the environment.

Signs, antennas, telephone poles, electrical wires, garbage, abandoned buildings, roads and sidewalks, and all kinds of aesthetically unpleasing furnishings cause visual pollution.

People are in need of beautiful landscapes to feel peaceful and be happy. Therefore, one type of beautifying your surroundings, also means beautifying the spiritual world of the people who live there. Therefore, giving our children this awareness when teaching them, and striving to make them become clean people of good taste, is an important service.

READING PASSAGE

CLEANLINESS BUT HOW?

There was a person who, whenever she cleaned her own house, would cause the outside to drown in dirt. Dust from shaking out the carpets and mats would spread like a cloud all around his house. Not stopping there, almost every day, she would fry food that would spread the smell of cooking oil throughout the whole street. This caused the faces of passer-bys to become inevitably grimaced.

Her thinking stopped at being happy that she had made her house perfectly clean, while her neighbors were forced to keep all their doors and windows shut to protect themselves from her filth. Although she would listen to music at maximum volume, and the sound would come through the closed doors and blast their ears, sometimes in a way that was unbearable, whether out of patience or understanding, her neighbors didn't complain much at all.

Don't think that this is all. As if all this were not enough, she would constantly dump her dishwater out on the ground, and this would kill lots of flowers. It didn't bother her to wash her balcony, which opened up to the garden, every day with soapy water. Because of this, even grass would not grow.

When her work was done, she would stretch out to relax and sleep for hours. One day, she was going to do just that, but the doorbell rang. The person at the door was a neighbor who lived across the street from her. In her hand, she had a big trash bag full of garbage.

"What's up?" she said.

- "Neighbor," said the woman, "You're like a car alarm! When you make noise, we are patient. You're like a frying factory! You cover the street with heavy smells, but we don't complain. You're like a nuclear power plant! Every day you raise clouds of dust, and we put up with it. Not just us, even the flowers and insects are suffering because of you, but we endure it. But we've had enough! This huge garbage bag that you've left on the sidewalk has exhausted our patience. It's obvious that you ate fish yesterday. The smell has attracted all the cats in the neighborhood and they've gathered around it. Trying to get to the fish, they've shred the bag and scattered its contents everywhere. Everything inside the bag was littered out. Being human, I collected it, put it into a new bag, and now I've come to your door. Now for God's sake, take your garbage and put in the container at the end of the street. That way animals won't shred it up. May Allah make you reasonable and considerate, so your neighbors don't explode from being annoyed.

Because this was the first time she was met with such a warning, she became very surprised. She didn't think about what she did as being good or bad. While she said to herself, "I'm doing some cleaning," she wasn't aware that she was infringing on many people's rights. "Oh! Oh! Neighbor, please forgive me! May Allah forgive me! Can there be any cleanliness that hurts the health of the neighborhood? From now on, I'm going to pay attention. Whatever faults I have, I'll fix them, God willing!"

DISCUSSION

In our developing world, technology undoubtedly has an important place. But as for the building of factories, which is one part of technology and is done in the name of developing advanced technology, it is damaging to ecological systems. In this case, should we prefer a natural life, far from technology, or a life made easier by technology? Discuss in two groups.

RESEARCH

Clean air, clean water, and clean soil are indispensable elements of a healthy life. Investigate what sort or work we could do for the purpose of keeping the air, water, and soil clean.

ACTIVITY

Smell, one at a time, at least ten different smells that you know to have adjectives like bad/good/heavy/light, and then share with your friends the feelings and thoughts produced in you by them.

Chapter III Questions

1) **Which is the primary factor needed for living things to lead a healthy life?**

   a) Food

   b) Water

   c) Air

   d) Medicine

2) **Which is an essential element for the health of the human body?**

   a) Good respiration

   b) Fruit

   c) A peaceful home

   d) A loving spouse

3) **Which of the following is the amount of breaths a normal person takes in a minute?**

   a) 8 – 10

   b) 12 – 16

   c) 18 – 20

   d) 20 – 22

4) **Select the sentence that is true:**

   a) Posture problems make it difficult to breathe and decrease the quality of breathing.

   b) Limitation of movement causes us to be relaxed and healthier.

   c) Stress leads to deep breathing.

   d) Confusion in our environment helps us to feel refreshed and be healthy.

5) **Which of the following is not a factor that makes it difficult to breathe?**

   a) Advanced age

   b) Overeating

   c) Sensitivity

   d) Social activities

6) **Which is not one of the benefits of pleasing fragrances?**

   a) Pleasing fragrances increase a person's vitality and enthusiasm.

   b) Pleasing fragrances cause us to experience positive emotions.

   c) Pleasing fragrances have a relaxing, calming, and soothing effect.

   d) Pleasing fragrances cause us to have a mature character.

7) **In people in general, which is the most powerful?**

   a) Visual memory

   b) Olfactory memory

   c) Verbal memory

   d) Numerical memory

8) **Which two senses are closely related to each other?**

   a) Sight - Hearing

   b) Hearing – Smell

   c) Smell – Taste

   d) Taste – Hearing

9) In order to keep the air clean, we should take precautions. Which of the following is not one of these measures?

a) Installing filters on chimneys of industrial plants.

b) Reducing fuel consumption in the home and workplace by getting them insulated.

c) Not burning rubber from tires and similar materials along the roadside or in places where people walk around.

d) Breathing in and out less air to decrease the spread of carbon dioxide in the environment.

10) Which of the following may not be considered among the factors that help an organism to live a healthy life?

a) Clean air

b) Clean water

c) Clean soil

d) Clean clothes

11) Which percentage of a young person's body is water?

a) 55%

b) 65%

c) 70%

d) 80%

12) Which of the following sentences is correct?

a) Waste from factories built around agricultural fields harms the soil.

b) Chemical agents do not pollute the soil, they strengthen it.

c) Radiation emitted from nuclear power plants does not affect the soil.

d) If we water more than is necessary, the soil becomes more efficient.

13) A clean environment affects human health in a positive way. Which of the following is not related to cleanliness of the environment?

a) The orderly, heartwarming, and roomy placement of furniture in the home environment.

b) Work related to landscaping and green spaces being done on the main and side roads.

c) Measures taken against noise pollution caused by car horns, loud music and burglar alarms.

d) Regular washing of main streets, side roads and walls.

CHAPTER IV

HYGIENE AND HEALTH

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THE LINK BETWEEN HYGIENE AND HEALTH

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BODILY HYGIENE

CLOTHING HYGIENE

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SPIRITUAL CLEANLINESS

CHAPTER IV QUESTIONS

1- THE LINK BETWEEN HYGIENE AND HEALTH

In defining the concept of health, we said it "is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Hygiene is also necessary for complete physical, mental and social wellness. Someone who doesn't pay attention to his hygiene, will over time become sick and smell bad. Because of this, he'll become an unwanted person in society. Because of all this, it is highly likely that he will turn into a spiritually unhealthy person. Since hygiene is related to health this much, let's study it, looking at all the details:

2- CLEANING MATERIALS

- Water

Water, which is indispensable as a drink in the lives of living things, is also extremely important for cleaning. The water to be used in cleaning must also be clean. **"Water is clean. It does not become dirty except by changing its color, taste and smell."** (Ibn Majah, Taharah 76) Any water collected from rain, snow, the sea, a well, a spring, a dam, or a flood, is both clean and capable of being used in cleaning. In addition, if there is no material contamination found in water left over from people, from cattle or animals like the sheep, goat, or camel (which are eaten), from horses or mules born of horses, from wild animals whose meat is eaten, or from birds, then as a rule, it is clean and may be used in cleaning.

Although some water is clean and may be used in cleaning, there is also *makruh* water that may only be used in cleaning in cases where normal water may not be found, that is, in cases of necessity. Except for these cases, it may not be used. Water found in a bowl or trough left over from animals from which it is difficult to keep from drinking, such as cats, rats, mice, or birds of prey is like this. Drinking this water or using it to clean with is *makruh tanzihan.* This means that not doing it is better than doing it; but, the doing of it is not forbidden (*İslam İlmihali*, H. Döndüren, 176-177).

- Vinegar

Vinegar, in addition to being a very good food additive, is an extremely good cleaner. When vegetables and fruits are soaked in vinegar water, they are easily cleaned of any chemicals, pesticides, and insects.

Silver may be polished, and difficult to clean stains from mold, pens, and candles may be cleaned with vinegar. When mixed with baking soda or ammonia, it becomes an even more powerful stain remover. Without any side effects, you can comfortably clean your whole house and all your things.

- Clay:

Clay, which is a kind of soil, is natural and is a cleaning material. Clay mixed with water is especially nourishing for hair. Also used for cleaning the skin, without any side effects, clay is a extremely valuable substance.

- Other Cleaning Materials

Bleach, detergent, shampoo, and various other chemicals are other materials used for cleaning. Unfortunately, because of the ingredients they contain, they are generally dangerous to health and the ecological balance. Soap, while it is older and harmless, if artificial dyes and aromas are added, which are not produced naturally, it may lead to similar hazards.

- Cleaning Materials and the Environment

Since they began to use unclean substances for cleaning, cancer rates throughout the whole world have increased at a very serious speed. Especially detergents and softeners used for washing clothes and dishes, which contain heavy chemicals, are the mean sources. Using shampoo and body gel to clean the hair and body is dangerous for the same reason.

These substances are difficult to rinse off and, generally, not being completely cleaned, some of them remain on the body. Especially bleach, which is preferred in washing white clothing and cleaning the toilets, causes a variety of damage by penetrating the brain when breathed in. Bleach is bad for the ecological balance because it kills helpful microorganisms along with harmful microorganisms.

When water containing detergent is poured on the soil, foliage and flowers cannot grow. We also know how perfumes that are used for their cleaning and aromatic properties may harm nature.

Because of this damage, it is beneficial to, as much as possible, avoid using cleaners that contain harmful chemicals and choose natural materials. If they absolutely must be used, the minimum amount should be used contact with the skin should be avoided by wearing gloves.

3- BODILY HYGIENE

General bodily hygiene is achieved by cleaning and looking after all parts of the body. Each part deserves to be dealt with individually because each part is constantly working and tiring for us. To deal with them justly, undoubtedly, we must set aside time for the care and cleaning of each of them, as it is a duty of every creature. Now, let's look at our body parts, each one of which was given as a valuable trust, and what must be done to clean them.

- Hair Hygiene and Maintenance

Hair, which completes the beauty of both men and women, is a great blessing. We are obligated to protect this blessing in the best way. It is necessary to regularly wash it and to comb it before sleeping at night and upon waking in the morning. The best thing to use for cleaning the hair is natural soap that does not contain heavy chemicals. Hair that is washed with soap, rinsed thoroughly, then rubbed with vinegar water, becomes shiny and soft. Clay, mixed with water set aside for a time, is an excellent material for cleaning and care. A balanced diet and getting enough vitamins, especially vitamins E and B, is good for the hair.

Sometimes, no matter how well you care for your hair, and no matter how well you nourish yourself, you may experience hair loss. The reason for this is mostly because of genetic factors. Situations like premature graying, or lack of graying despite advanced age, are often related to genetic inheritance. We also know that unexpected great sadness may sometimes lead to graying of the hair.

Gray hair should not be plucked out because it has been reported that it will be light for the believers on the Day of Judgment (Tirmidhi, Adab, 56). Moreover, each strand of gray hair is a precious means of reminding us of death.

Our beloved Prophet, Muhammad Mustafa (Peace be upon him), in saying "*Jews and Christians never dye their hair. Don't act like them*" (Bukhari, Anbiya' 50), wanted us to dye our white hair and beards, but he forbid us from dying them black (Muslim, Libas 79). It is important that the dye we use to color our hair not contain materials that will harm our health.

There is no objection if men grow their hair long, provided they keep it clean and neat, and that it not resemble women's hair. It is forbidden for women to shave their heads (Nasa'i, Ziynah, 4). For men, when they shave, it is sunnah to start from the right (Abu Dawud, Manasik, 78).

- Teeth Hygiene and Maintenance

Our teeth, which help us to complete the digestion of the food we eat by chewing it well, are undoubtedly very important. Thanks to their ability to cut and grind, they break up so much food and bring it to a state where it is possible to swallow it. Painless and spotless teeth are extremely important, not only for the work they do at the first stage of digestion, but also aesthetically. It is an indisputable fact that our teeth contribute to the beauty of our faces. Who doesn't want their teeth to appear healthy and pearly white when they open their lips and smile?

Since it is this important, we should certainly set aside time to care for our teeth. We should provide for this by brushing our teeth at least two times a day or using a *miswaq* after meals.

Our beloved prophet, Muhammad Mustafa (peace be upon him) used a *miswaq* on his teeth (Muslim, Taharah, 43, 44). He stressed the importance of this in a hadith, saying **"If I had not worried about putting too much difficulty on my community, I would have ordered them to use a *miswaq* to clean their teeth after every prayer."** (Bukhari, Jum'a 8). The *miswaq* causes the mouth to stay clean and the approval of Allah. (Nasa'i, Taharah, 4).

In teeth that are carefully cleaned, cavities do not easily form, but cleaning alone is not enough for keeping the teeth healthy. To avoid problems related to malnutrition, sufficient amounts of all

nutrients must be taken, especially calcium and vitamin C. To have healthy teeth, it is also necessary that you stay away from acidic and sugary foods like cookies, cola, and chocolate.

Hard foods like apples and carrots massage the teeth and clean them while you eat them. However healthy the food that we consume is, our teeth will also be that healthy. Especially after eating sugary foods, it is good to wash out your mouth or brush your teeth. This is because sugar that stays stuck to your teeth will speed up their decay. People who have a diet heavy in carbohydrates and sugar are more prone to tooth decay. Flour and sugar residues, in particular, cause plaque to release acid in the mouth. These acids, which over time damage the enamel layer, lead to the formation of cavities.

For dental health, an issue that must be considered is foods with hard shells, such as hazelnuts, and walnuts, and you should definitely not crack them with your teeth.

- Nail Hygiene and Maintenance

Our nails, which protect our fingertips and toes from impact and help us to easily hold small objects, consist of a protective protein called keratin. Nails with a surface that is smooth, glossy, tough, and flexible are generally considered to be healthy, and their color is generally pink. Cuticle care is important for nail health.

Foods containing iron, calcium, and vitamin B are necessary for the nails to be strong. Adequate water consumption also helps to ensure healthy nails.

Detergent causes weakening of the nails, and cigarettes lead to yellowing of the nails. Therefore, one should wear gloves while cleaning, use detergent that does not contain heavy chemicals, if possible, and keep away from cigarettes.

It is extremely wrong using your nails like a tool, trying to remove a nail or a screw,.

Cutting your nails is required by your disposition and a sunnah (Tirmidhi, Adab 14). Lengthened nails should be beautifully cut so that accumulation of dirt and germs under the nails may be avoided.

Although nails may be cut any day of the week, it is narrated that our beloved Prophet especially loved to cut his nails on Fridays (Bayhaqi, 3, 244). It is necessary to take care not to let your cut nails fall around you and act according to the rules of cleanliness.

- Ear Hygiene and Maintenance

The ear, which is the miraculous organ that enables us to hear sounds, has the capability of self-cleaning. A piece of cotton is sufficient for getting the wax that builds up in the outer ear.

Cotton swabs are generally accepted as being dangerous because they may tear the eardrum. While we are performing *wudu'*, we regularly clean the inside and outside of the ears. If we don't experience severe itching or hearing problems, we shouldn't have a doctor clean them.

- Eye Hygiene and Maintenance

Our eyes are each like windows opening to the world and of course they are extremely important. When we wake up every morning, we find stuff built up around our eyes. For eye health, it is necessary to wash this from our eyes with lukewarm water and soap.

Kohl is a precious substance that positively affects eye health. The Ismid stone, which contains sulfur and zinc, has a reputation for making the best kohl. Kohl, because of these substances which it contains, improves visual acuity and protects the eyes from microbial effects. Vitamin A is also extremely important for eye health so we should take care to consume foods that contain it.

Interfering with your hands when you itch, using cosmetics that contain harmful ingredients, and unnecessarily tiring yourself out is harmful for the eyes. Three great favors we can do for our eyes are to sleep and rest regularly, look at beautiful landscapes, and keep away from haram things.

- Nose Hygiene and Maintenance

Our nose, which we use to smell, generally does not require much special care. Mucous that builds up inside may be cleaned by sucking up and blowing out lukewarm water. Fine hairs which cover the inside of the nose prevent the passage of some organisms from the outside. For this reason, while breathing, the nose collects dust particles and becomes dirty.

Cleaning the inside of the nose using the fingers, especially when the hands are not clean, my cause damage to the inner lining of the nose. These wounds, if we are not careful to clean them, may not heal and may cause other problems. Under normal conditions, doing the action of "drawing water into the nose three times" well during *wudu'*, is enough for the cleaning of the nose. While performing *ghusl*, this drawing in of water is done more forcefully and, after reaching the deeper of the nose and being expelled, it is possible to breathe better.

- Hand Hygiene and Maintenance

We use our hands in daily life almost more than any other limb. We use them in every kind of work, they are almost constantly working, and we can't imagine life without them. Since we clean our bodies and the environment with them, care for these precious body parts is certainly important.

Microorganisms are constantly present on or in air, soil, hair, clothes, furniture, toys, door knobs, toilets, money, public transportation vehicles, and many other places. The hands are the parts of the body that most come into contact with the environment. Therefore, they must be washed frequently with soap and water. Before and after eating, coming and going, after every kind of business, after coughing and sneezing, after touching money, it is definitely necessary to wash your hands.

Microorganisms are mostly transmitted by contaminated hands. For this reason, washing the hands is extremely important and effective in protecting one's health. Especially after cleaning the areas around your private parts, it is necessary to wash your hands very well with soap. It is also important to wash your hands before and after sleeping. This is because a person usually doesn't know what his or her hands have touched while he or she was sleeping.

While you are washing your hands, you should scrub between your fingers very well, clean under your fingernails, and wash the front and back of your hands well, without hurrying. If you use soap, you should rinse it off well with lots of water and take care not to leave any soap residue behind.

Your hands are such that they may dry and crack as a result of coming into contact with water and cleaning materials very frequently. For this reason, it is good to moisturize them often with a moisturizing cream or a mixture of olive oil and lemon juice. In hands that are not cleaned and maintained well, deep cracks and many skin problems may occur. This may also cause us to experience serious challenges while we are going about our other business.

One of the easiest measures we can take to protect our hands while cleaning with detergent or in cold weather is to wear suitable gloves.

- Foot Hygiene and Maintenance

The feet, which bear the burden of the entire body, are surely deserving of being kept clean and cared for well. The reason that it is *fard* (necessary) to wash our feet during *wudu'* stems from this. It is extremely beneficial to wash your feet well with lukewarm water and soap and to scrub the heels and between the toes. After washing the feet, you should definitely dry them with a clean towel or cloth, especially between the toes, taking care that no moisture remains there. After all that, if you moisturize them well, at that time your feet will continue to perform their duties with pleasure.

A preference for casual shoes has a positive effect on foot health. That way your feet, which are tired all day, don't have to unnecessarily suffer also because of uncomfortable shoes. Shoes with very high heels, or shoes made from unhealthy materials cause your feet to become fatigued and hurt more quickly. Therefore, it is certainly helpful to rest your feet and massage them. Because shoes made from poor quality leather also cause your feet to smell bad, it is best to choose shoes of the best quality.

- Skin Hygiene and Maintenance

Our skin, which covers the outer surface of the body, helps us throughout our lives to keep from feeling cold or hot, and protects our body from external influences, is an organ that is constantly breathing. It stabilizes our body temperature as our blood vessels expand and contract.

For a number of reasons, the skin gets worn out and ages over time. Things such as sunlight, improper diet, smoking, drinking alcohol and stress particularly speed up this aging, while regular sleep, a balanced diet, not staying in the sun too much, and care and cleaning, delay aging. This means that, just like every other organ, it is also necessary to care for and clean the skin.

A person who gets used to sleeping after *salat al-'isha'* and waking up at dawn and takes *wudu'* five times a day is giving his or her skin the best care possible. This is because the skin cells are renewed and refreshed during the night's sleep. The skin of a person who does not sleep regularly at night, does not drink enough water, and does not come into contact with water enough will age and wrinkle faster.

Clay masks, rose water, black cumin oil, and olive oil are friends of the skin. Clay, rosewater, black cumin, and olive oil are extremely effective and beneficial materials: clay for cleansing and renewing the skin, rosewater for moisturizing it in the most natural way, and black cumin and olive oil for ensuring its hydro-lipid balance.

Cleaning the hairs on the armpits and groin area in a regular manner along with the cleaning of the skin is also an important procedure. In areas where you sweat, these hairs are much more prone to the formation of toxins. This results in bad odor and itching.

Bathing at least once a week, and while you are doing it scrubbing well, is essential for the health of the body's skin. Scrubbing with natural and hard-surfaced materials, such as a luffa, is especially helpful in ridding the skin of dead cells and helping the pores to open up and breathe. While washing your limbs, it is necessary to start from the right and with the parts needed to be washed for *wudu'* (Muslim, Jana'iz, 42-43).

- The Toilet and Washing

Using the toilet is one of people's most natural needs. Every healthy person expels toxins from their body and feels relieved when they urinate and defecate. This need needs to be taken care of in a suitable closed space, in a manner most befitting people. Going to the toilet in places where everyone can see you, or in open spaces, is for animals only. Cats, dogs, and many other animals are like this. We may observe some of them working to cover their feces with dirt. That is to say, even in animals, there is some instinctive decency.

Knowing this, it is most fitting that a Muslim should accustom himself to the etiquette, privacy, and rights related to this matter, as with all matters.

Cleanliness of the private parts is extremely important. It is a mandatory duty for a Muslim that he or she purify him or herself, meaning, that the private parts be cleaned and dried well, every time after using the toilet. Without cleanliness, there can be no worship. It is especially necessary that one cleanse oneself from materials that contain *najasat* (things that make one ritually dirty). Therefore, the parts from which we expel urine and feces must be kept clean.

The Messenger of Allah (peace be upon him) used his right hand for cleaning and eating, and his left hand for cleaning in the toilet and similar tasks (Abu Dawud, Taharah, 18).

Cleanliness related to the toilet is a very important issue, more important than we would guess. Our beloved Prophet (peace be upon him), brought our attention to this issue in a hadith. When he was passing by two graves he said the following:

"*These two persons are being tortured not for a major sin (to avoid)." The Prophet (peace be upon him) then added, "Yes! Indeed, one of them never saved himself from being soiled with his urine while the other used to go about with gossips (to make enmity between friends).*" (Bukhari, Wudu' 55-56).

This means that the door to the joy of both worlds is only opened for those who are clean.

4- CLOTHING HYGIENE

Wearing clothes is a feature unique to mankind. Clothes are the things we wear to cover ourselves, protect ourselves from all kinds of external factors, such as heat, cold, rain, and snow, and to look beautiful or handsome. With the things you wear, you externalize both your spiritual state, and the social environment you find yourself in. Also, you make your faith known.

Our beloved Prophet (pbuh) said in a hadith:

"*You are coming to your brethren; so tidy your mounts and tidy your dress, until you are like a mole among the people. Allah does not like obscene words or deeds, or do intentional committing of obscenity.*" (Abu Dawud, Libas, 25).

This means that it is an important duty for every Muslim to keep their clothes clean, beautiful, and orderly. Clean and chic clothing is a reflection, not only of your faith, but at the same time, of your good taste, respect for the person you are talking with, and healthy state of mind.

Clothes made of cotton, wool, silk, leather, or linen are healthy at all times. One should stay away from clothing made from synthetic fabrics and choose clothes made from natural materials. Another feature of natural materials is they keep you warm in the winter and cold in the summer. Silk, wool, and leather protect us from the cold, while cotton and linen help us from being overwhelmed in the heat.

Underwear made from synthetic fabric is especially objectionable. This is because these fabrics damage the skin by not allowing it to receive enough air. Clothing which is longer than necessary and drags on the ground when you walk is not at all suitable for cleanliness.

Shoes are also one of the most important things that complete our clothing needs. Not only our clothes, but our shoes must also be clean, polished and neat.

Cleanness of clothing is at least as important as cleanliness of the body. At the end of each day, underwear should be changed. Impurities such as sweat, urine and discharge are mostly transmitted to the underwear. Clean laundry is essential for a clean body.

It is also necessary to be careful that your outer clothing be spotless, clean and fragrant. A Muslim is expected to be an example in terms of appearance, smell, composition and order, and care displayed for dress and transportation. Clothes that smell of mold because they have been

kept in a humid environment, or clothes that are permeated with the heavy smell of fat and food may not be accepted as clean. This is because such clothes would disturb people around us.

5- ENVIRONMENTAL HYGIENE

Human beings are such that they are affected by their environment. The positive and negative features of our environment affect us physiologically and psychologically. Therefore it is extremely important for our health that the places that we constantly use be clean, orderly, spacious and airy.

- Toilet and Bath Hygiene

Two of everyone's most basic needs are the toilet and bath. The toiled is a place where we relax our bodies and get rid of excess material, and where we must enter and exit at least three times a day. Being careful about cleanliness and hygiene in this place may prevent many diseases.

The toilet must necessarily be washed with water, and disinfected in the morning and the evening. We must also pay attention to the cleanliness of the bathroom, which is the place where we relieve ourselves. This cleaning process may be done with natural materials such as vinegar and baking soda, as we will be able to, or with bleach, soap, and detergent.

This should not be forgotten: Detergents that contain heavy chemicals, may ensure hygiene, but due to their chemical makeup, they pose a threat to human health and the ecological balance. Therefore, it is best to avoid making a habit of using detergent.

- Hygiene for the Room in Which We Stay

A room's being clean and spacious, motivates the people who will relax and work in the room. We feel good in a room that is regularly swept up, dusted, and aired out. A room where the floor, walls, and furniture are regularly cleaned certainly increases productivity and gives peace of mind. Not only the physical cleanliness of a room must be ensured, but also its spiritual cleanliness. To do this, it is necessary to avoid gossiping in the room as well as actions that are ugly or shameful. The air of a room which is busy with good actions surely cannot be the same as the air of a room where evil is carried out.

- Hygiene for the House in Which We Live

The home is an extremely important and basic need that provides people with necessary shelter, protection, rest, and a comfortable place to carry out of all types of special needs. This place where we live with other family members is special. A person is also much more positive when he or she is in a beautiful, comfortable, and peaceful private place than in other places and other times. A house with orderly rooms, a bright and orderly kitchen, and simple and humble furniture is one of the blessings of the world.

Our beloved Prophet Muhammad Mustafa (peace and blessings be upon him) stated:

"There are three things that make a man happy: a religious woman, a good house, and a good mount. There are three things that make a man unhappy: a bad woman, a bad house, and a bad mount." (Ahmad ibn Hanbal, Musnad 1 – 168).

Also, in another hadith our beloved Prophet (pbuh) expressed the following points:

"A person has no rights to other than the house where he will live, the clothes that he will wear, the food that he will eat, and his water cup." (Tirmidhi, Zuhd, 30).

The conclusion that should be taken from these two hadiths is this: because it is a basic need, it is good if everyone can have a home. It is a bounty of this world if this home be good, large, and spacious; however, one should not trouble himself by filling the inside of a house with unnecessary furniture. Rather, one should look after his rights and prefer a humble and simple life. Thus, it would be the case that you reduce your business in this world and allot more time to good works, service, and worship. This also helps to ensure a more peaceful home environment.

Wearing shoes in the house, is also a condition that is contrary to both the rules of cleanliness and to our belief. This would mean carrying all the kinds of filth from outside into the house. Waiting for such houses to become clean is a complete pipe dream.

The toilet should absolutely be cleaned every day, and the bathroom should be cleaned at least twice a week.

There are benefits to dusting your house every day and especially in carefully sweeping your sitting room every day. The situation of the spaces in which people find themselves is such that they may positively or negatively affect them. Therefore, in order to think and feel positively, people should not neglect cleaning and providing themselves with a comfortable home environment.

It is very good to regularly wipe outside doors and thresholds with vinegar water to help clean your house from all kinds of filth coming in from outside. Windows, windowpanes, doors, floors, and walls must be kept clean.

Even the smallest house may be spacious, if it is not filled with unnecessary things. To do this, when buying furniture, you must focus on needs, and avoid piling up unnecessary furniture. There is no need for you to keep furniture and things that you don't need, and things that you don't need even twice a year in your house. Simplicity is in line with the sunnah. Thus, it gives peace of mind. Each thing's having a special drawer or cupboard where it may be kept helps to keep a house orderly. If individuals in the home have spaces designated as their own and use their things in an orderly manner, that also helps with the general arrangement of the house.

- Hygiene for Our Street and Immediate Environment

The streets, which are a shared space for hundreds of people, are one of the environments that constantly affect us and are affected by us, as soon as we open our doors. Generally, the municipality is responsible for

cleaning the streets; but responsibility falls to each of us, and we must keep the area around us clean.

No municipality is rich enough to appoint a garbage collection officer to follow behind every single citizen. Also, in a civilized society, there is no need for it. It is especially not expected that such a situation would occur in Islamic societies. This is because, just as a Muslim pays attention to his own cleanliness, he or she is also responsible for the cleanliness of his environment.

A woman who pollutes the streets while she cleans her house cannot be considered a clean woman. A person who remains indifferent to seeing garbage in the streets cannot indeed have faith. Our Prophet (pbuh) said, "*Cleanliness is half of faith*" (Muslim, Taharah 1). In this hadith, he reminded us in general terms of our responsibility and warned us about keeping our bodies, rooms, houses, and environment clean.

Coming across garbage thrown all around, waste irresponsibly spilled everywhere, and even people acting like animals and going to the toilet in the middle of the street are important issues that over time negatively affect overall health. Environmental pollution threatens human health in a very serious way. We see serious harm done to animals and plants by natural and chemical waste.

How wonderful is it to see the streets where we live looking beautiful and smelling pleasant! In such an environment, people may be happier, more positive, and more productive. If this situation is otherwise, we are affected negatively psychologically and biologically because of visual pollution and countless germs and viruses. This situation also leads to people catching illnesses much more quickly.

The cleanness of our streets and neighborhoods is an indication of our level of civilization. Because cleanliness is this important, we should fulfill the responsibilities that are upon us well and not leave any garbage or filth in the areas we pass by.

- Hygiene for Our City and Country

Many productive and fruitful works are done in a comfortable, clean climate. This emphasizes the importance of cleanliness and shows that it is a form of worship when done consciously in a society, keeping our cities and country clean. A generation of children who grow up seeing their elders providing a good example by being uncomfortable when they don't pick up a piece of trash and throw it away will certainly grow up with the same sensitivity. In contrast to this, a rich man with the latest model car who throws some garbage out his window onto the street; a clean freak (!) mother who sweeps up the dirt from her house and throws it out into the street; a person who is not bothered by a sidewalk filled with garbage, instead of colorful flowers of various hues, who goes to the toilet outside, without even properly cleaning the area around his private parts cannot be expected to impart proper consciousness to the next generation.

6- SPIRITUAL CLEANLINESS

Spiritual cleanliness means that your heart, feelings, thoughts, and dreams are free from all kinds of evil, you are far from having dirty or ugly intentions, and you are kept pure and clean. It is not easy to be successful in this and someone who makes every kind of effort in this cause is extremely rare. For anyone who wants to attain spiritual cleanliness, it is necessary that they be busy with acts of worship and good works, establish friendships with people who have good intentions and good hearts, and live within the limits of the halal and haram.

After all, a Muslim, who believes that each organ of his body will bear witness against him in the Hereafter, will work to stay away from both clear and hidden evils to the best of his ability. Our Lord, informing us about the Day of Reckoning, said:

"On a Day when their tongues, their hands and their feet will bear witness against them as to what they used to do." (*The Qur'an* 24: 24, Surat an-Nur, Pickthall).

"Until, when they reach it, their hearing and their eyes and their skins will testify against them of what they used to do. And they will say to their skins, "Why have you testified against us?" They will say, "We were made to speak by Allah, who has made everything speak; and He created you the first time, and to Him you are returned." (*The Qur'an* 41: 20-21, Surat al-Fussilat, Pickthall).

Since you are now clearly informed about how your limbs will bear witness against you, now let's look in detail at what sort of measures we may take for the cleanliness of each one:

- Cleanliness of Sight

Our eyes, which are our window to the world, our most perfect camera that records every kind of image, and some of our most valuable organs, are undoubtedly a priceless blessing that can never be paid for. They are an organ that we need to see, to recognize things and people, and to know them. Without them we are condemned to darkness. Since we know they are this important, it is extremely important to protect them and to keep them from every kind of harm.

Our Lord says:

"Tell the believing men to reduce [some] of their vision…" (*The Qur'an* 24: 30, Surat an-Nur, Pickthall).

"…Indeed, the hearing, the sight and the heart – about all those [one] will be questioned." (*The Qur'an* 17: 36, Surat al-Isra', Pickthall).

"He knows that which deceives the eyes and what the breasts conceal." (*the Qur'an* 40: 19, Surat Ghafir, Pickthall)

Our beloved Prophet (pbuh), in saying "the *zina* (adultery) of your eyes is looking" (Abu Dawud, Nikah 43), was informing us that we should keep our eyes from what is forbidden.

From here it can be understood that spiritual cleanliness of the eyes happens through protecting them from the haram and from looking at shameful or poisonous things. If we come to be people of clean sight, free from envy and hatred, we will thus protect ourselves from those in our environment and from the burden of the evil eye.

- Cleanliness of Listening

Our ears, which allow us to perceive different sounds, hear conversations, and communicate with each other, are another very valuable sense organ. When we listen to soothing sounds, we feel peaceful. We need our ears to be able to listen to the Qur'an, to hear and contemplate the sound of a parakeet, and to hear the sound of an oncoming car and step aside.

If we use our ears to listen to lies, gossip, or talk which propels one towards temptation, we are committing evil. If someone has an ear that hears the truth, they will be held accountable if they run towards vanities. *Zina* (adultery) of the ears is listening. (Abu Dawud, Nikah, 43).

Our Lord, exalted be He, said:

"…Indeed, the hearing, the sight and the heart – about all those [one] will be questioned." (*The Qur'an* 17: 36, Surat al-Isra', Pickthall).

Our beloved Prophet Muhammad Mustafa (peace and blessings be upon him) said:

"Whoever tries to hear a word said by a group that does not want that word to be heard (meaning, whoever practices ear-thievery), on the Day of Resurrection, he will have molten lead poured into his ears." (Bukhari, Tabir, 45).

This means that cleanliness or purity of the ears is extremely important and every Muslim must protect him or herself from evil, untrue and ugly words. unuz"26 d

- Cleanliness of Speech

The tongue, which is used not only for tasting, but also for talking and expressing our troubles, is a very special organ because of these characteristics.

When someone said to our beloved Prophet (pbuh), "Tell me something I can cling to!" and he replied "Always remember (perform *dhikr* of) Allah with your tongue" (Tirmidhi, Da'awat, 4), he was describing the main duty of the tongue.

The tongue that has stopped performing *dhikr* (remembrance), *tabligh* (conveying Islam), and *khayr* (beneficial) talk and gotten used to empty talk also harms the heart.

The Noble Messenger (peace and blessings be upon him) said in a hadith:

"Do not talk too much without remembrance of Allah. Indeed excessive talking without remembrance of Allah hardens the heart. And indeed the furthest of people from Allah is the harsh-hearted." (Tirmidhi, Zuhd, 62).

Using your tongue correctly is much more important than you would guess. All too often, a person becomes a prisoner of his words. Our connections to events and people very often shape our speech. A hadith which puts this matter into words is as follows:

"When the son of Adam wakes up in the morning, all of his body parts bow to the tongue and say: 'Fear Allah regarding us, we are only part of you. If you are straight we are straight and if you are crooked we are crooked." (Tirmidhi, Zuhd, 61).

What this means is that the tongue of a person who speaks the truth and says what is right is purified. In addition, it is necessary to protect the tongue from profanity, lies, slander, gossip, and empty words.

- Cleanliness of Mind

The mind is an extremely valuable blessing that has been given to man. It is necessary to serve mankind and the whole world by thinking and acting. On the other hand, when *naql*, the Qur'an and the sunnah are not depended upon by the mind, it's also a structure that is extremely susceptible for falling into error and overstepping its bounds.

Our Lord says in the 46th verse of *Surat Saba*:

"Say, "I only advise you one [thing] – that you stand for Allah, [seeking truth] in pairs and individually, and then give thought…" (*The Qur'an* 34: 46, Surat Saba, Pickthall).

The mind is smart enough to know its Lord and perceive His glory. In another verse, we are told:

"Indeed, in the creation of the heavens and the earth and the alternation of the night and the day are signs (showing Allah's Oneness and supreme power) **for those of understanding."** (*The Qur'an* 3: 190, Surat Al-i Imran, Pickthall).

A wise man thinks about why he was created and what his purpose is in the world. Eventually, he thinks about where he will go and works towards what must be done to get there.

So, for a person to be considered "clean-minded," that person must invest, not only in this world, but also in the next. He must free himself from mischief, depravity, filth, and evil and ugly thoughts, and contemplate while in this state. Thus, he must be found to know his Lord and his own limits. Clean thought holds one to having pure intentions and the desire to work to help humanity.

Many people are born with a superior intellect. Also among them, many use the intelligence they have to carry out ugly and harmful actions. Behaving as such, they serve Satan. It is not possible for clean-minded people to work to carry out dirty deeds. Using the mind in a way that will bring about happiness for oneself as well as the whole world, thus entering among the servants of Allah with whom He is pleased, and working for the Hereafter, is surely a smart thing to do.

- Cleanliness of Heart

The heart finds peace in *dhikr* (remembrance), its purity is maintained with halal food, it is adorned with *iman* (faith), and it may enter into any shape.

Seeing that it is this sensitive and variable, we must seek refuge in Allah from its being corrupted. The end result of putting your trust (*tawakkul*) in Allah, after you've done your best that is, is that, in leaving everything to Allah, He gives peace to the heart.

Our beloved Prophet, Muhammad Mustafa (peace and blessings be upon him), said in a hadith:

"Indeed, the one who does not have the Qur'an inside him (in his heart), is like the ruined house." (Tirmidhi, Fada'il al-Qur'an, 18).

From this it may be understood that reading the words of our Lord and getting accustomed to acting in accordance with them, assembles our heart and helps this assemblage to be a clean and spacious place.

Our Lord says:

"Unquestionably, by the remembrance (*dhikr*) **of Allah hearts are assured."** (*The Qur'an* 13: 28, Surat al-Ra'd, Pickthall).

Therefore, cleanliness of heart is being busy with the remembrance of Allah, which makes our troubles fall away, stripping oneself of unnecessary worries and of all kinds of bad intentions, and living in peace, contending in good works.

The intentions, words, and actions of a person with a clean heart are also clean. A pure heart is understood through behavior. There is a problem in saying a person has a clean heart if he may also easily go and do something that is haram. A person with a clean heart is firstly a person who abides by the commands and prohibitions of Allah. A person who lies, speaks with empty words, is arrogant, gossips and envies cannot be considered a person whose heart is clean.

When the heart is protected from every kind of haram, it may begin to become clean. *Salah* (prayer), *sawm* (fasting), *dhikr* (remembrance), and *tafakkur* (contemplation) also increase cleanliness.

- Cleanliness of Action and State

The mirror of a man's heart is his actions. If a man chooses goodness, correctness, honesty, and manliness, and courageously demonstrates these qualities, then we trust this person and say he is a good man.

Being trustworthy before the public is a very important attribute. This is because people are valuable in proportion to the cleanliness of their past.

Good things in words, things which do not pass beyond being words only, are of no use to anyone. Seeing this, the truth is that firstly, a person must make them come to pass in himself, then he must work to become a good example to those around him.

Knowledge without action is a burden to its possessor. Our Lord has compared such a person to a book-laden donkey (see *Surat al-Jum'ah* 62: 5). Knowledge is expected to drive one to beautiful actions and bring one to *ikhlas* (sincerity) and *irfan* (wisdom).

A virtuous, dignified and strong person serves Allah and the good much more beautifully.

READING PASSAGE

THE BEST FORM OF CLEANLINESS

"I think that I'll never be able to keep properly clean! This thought is causing me to feel upset and lose my strength; but it's out of my hands. My right and left are filled with black spots. I've failed in every way. I strive to perform the task that was given to me in the best way; but this responsibility leaves me with no strength. Help, O Allah!"

While she was saying this *du'a* on the inside, on the outside, she continued to perform her cleaning activities with all speed.

"Scrub there a little bit," she said. "Scrub so the black spots there will go away. This tonic opens the pores of the skin very well. Indeed, very much importance must be given to cleaning. If not, the skin will age and wrinkle early. While she was saying this, she also thought about how much the people at the meeting she was going to would like her, and how many of her friends would even envy her. Thinking this, she laughed slyly.

This was because one of her friends always had acne on her face, and another one could not do anything to get rid of her freckles. Of course they would be jealous of her shiny skin. With her pride, she walked standing straight with her head held high. Already her figure was really attractive, and walking straight upright made her even more attractive. She always kept, not just her body, but also her clothes clean, and she drew the attention of the people in wherever she went.

At this time, her inner state was not well at all:

- Alas! She is going to show off again! Yet she has forgotten about pleasing Allah. She wants people to like her. Moreover, she enjoys making them jealous. While she is doing that, I'm getting filled up with dirt everywhere. How nice would it be if she paid attention to me as much as she paid attention to her face, but this does not come to her mind! At this rate, I'm going to rust very soon! Help me Allah!

When she came to her friends, she was far from hearing the one inside her who was praying, looking scornfully at the people to her left and right.

- O what a misfortune! You are very sloppy. You are also extremely unappealing…The color of this tablecloth is no good, and do these curtains match? There is such a thing as layout and order! Haven't you heard? If you don't know, ask me and I'll teach you!

When she said that, her friend the homeowner became ashamed. Yes, she was right. The room was very disorganized and the colors were very unharmonious, but there was nothing she could do. Trying to set up a house with second-hand furniture taken from here

and there, this was all she could do. Until their financial situation improved, she had to be patient with this situation. She was quiet. She didn't say anything.

…

Some people, while cleaning their outsides, neglect their hearts. For this reason, they look at the world in a selfish, inconsiderate, and rude attitude. Because of their ugly states, every day they become dirty and sick; however, until their heart rhythm is disrupted, they live only for this world, imagining their hearts are healthy. Some people have freckles and acne in their heats that cannot be seen. They are so wrapped up in the brightness of their skin that they don't pay attention to the darkening of their hearts.

May Allah accept the prayer of the heart and protect us from the evil of the soul. We hope for everyone to be immaculate inside and out. Amen.

DISCUSSION

In two groups, discuss which is more important: physical cleanliness or mental/spiritual cleanliness.

RESEARCH

In your family, is more effort given to material, or to spiritual cleanliness? Observe carefully and decide. Share your answers and, to the end of better understanding the great importance of both of them, work on developing your awareness.

ACTIVITY

Write a letter from your mouth to your five sense organs, your hands, and your feet. In this writing assignment, put into words the satisfaction, complaints or requests that you have about your parts of the body as they relate to spiritual cleanliness.

Chapter IV Questions

1) Which of the following cleaning materials is harmful?

a) Water

b) Vinegar

c) Soil

d) Detergent

2) Which of the following sentences is true?

a) The most important condition for health is good nutrition; it can be achieved without cleanliness.

b) Cleaning requires that you use clean materials.

c) Detergent is extremely effective and helpful for cleaning.

d) You can use water that is not very clean for cleaning.

3) Which of the following sentences is false?

a) Those who say detergent and bleach are harmful to health are mistaken.

b) If detergent and bleach were not harmful, it would be recommended that they also be used to clean the body.

c) Even shampoos and soaps that are used to clean the body may cause harm because of the artificial ingredients and chemicals that they contain.

d) Pouring water with detergent in it on the ground may cause plants to die.

4) Which of the following may be said about cleanliness of the body?

a) Bathing once a week is sufficient for cleanliness of the body.

b) General cleaning alone is not enough for bodily cleanliness; it is also necessary to deal specially with each part of the body.

c) Our body is a very precious trust, but it will die in the end. For this reason, we should not exaggerate the importance of the issue of cleanliness of the body; the important thing is cleanliness of the heart.

d) A person with a clean heart will have a body that smells of sweat.

5) Which of the following is not in the sunnah of our beloved Prophet?

a) He started from the right when he combed or shaved his hair.

b) He recommended dying graying hair black.

c) He brushed his teeth with a *miswak*.

d) He used kohl around his eyes.

6) Which of the following is not a cause for punishment in the grave?

a) Rheum in the eyes

b) The smell of sweat

c) Urine

d) Messy hair

7) Which place in the house must be cleaned most often?

a) The guest room

b) The living room

c) The balcony

d) The toilet/bathroom

8) How can spiritual cleanliness be recognized?

a) By a person's saying "My heart is clean."

b) By a person's being honest.

c) By a person's being a good servant abiding by the commands and prohibitions of Allah.

d) By a person's praying.

9) Knowledge without action is a burden to its possessor. Knowledge is expected to beautify actions and bring one to sincerity and wisdom. Which of the following *ayah*s (verses) puts this matter into words?

a) *Surat al-Jum'ah*, verse 5

b) *Surat al-Fussilah*, verse 20

c) *Surat an-Nur*, verse 26

d) *Surat al-Baqaara*, verse 12

10) Which of the following is incorrect?

a) A combination of physical and mental/spiritual cleanliness is very beautiful and meaningful.

b) A person who is content with physical cleanliness alone is not protected from mental illnesses.

c) Cleanliness of heart is not meaningful without it also being reflected in behavior.

d) Love for this world is enough; the mind does not need to trouble itself with anything else.

CHAPTER IV

MENTAL HEALTH

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THE DEFINITION OF MENTAL HEALTH

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1- THE DEFINITION OF MENTAL HEALTH

The *ruh* (soul, spirit), which is housed in the body somewhere and hidden, is the source and reason for all of its movements, and is such that it leaves the body upon its death. It is also expressed with the words "life" and "breath." People are bestowed with it even while still in the womb and it does not die. In an *ayah*, our Lord informs us thus:

"And they ask you, [O Muhammad], about the soul. Say, "The soul is of the affair of my Lord. And mankind have not been given of knowledge except a little." (*The Qur'an* 17: 85, Surat al-ısra', Pickthall).

This means that mankind does have much knowledge concerning the soul. As far as we know from the light of the hadiths and *ayah*s we have been given, the element that gives life to the body is the soul. Allah (exalted be He) says in *Surat al-Hijr*, verses 28-29:

"And [mention, O Muhammad], when your Lord said to the angels, "I will create a human being out of clay from an altered black mud. And when I have proportioned him and breathed into him of My [created] soul, then fall down to him in prostration." (*The Qur'an* 15: 29, Surat al-Hijr, Pickthall).

Therefore the soul is something that exists in every person, and because of this, every person is precious.

Allah gave the soul and taught what must be done for it to be at peace. A soul that is careful about the commands and prohibitions of Allah does not become constricted and overwhelmed. Even if the soul does become overwhelmed, it is a passing thing; it does not have the proportions of illness or an imbalance. That which feels, understands, loves, and becomes startled is the spirit.

We may give the definition of mental health here again: A person who is at peace with himself, his environment, his maker, and his destiny is a mentally healthy person. People who have healthy souls respond healthily to social situations and events.

Our beloved Prophet, Muhammad Mustafa (peace and blessings be upon him), made an analogy about the spirit:

"Souls are like troops in an army. Souls that know one another are inclined to each other. Souls that do not know each other differ from each other." (Bukhari, Anbiya', 2).

As a matter of fact, this hadith helps us to understand many experiences that we have had. Throughout our entire lives, we come across some people that we don't like; and for some others that we meet, even without knowing the reason, we harbor love and intimacy.

It is a great blessing to have your mental health. Everyone must do their part to protect their mental health. We will go into this subject in detail, but first, let's finish with the following sen-

tences: Allah, the One who created the body and blessed us with life by giving us a soul, informed us of its dimensions, commands and prohibitions, and right and wrong in the Qur'an; He wanted us to live without going beyond these parameters. The best work for both our body and soul is to live in the light of the Qur'an and sunnah.

2- FACTORS AFFECTING MENTAL HEALTH

- Personal Factors

Mental health is affected, positively and negatively, by many factors. The events that we experience and the people we encounter affect us, not only physically, but also mentally. This affects everybody on different levels. Primarily the characteristics that come from our disposition, and also because of habits and many other factors, each person is affected in a unique way by events that occur. Various situations such as death, birth, poverty, riches, and sickness affect everyone differently.

With this general overview in place, let's look more closely at the issue, examining factors one by one, to better understand the factors that affect mental health:

• Temperament/Character

Temperament, or in other words, disposition, means character and constitution. The dictionary definition of temperament is "A person's unique structure, the basic characteristics that distinguish him or her from others, that which determines the behavior of individuals, and, primarily, the core structure of a person." Temperament is the distinguishing feature of every human being. Many features such as hastiness, irritability, and being easy going, picky, pessimistic, or optimistic define our temperament.

Our beloved Prophet, Muhammad (peace and blessings be upon him), in saying **"Those believers whose belief is the most perfect are the ones with a good temperament"** (Tirmidhi, Rada', 11), emphasized the importance of a good temperament. A man on good terms with others, and on good terms with himself, is a person with a good temperament. Such people are well-intentioned, and they make an effort not to offend or hurt others.

So, how does temperament affect mental health? Our temperament determines how we respond when faced with events. The response to the death of a relative is not the same for someone who is patient and someone who is impatient. Thus, from the same event of death, one may be struck with a very small amount of grief, while the other may be plunged into a crisis.

When wronged, a person who is sensitive, fragile, and introverted will react differently from a relaxed and thick-skinned person. While those who are like the first person will experience severe wounds, psychologically speaking, those like the second person may receive no harm.

When lightning strikes, one with a timid temperament will not be affected in the same way as someone with a brave one.

While waiting for someone who is late, there is a difference in the worry and bother felt by someone who is in a hurry and someone who is not.

In a word, our temperament shapes our attitude towards events, our attitude, and our situation. It also determines the course of our relationships with people. This means that we are mentally healthy to the degree that this course is healthy.

A bad temperament is a temperament that negatively affects people and all of creation and is disliked, hated, and unwanted. Temperaments like rashness, laziness, impatience, jealousy, dissatisfaction, insecurity, and cruelty are usually not good for us and incite to evil. As for evil, it is a thing that is not pleasing to the soul; once it is fallen into, it constricts and overwhelms it. So, for a healthy and peaceful soul, it is necessary to turn to the good all the time, aspire to the good, and through education and *du'a* (supplication), work to change bad temperaments into good ones.

- **Nurture**

Everyone grows up in a family. In this way, a family's suggestions, teachings and actions take shape. The future of a person, created absolutely pure, is to a certain extent directed by his or her family.

Our beloved Prophet, Muhammad (peace be upon him), explained this as follows:

"Every child is born with a true faith of Islam (i.e. to worship none but Allah Alone) but his parents convert him to Judaism, Christianity or Magainism." (Bukhari, Jana'iz, 92).

This means that the thoughts, beliefs, and life style of people, who come into this world as pure and clean creations, are shaped by the education they receive from their family, in other words, by their upbringing.

That being the case, let's now look at some examples of different family structures in order to see which various methods of upbringing are used:

In some families, the child is the only focal point of the house in which he or she grows up being always placed always at the center of attention. Especially in families that anxiously wait for children for years, that don't have children for perhaps fifteen years; or in families which, after having five or six girls, are finally given a son; this type of wrong upbringing may be seen to become even worse. Such children, whether from being able to do whatever they want or from being over protected while they grow up, grow with weak character. These people are likely to be selfish, stubborn, used to being the center of attention, and, thinking that they can get whatever they want, they think to themselves, "The world turns for me." Hence, they have problems in developing a healthy attitude and become maladjusted and insatiable.

In some families, while children grow up they are under pressure, they never get a chance to speak, they are always criticized, and they are beat for their failures. The temperaments of chil-

dren raised in families of this type are usually introverted and insecure. Very rarely, if the child is created to have a dominant or strong character, then he will be in a constant state of revolt and objection, forced to defend himself. Both of these situations are not healthy.

It is extremely important that families have the right approach and a balanced attitude, and knowing their trust from Allah, raise their children conscious of their servitude. To be able to do this, however, the mother and father are the mortar for mental health. It can be understood from this that mental health, in this respect, as in some genetic diseases, is a thing that may be passed from generation to generation. Children of healthy individuals raised by the correct principles are generally expected to be healthy.

The situation for children without a family who must stay in orphanages or homes for orphans is very difficult. It is of great importance that the people who work in these types of places be mentally healthy, and use healthy approaches while performing their duties. Otherwise, what a shame it would be if these orphan children, who are filled with feelings of great sadness and loneliness, also came to harm at the hands of unstable and bad people.'

Children, who grow up imitating their mother and father, tend to pick up all kinds of positive and negative behaviors. As crabs learn from their mothers to walk sideways, children also learn to love and be loved, worry, be patient, get angry and many other behaviors from their parents. Many habits such as praying/not praying, reading books/not reading books, brushing your teeth/not brushing your teeth, making your bed/not making your bed are also learned from the family. These behaviors and habits that we learn, being either beneficial or harmful for our mental health, shape our connections with people and our stance when we are faced with events.

At this point, let's look at a more extreme example:

It is sad, but some families educate their children as thieves. This is their way of life. At a very young age, playing the "how money is stolen" game, their children begin to learn. Moreover, they proudly explain it as if it were a talent.

It is very difficult for people raised in families that present their wrongs as right, their haram actions as halal, their ugliness as beauty, and their sins as worthy of reward to have healthy consciences and, learning important concepts such as what is right, proper etiquette, servitude, and worship, implement them in their lives.

Children who grow up deprived of Islamic principles, unaware of the Qur'an and sunnah, and believing that their crimes are a profession, when they become adults, they too are forced to comply with rights and obey the law. Most of the time they become people who behave outrageously and wrongly and this is not a healthy situation either. Thus, they are rejected and unloved by society.

To say a few words in conclusion, mental health is a delicate topic that is affected by upbringing. People raised by healthy people are highly likely to have their mental health protected, while people raised by unhealthy people are highly likely to have their mental health damaged.

- **Habits**

Habits are behaviors that are chosen and preferred due to upbringing and character which later become continuous and difficult to abandon. They may be bad or good, helpful or harmful. Good and beneficial habits positively affect our soul, while bad and harmful habits affect the soul negatively.

We see that people with bad habits are generally unhappy, insecure, and unstable. On the contrary, people with good habits gain love and respect with their positive energy. While someone does not protect himself from these bad habits that negatively affect mental health, he will continue to be more unstable, weaker, and more unhealthy.

Mental health is a determining factor in the development of our habits. Our habits are also determining factors with respect to the progression of our mental health towards a good or bad direction. For example, alcoholism is a situation that people who are weaker and more fragile in their temperament, to whom no difficulties come, and who prefer escaping situations are more likely to be in. A person may know that it will cause harm, both materially and spiritually, yet he is not able to control himself, and he cannot escape from its evil clutches. Meanwhile, while he is unable to protect himself from this evil habit, his mental health deteriorates further.

Brushing your teeth is also a habit. But there is undoubtedly a benefit in it. It is much easier for a person to make this a habit if he has a picky temperament, he loves cleanliness, he does not want to burden others with a bad smell or bad image, and he is considerate and tactful. While this beautiful habit continues, positive attributes in the person are nourished.

You can also set up a similar equation for all the other habits that may come to your mind. While a mentally healthy person tends to get used to healthy behaviors, a mentally unhealthy person tends to get used to unhealthy behaviors. Trouble leads to trouble, and remedy leads to remedy.

Evils such as drinking, gambling, smoking, drugs, lying, and gossiping are among the things forbidden and disliked by Allah. That behavior which Allah dislikes, is also disliked by the soul. Therefore, once people's souls become acustomed to these things, it is fairly certain that they cannot become healthy and happy.

The souls of people who make a habit of those things that have been made halal by Allah and are pleasing to him are peaceful and serene. For such people, the rates of developing mental illnesses are certainly much lower.

- **Abilities**

A person's skills at knowing or doing something are called ability. It is also described with words such as aptitude and capacity. In order to orient ourselves to a situation, we all use our innate power. Ability is based on heredity and it is like something that limits how much it is possible for us to do. We may also think of it as our power to receive, understand, and accomplish whatever is transmitted to us from the outside, be it information or experience.

Allah has equipped each servant with different abilities. Some people have beautiful voices, some have superior dexterity, and some have rhythmic skills. While some people have a very good

mind for mathematics, others have extremely high verbal intelligence skills. Some people are very successful, while others are very successful using their intuition…In short, abilities are various and our areas of interest are decisive. Everyone tends towards areas where they are talented. Aptitude develops through education and helps us to be beneficial to society.

When a person discovers his abilities, realizes where and with whom he may use them, and finds himself a position in the social environment doing a suitable service/ job, then, he is happy and secure. This is because, to be happy, everyone has the need to be accepted and appreciated.

Here it is understood that one of the factors that positively affect mental health is being able to use your abilities in your local environment. In contrast, if a person does not realize the abilities that he has within him, and doesn't know where and how they could be beneficial, it will negatively affect his mental health situation. Someone like this will think that his work is helping nobody, and will feel worthless and insecure. All of these feelings are negative signals related to mental health.

A person who does not have ability, forced to work in a field, will not yield enough output. Therefore, it is very important that everyone be employed at work that they are skilled in doing. In this way, workers are happy, employers are satisfied, society is orderly, and the economy is good.

- **Acceptance**

Every human being is born with the need for acceptance. A newborn baby is in need of the loving embrace of a mother who is happy upon his or her arrival. We mention this especially because the number of babies who are unwanted and neglected and babies killed as soon as they are born by mentally ill mothers is increasing every day.

A baby who feels at peace in his or her mother's arms, will then be given breast milk, loved and talked to and will experience many other beautiful things. All of these beautiful things are important factors that will determine the course of the baby's mental and spiritual development. Under normal conditions, each mother will meet these needs of her child with her God-given love and compassion.

People who grow up with acceptance from their mothers and their families later want to be accepted while at school, at the workplace, in society, and in many areas. While it is important at any age, especially at those times corresponding to reaching puberty, it is very important to feel respected and admirable.

When a young person breaks away from his family and jumps into his circle of friends, this behavior is usually a reaction against his father's somehow not being able to appreciate him. It is a normal outcome for someone who is subjected to relentless criticism because of the clothes that he wears, the way he talks, or the occupation he selects, or for someone who is not approved of by his family, to move towards the environment of his friends, among whom he is constantly appreciated, loved, and admired.

A person who wants to be accepted waits to be in a position where his various habits, thoughts, and beliefs are "respectfully accepted" by those around him. This acceptance is, of course, not valid for someone who harms society, and for actions that disrupt morality and peace.

• **Security**

Security the belief and feeling tied to it of being without fear, hesitation, and doubt. This is a topic that we should think about in two ways. The first is the self-esteem that a person has in himself and the abilities within him. The second is holding the strong belief that you are safe because the people around you may be relied upon and they will not harm you.

In people who are accepted, approved of, and admired a sense of self-confidence develops. With this feeling, a person may be brave, bold, and enterprising. No matter how strong someone's confidence is, everyone is in need of someone to rely on and lean on. Situations where you feel lonely, think that there is no one to support you, and do not have anyone to share with may undermine confidence.

The development of a basic sense of security occurs at a very early stage, around the age of 0-2. Mothers and fathers who always find fault with their children, practice destructive criticism, and have difficulty showing their affection may disrupt this process. In any case, whatever age we reach, it's difficult to feel safe around such people. For this reason, it is very important to have family and friends who dote on you, encourage you, and give you hope. In fact, a self-confident person can also make mistakes.

Children who group up without developing a sense of security generally settle on having introverted behavior. These people refrain from speaking up, presenting their ideas, disputing, and making comments. Because they are afraid to make mistakes, they also have a hard time beginning any work. However, everyone can make mistakes. Mistakes are also part of the necessary experiences that we must go through to improve ourselves. On the other hand, such a person, in order to reduce the possibility of making mistakes, gives importance to consultation and knows to listen to the opinions of others. A person who says, "I am really confident in myself. I never make mistakes!" in thinking in such a way and in saying these words, is making a big mistake. This means that a sense of self-confidence is valuable so long as it does not lead to arrogance and one does not fall into the delusion of thinking "I know a lot."

Moreover, it is not enough for a person that he have confidence only in himself. It is also very important that a person be able to trust those he will work together with. This is because only those who trust each other can be a successful team. Furthermore, it is also very important that people together in society and people using public transportation, alleys and streets together be able to trust each other. People are at peace spiritually when they are in places that are safe from evil. If they are in a place that they think may be dangerous, however, they take on a mood that is anxious, fearful, and timid.

As may be understood from all these explanations, while a sense of insecurity negatively affects mental health, a sense of security positively affects mental health. Health facilitates a life that is passed while doing good works.

• Desires and Passions

The general meaning of desires and passions is "extreme desire." They may be used to describe all kinds of wants that are unlimited, unbalanced and without measure, and extreme.

Mankind, wrapped in feelings of desire and passion, sometimes pursues money, sometimes position, sometimes someone from the opposite sex.

Truly, man was created very greedy and impatient. He whines when evil befalls him; and acts grudgingly when good befalls him (*The Qur'an, Surat al-Ma'arij*, 70: 19-21).

For a person who has lust and greed, when they want to get something, but are unable to for some reason, they become obsessed and tense. Such people cannot think correctly and many cannot control their actions.

Having a goal and struggling for it is respectable, but pushing for a goal, despite everything, working for the goal, whatever it be, is a diseased condition. A man in the clutches of lust and greed, for instance, may begin to see any means as justified to obtain money, for example. As a result, they may excuse theft, taking away the rights of others, and extortion. Someone who is capable of doing these things cannot be considered to be healthy.

Desires and passions lead to the disease of dissatisfaction. Satisfaction is the most powerful feeling that may be used to protect one from this disease. With satisfaction, it is possible for what you have to be enough and, knowing what power you have, to give thanks.

A person who accepts Islam, and is provided with what is sufficient and is made content by Allah has succeeded. (Tirmidhi, Zuhd, 35).

This is because satisfaction protects one from overstepping his limits and setting one's eyes on the haram and that which he has no right to. This also means joy and peace in both worlds, and is the most important need for every human being.

On the other hand, if mankind had two valleys full of wealth, they would want a third. Nothing but the earth can fill the belly of mankind. (Muslim, Zak'ah, 116).

Our beloved Prophet, Muhammad Mustafa (peace and blessings be upon him), warned those who are deprived of satisfaction and possess lust and greed as follows:

"May the slave of Dinar, Dirham, Qatifa (thick soft cloth), and Khamisa (a garment) perish, for if such a greedy person is given what he wants, he'll be pleased; otherwise he is dissatisfied (rebel against divine provision and predestination)." (Bukhari, Riqaq, 10).

Since they will bring about difficulty in this world and in the Hereafter and cause us to be restless, we must purify ourselves from desire and passion, want things in a balanced way, and become people who may be contented.

- Environmental Factors

Environmental factors, just like many attributes, are important elements that affect mental health. The horizon of people's ideas and thoughts and their preferences and decisions are to a large extent shaped by the environment in which they live. This is because people have an existence that is constantly affected, changing, and transforming. Just as water takes the shape of its

container, people also mostly equipped with the features of the environment in which they are raised.

So, how does the environment affect mental health? Now, let's work to find an answer to this question by addressing different environmental factors:

- **Money – Possessions / Property**

Money, possessions and property are all very attractive worldly blessings. A person with money, possessions, and property is said to be rich; a person deprived of these blessings is called poor.

Wealth is given importance, poverty is belittled and most of the time, the person with the most money is accepted as the most powerful. In some cities, the word of a person with money is considered valid. However, people who have authority because of their wealth alone, if they do not also have values such as belief and good character, arrogance and cheating appear. We see such people oppressing many, and for the purpose of increasing their wealth, using their material strength to put many people to work in unjust conditions. People who give more importance than is necessary to money and material power, and who do not take spiritual values very seriously, cannot be at peace.

On the other hand, our beloved Prophet, Muhammad Mustafa (peace and blessings be upon him), said:

"Not to wish to be the like of except the like of two (persons): a man whom Allah has given the knowledge of the Qur'an and he recites it during the hours of the night and the hours of the day; and a man whom Allah has given wealth and he spends it (in Allah's Cause) during the hours of the night and during the hours of the day." (Bukhari, Tawhid, 45).

It may be understood from this that money, possessions, and property, just as *fitnah* (temptation) may be, may also be a cause for a person's entering paradise. In any case, someone who knows how to divide his wealth with the needy obtains inner peace and the sweetness of loving, and being loved. Such a person, because he receives the *du'a*s (supplications) of the hearts of those who love him, and because he can overcome difficulties more easily, does not easily become overwhelmed.

- **Friends**

Friends are people we enjoy being with, whose love and attention we see, and with whom we feel ourselves to be close. People become close to those whom they resemble in temperament and character, and they become friends and fellows. Gradually, the degree in which they resemble each other increases. For this reason, it is said, "Tell me a man's friends and I'll tell you who he is."

Our beloved Prophet, Muhammad Mustafa (upon him be blessings and peace), said the following:

"People are affected by the lifestyle of their friends. Since this is the case, each of you pay attention to whom you will be friends with." (Abu Dawud, Adab, 16).

This means that the morality of a person will be affected positively when his friends have good character; and when a person's friends have bad character, then his situation changes negatively.

Our beloved Prophet told us thus:

"The similitude of good company and that of bad company is that of the owner of musk and of the one (iron-smith) blowing bellows, and the owner of musk would either offer you free of charge or you would buy it from him or you would smell its pleasant odor, and so far as one who blows the bellows is concerned, he would either burn your clothes or you shall have to smell its repugnant smell." (Muslim, Birr, 146).

When we are beside someone who is very hasty, hectic, impatient, and intolerant, we begin feel under pressure and restless. Whereas when we are beside someone who is patient, tolerant, and understanding, we feel satisfied and confident. While a stubborn, rude and selfish friend makes us feel unhappy, a tactful, courteous, and self-sacrificing friend makes us feel valuable. A friend who has bad habits, is irresponsible, and inconsiderate over time is instrumental in our entering onto wrong paths; a sincere friend who believes and worships will help us in reaching the joy of the two worlds.

According to Allah (exalted be He), the best of friends is he who is helpful to his friends (Tirmidhi, Birr, 28). Therefore, friendship should not entail dragging each other to harm, but protecting each other from harm. Being friends with smart people in good and balanced mental health makes a person peaceful and happy. In contrast, being friends with people who are not in good mental health is a factor that, over time, will disrupt both our bodily and our mental health. Just as water takes on the shape of its container, friends also, over time, assume the form of each other.

- **Climate and Natural Disasters**

Climate is a term that refers to conditions such as air temperature, air pressure, humidity, and wind collectively. Every place on the earth shows variation in its averages taken over many years of effects brought about tied to these weather events. Generally, in terms of their attributes, the main climate types seen on the earth are divided into three groups: warm climates, temperate climates, and cold climates.

Climate affects not only agricultural and economic structures – and even the shapes of coasts - it also shapes, to a large extent, the character of the people living in the region. The climate plays a decisive role in people's lifestyles, their food and clothing choices, and their health. Because it affects health, it also affects people's character and mental/spiritual natures.

Sweltering in very hot weather, taking refuge in very cold weather, being affected by rainy weather, being enthusiastic in the open air; showing various behaviors and mental qualities based on weather conditions is the human condition.

It is natural for people living in cold and harsh climates to be mobile, hardy, and strong in temperament. This is because, in order to warm up in cold weather, naturally, one has a need to move more. More movement results in a stronger body. It would also not be too inaccurate to say

that people who live in this type of climate, because they must constantly protect themselves from difficulties may also be a little selfish.

It is also necessary for people who live in hot climates to be sluggish and heated to meet their peculiar needs. In very hot weather, the ability for movement is reduced. In order to compensate for energy that is constantly lost, a person feels a greater need for water and rest.

People who live in regions where weather conditions show constant variation may have a more cautious makeup; whereas people who live in temperate climates may have a more tolerant and relaxed character.

In addition to this, we all know how disasters and unexpected changes in climate can also affect human psychology. Disasters that generally have harmful effects, like earthquakes, floods, and hurricanes, without a doubt, lead to serious problems in mental health, especially for children. States like stress, despair, depression, and rebellion, are mental states that especially non-believing people very often fall into.

- Illnesses

Illness a state of discomfort which prevents people from having strength and normal order, disrupts the balance of the body, and is caused by some problems occurring in the body systems. Everyone in a state of physical discomfort is also affected mentally by this situation.

A sick person is pushed to the threshold of his body's patience. Resistance decreases and emotionality and sensitivity increase. Therefore, one must be much more careful when talking with a sick person. Sick people are much more fragile than healthy people. They get tired much more quickly, and they may react unexpectedly to situations to which they would normally not react.

In a nutshell, just as illness upsets the balance of an organism, the balance of the soul is also negatively affected. When a person is sick, they better realize their weakness and flaws. They feel their dependence on others more intensely. At such times, for people who have a thoughtful, experienced, gentle, loving, and patient companion at their side, the situation can be overcome more easily.

3- EFFECTS OF MENTAL HEALTH ON PEOPLE

- Physical Aspects

A person of sound mental health, generally, also has regular and peaceful physical characteristics. A healthy and calm soul that is free from woes, internal struggles, and rebellion also positively affects physical appearance. A person with a soul at peace has desires and strength to set aside time for him or herself.

Sometimes, when you get bored inside, you don't even want to take a bath. You don't have the power to comb your hair or iron your clothes. Dispiritedness is often a factor that decreases physical strength. In some people, it causes them to eat too much or to lose their appetite. To sum

up, it is highly likely that a person with mental problems will make a portrait that is physically unhealthy, unkempt, and messy.

The strength of large and small muscles is not dependent on nutrition taken alone, but it is also closely related to morale. The brightness of the skin and the sparkling of the eyes is something that increases with good feelings from inside. When one is troubled by events one encounters or when one is a disaster victim, generally one does not think about their dress or their nails being neat or not. In short, in order to concentrate on physical needs, we need a mind at peace; and to relax our minds, we need our physical needs to be met.

The facial muscles on the face of a sad person are shaped according to these feelings. The body language of a joyful person is also guided by that joy. The body of a self-confident person when standing is generally upright; the shoulders of an insecure person are generally hunched. The state of the spirit is reflected in physical characteristics. An experienced person, when looking at the face of someone, can often make accurate predictions about how it relates to the heart.

A facial expression of a jealous person undoubtedly differs from the facial expression of a satisfied person. The gaze of the eyes of a person who feels despair differs from the eyes of a person who holds hope. Because our physical condition is a kind of mirror of our souls, we can make a correct identification. This is because our stance, clothing style, way of walking, and our body language are our characteristics that are shaped according to our mental state.

Many physical troubles such as fatigue, various aches, loss of appetite, sleep disturbances, and inability to taste food are closely affected by corrupted mental health.

- Social Aspects

While people in a state of good mental health may not share the same thoughts, they are in harmony with those around them. Respecting the thoughts and preferences of others, being able to stomach the differences, and being able to demonstrate an attitude of understanding are virtues of people who are mentally healthy.

Social relations require greetings, being sensitive to those around you, and establishing verbal and written communications. All of these things are actions for which a mind at peace has sufficient power. We mentioned earlier the commingling of souls that have known each other since the pre-eternal meeting, and those who are unacquainted as having fallen into separation (Muslim, Birr, 159, 160). As a matter of fact, when souls that have felt the need for acquaintance for eternity become sick and troubled, their work in this world becomes fundamentally more difficult.

A secure person can express him or herself both more clearly and more comfortably. Introverted people are closed off from expressing themselves. Self-confidence is very important for understanding and explaining, for social environments one must

come to terms with. Moreover, an unhealthy spirit is reluctant to enter into matters between people.

Many mental problems such as irritability, loneliness, unresponsiveness, extreme reactions, unhappiness, despair, and shyness, because they negatively affect social relations, bring down one's rate of acceptance from those in one's social environment.

- Sexual Aspects

A person who is mentally healthy also makes healthy sexual choices. A person who adopts the role of his own gender, and fulfills the requirements put on him or her, is a happy person and a blessing for those around him.

A mentally healthy woman loves, delights and rejoices in performing her womanly duties in the social environment, in the home, and in both public and private spaces. In the same way, a mentally healthy man loves, delights, and rejoices in performing his duties in the social environment, the home, and in public and private spaces.

The soul of a person who is happy with respect to his sexual orientation is also joyfully affected. However, the situation is different for boys raised like girls and girls raised like boys. They remain in unrest caused by their being in conflict as to whether they are girls or boys.

- Psycho-Motor Aspects

Movement of the body is the working of the large and small muscles together in collaboration with the joints, resulting in an ongoing activity. The brain, heart, and other parts of the body affect our movement, some to a greater, some to a lesser degree. Although physically healthy, the situation of people who do not move is explained though psychological effects.

People were created in such a way that they may lose their power due to sadness, and they may find strength in hope and joy. Therefore, for people who are not mentally healthy and happy, now and then situations may come about where they fall into a state where they are too weak to lift their arms, walk, or run, and sometimes, they are even too weak to talk.

Just as in every area, it is also important to have balance with respect to movements. Sometimes, we smile at someone who is caught up in excitement and finds himself making strange movements. Sometimes, in sharp contrast, we observe and take heed of people who are in grief and sorrowful, in a state of severe weakness, and too weak to even eat their food.

The soul, which is intangible and not visible to the eye, shows itself to us thus. By the spirit, whose essence cannot be seen, interacts with the body, we feel our state and movements to be organized. On the other hand, even in the saddest moments, it is necessary for a person to try to recover and get him or herself moving, even if it must be forced. In fact, the soul, which, on the one hand, negatively or positively affects our movements, on the other hand, has the quality that through moving, it recovers and strengthens itself.

When we are angry, we clench our fists. When we are relieved, we free our muscles and relax. When we stubbornly want to impose something, we stomp our feet on the ground. When

we stubbornly defend something we have done, we raise our eyebrows. When we are very angry, we grind our teeth. In short, our emotions shape our actions; and our actions reveal our feelings.

- Mental Aspects

The mind is a miraculous repository for information. We keep much knowledge and many experiences, public and private, in our minds. We keep much knowledge learned in theoretical and practical ways in the archive of the mind. On the other hand, the mind is also an expression of our strength of understanding and insight. Perception and thinking is possible with the mind. Therefore, we draw conclusions from events we experience, take lessons, and accumulate experiences by way of the mind. The activity of the mind is related to the soul.

The interpretations of events, words, and images by a person who is of sound mental health will also be sound. However, the perceptions and interpretations of people with mental illnesses such as schizophrenia and paranoia are, sadly, unhealthy. In situations such as death, separation, and negative criticism, people with mental illnesses, exhibit unbalanced and extreme reactions.

The souls of people with weak perception and blurred consciousness, because they are unable to properly evaluate events, are generally not peaceful and satisfied. As for people who are clear-headed, perceptive, and strong in cognitive power, their evaluations are usually on the mark. People with a touchy, insecure, meek and complex mental structure must struggle to gather their minds, think, and look objectively at something and to produce workable solutions.

This means that the soul's being at peace is the cause of the mind, what is taken in, the senses, perceptions, and evaluations also being made peaceful.

4- PROTECTION OF MENTAL HEALTH

The essence of mankind, the soul, found in the cover of the body is a very precious treasure. As for the right of this treasure, it is to be protected in the most beautiful way. The soul that is protected from damage, loss, and illnesses finds peace and is satisfied.

Many a person, with the intention of trying to save his soul from suffocating, wraps himself in poison he calls medicine. Many a person also looks for peace in the wrong places. However, the easiest and most beautiful way to be at peace is with firm belief.

- Sound Beliefs/Faith

People are in need and incomplete. They come to the world in need of a strong support to lean on and someone stronger than them to hold on to. Faith is being connected to an idea with your heart. This connection, if necessary, must needs be reset with rational arguments, and this will bring a person to a point of unconditional commitment. Accepting it as safely, without doubt, whatever one says, true, is the state of trust that faith brings one to.

The person who has faith in the truth is guided rightly; the person who has faith in the false is misguided. At this point, it is extremely important in what and whom a person believes, and what and whom faith is wrapped around. History is full of many people who believed in sophistries

and absurdities: evolutionists, who believe man evolved from apes, reincarnationists, who believe we will live another life after we die, atheists, who believe there is no creator, and Satanists, who worship Satan. It is possible to give many more sad examples of perverted faith.

When someone says faith or belief, the first thing that comes to a Muslim's mind is belief in Allah and his Prophet and the fulfillment of the requirements of this faith in the most beautiful way. A person who is successful in this is at peace in this world and the Hereafter. This is because faith gives one calmness, peace, and joy. A person with faith is never jealous. A person of faith loves for Allah and gives for Allah. Being accountable, not to people, but to his Lord, he develops self-control. Even in places where there are no people, he pays attention to his state and his movements. A faithful person does not give up hope. In the face of even the most challenging events, taking refuge in his Lord and relying on Him, he is patient. A person with faith is strong, stable, and enduring. A person who believes in Allah and his Prophet is not unjust to anyone, does not say empty words, and does not do ugly things. If he falls into sin, he repents and feels guilty, and returning, he is again wrapped in goodness. This is because someone with faith always has the hope that he may be forgiven. A person with faith is not broken by the death of those close to him. This is because he believes in the Hereafter and that death is not the end.

Our beloved Prophet, Muhammad Mustafa (peace and blessings be upon him), said:

"Islam is built upon five pillars: testifying that there is no god but Allah and that Muhammad is Allah's Messenger, praying correctly, rightly paying the zakah *(charity), making Hajj to the Ka'bah, the house of Allah, and fasting during Ramadan."* (Bukhari, Iman, 1).

In another hadith, he said:

"You cannot enter Paradise without faith. If you do not love one another, then you cannot have faith. Shall I tell you something that will cause you to love each other when you do it? Spread the *salaam* amongst yourselves." (Muslim, Iman, 93).

This means that faith is a necessary condition for entering Paradise. If we were to consider it as living with the peace of heaven in both worlds, then we certainly would not be wrong. This is because people of faith, through being content, find peace in the world.

The people of hell yelled to the people of heaven: Would that you poured a little of the water and sustenance which Allah has given you upon us. And they said: Allah has made both of these haram for *kafir*s (unbelievers). (*The Qur'an*, *Surat al-A'raf* 7: 50).

If we return and look at this thus, we can see that the contents of this *ayah* are experienced more in the world. Today, many people do not believe in Allah and His Messenger, in the bondage of the devil and the ego, far from refreshment and relaxation, lead troubled lives. Many evils such as adultery, theft, and murder spread because of people who do have fear of Allah and who have not been granted the climate of the peace of Islam.

Therefore, clinging to firm faith, one must strive to be of those saved in this world and the Hereafter, not to be of those who cling to rotten branches and tumble into the abyss. Besides, mental health and peace are also tied to it. It is not possible that a person who is not concerned with the haram and halal, continues to live according to his own desires, and knows no boundaries find peace. We've stopped to look at many examples of this in history and today, but the strongest example is a person who, sooner or later, comes to his or her senses and is delivered to Allah.

An appliance operates better when it is used according to the user's guide prepared by the manufacturer. Likewise, when people are in line with the commands and prohibitions of Allah, the Qur'an, and the living and most beautiful example of the servant Muhammad Mustafa, they will be granted a happy and peaceful life.

Being crowned with faith, good manners, and good works is an asset whose wealth cannot be measured.

- Acts of Worship

Worship is necessary for the strengthening and continuation of faith. It requires that one fulfill Allah's commandments and avoid that which is prohibited. Regular and continuous worship that is for the sake of Allah alone is necessary.

The essence of worship is *du'a* (supplication). As for *du'a*, it is opening your hands, asking for what you need, sharing your troubles, and seeking a remedy. A servant with his hands open to his Lord is hopeful. As for the soul of a hopeful person, it is in a smiling state in proportion to its hope. In contrast, the soul of a person who does not open his hands, does not supplicate, and does not make a place for worship in his life, is always bored and overwhelmed. As a matter of fact, our Lord says:

"… 'Call upon Me and I will answer you. Surely those who wax too proud to do Me service shall enter Hell utterly abject." (*The Qur'an* 40: 60, Surat Ghafir, Pickthall).

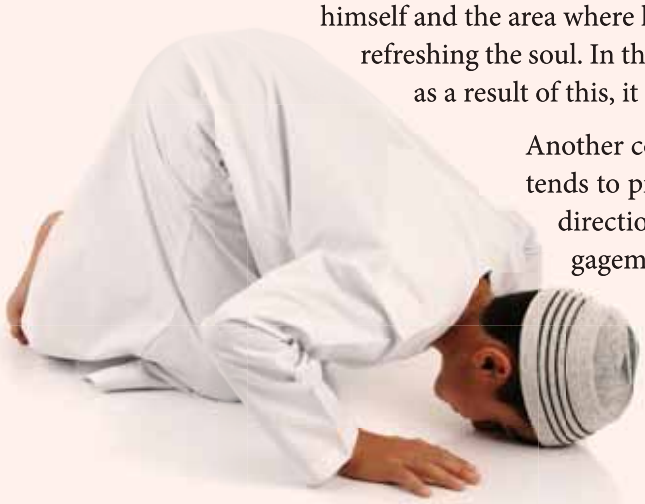
It can be understood from this that worship is the fate of humble servants who know their limits. These people receive many rewards according to the degree of sincerity in their worship, and they come together in peace in this world and the Hereafter.

Since it is very important, now let's look at how we may worship:

• Prayer (*Salah*)

The *salah* (prayer) is one of the obligatory duties of all Muslims. That is, prayer is something that is absolutely needed for a Muslim.

Cleanliness is the first condition for the prayer. A person who wants to pray must first clean himself and the area where he will pray. We have mentioned how cleanliness is tied to refreshing the soul. In this respect, *salah* means being purified five times a day, and as a result of this, it means being refreshed five times a day.



Another condition of the prayer is the intention. When a person intends to pray for the sake of Allah, he turns towards the *qiblah* (the direction of Mecca), takes a break for a time from all worldly engagements, and is directed only to gaining the pleasure of Allah. This break gives both the body and the soul a rest. Taking five regular breaks a day is an important factor in making a person more productive in every sense. A productive person achieves success, and a successful person is also happy.

Another condition of the prayer is observing it at the proper time. For this reason, indeed, a Muslim who prays gives importance to time, and is expected to take care to be punctual. A person who obtains this superior characteristic leads a planned and programmed life, and thus he begins to spend each day fully and make his time fruitful.

Above all of this, the prayer is a debt of servitude we have to our Creator, and it brings us closer to Him. A hadith *qudsi* (a hadith containing the direct words of Allah) says as follows:

"Allah said, "I will declare war against him who shows hostility to a pious worshipper of Mine. And the most beloved things with which My slave comes nearer to Me, is what I have enjoined upon him; and My slave keeps on coming closer to Me through performing Nawafil (praying or doing extra deeds besides what is obligatory) till I love him, so I become his sense of hearing with which he hears, and his sense of sight with which he sees, and his hand with which he grips, and his leg with which he walks; and if he asks Me, I will give him, and if he asks My protection (Refuge), I will protect him; (i.e. give him My Refuge) and I do not hesitate to do anything as I hesitate to take the soul of the believer, for he hates death, and I hate to disappoint him." (Bukhari, Riqaq, 38).

It may be understood from here that the prayer, by bringing one closer to Allah, grants them peace.

For every prayer, every Muslim that does justice to his prayer is protected from evil, rudeness, major sins, and wrong doings (*The Qur'an*, *Surat al-'Ankabut* 29: 45). What this means is, with this protective characteristic, it is also a strong barrier against any kind of soul-constricting negativity.

Moreover, prayer atones for sins. When a Muslim performs the *fard* (obligatory) prayers at its proper time, with proper ablutions, with proper awareness, and bowing completely, if he does not commit major sins, all his previous sins are forgiven. This is always the case. (Muslim, Taharah, 7).

The soul that is freed of the burden of its sins attains tranquility and joy.

- **Fasting**

Fasting during the month of Ramadan is an obligatory form of worship for every Muslim. As for fasting outside of the month of Ramadan, it is a very virtuous thing.

In order to understand how fasting affects mental health, first let's look at a verse form the Qur'an:

"O you who believe! Fasting is prescribed for you, even as it was prescribed for those before you, that you may ward off (evil)" (*The Qur'an* 2: 183, Surat al-Baqarah, Pickthall).

The expression here that hopes that you be protected is about your winning against temptation to sin through mastering yourself and your lusts. Indeed, it is said "*Fasting is a shield*." A fasting person is prohibited from saying bad words and fighting, and advised to say, "I am fasting." (Bukhari, Sawm, 9). As may also be understood from here, fasting is a kind of worship that is conducive to a peaceful environment and keeps one from fighting and arguing.

By curbing the soul's desires and sensual desires, and by hindering anger and ambition, and reminding a person of his or her weakness, fasting gives peace to the soul. The virtues of sharing in someone else's grief, being able to understand the state of someone who is poor and has to struggle to find food, and thus, knowing its value are also obtained through fasting. One

must wonder at a person who stays selfish and insensitive when they fast because, through fasting, a person's attitudes in the social environment mature, and their observations and outlook on life develop in a positive way. Because this also increases the love and respect that people feel towards a person, it will also cause a person to be loved more by many people.

Sahur (breakfast before fasting) and *iftar* (dinner) are each social activities. It brings together many communities, the family being the smallest. *Iftar* invitations given out during the month of Ramadan help to consolidate both feelings of generosity and friendship. Receiving the *du'a* of a Muslim whom you feed, is one of the fastest ways to joy in the two worlds.

• Charity (*Zakat*)

Zakat (a certain kind of charity) is a form of fiscal worship incumbent upon rich Muslims which entails giving one fortieth of one's wealth to the poor. The word *zakat* carries the meanings of cleanliness, increase, worthiness, and living in blessings and abundance. From here, it can be understood that the wealth of someone who is given *zakat* increases.

Whatever we spend to please Allah, it is certain that he will give something in return (*The Qur'an*, *Surat Saba* 34: 39). Our Lord did not want us to not fully perform the prayers or not give *zakat* when due (*The Qur'an*, *Surat al-Baqrah* 2: 43). This is because, if we are rich, the poor have a right to our wealth. Whether they want to or not, they must honor their rights.

Zakat cleans and purifies one of sins (*The Qur'an*, *Surat at-Tawbah* 9: 103). Allah has prepared forgiveness and a great reward for men and women who give *zakat* (*The Qur'an*, *Surat al-Ahzab* 33: 35). For all these reasons, the soul of a Muslim who gives *zakat* is wide. A person who is not selfish and does not forget that the poor have a right over the blessings in his or her hands is happy and peaceful. Otherwise, citing the envy of others, he invites much unrest.

• Hajj

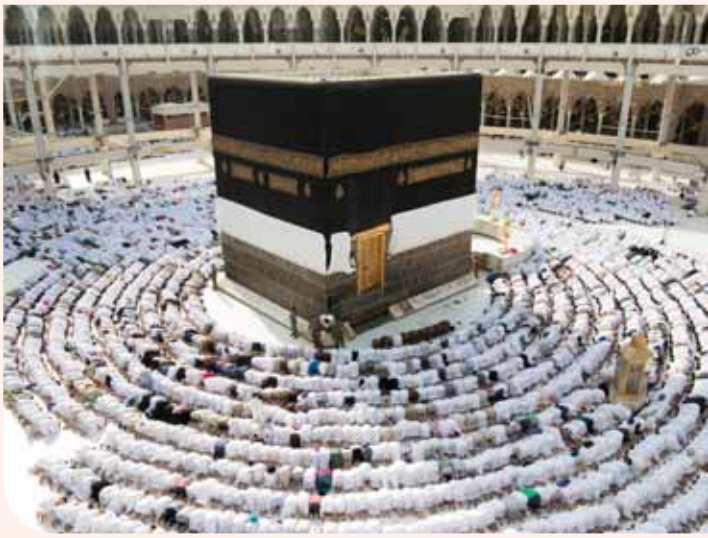
Hajj is a social form of worship. The gates of heaven are opened to one who complies with all necessary conditions while observing it. One who performs the hajj without saying bad words and committing major sins returns home as innocent as he was on the day of his birth (Bukhari, Hajj, 4).

The reward for a *mabrur* (accepted) hajj, that is, a hajj that is sincerely carried out without thinking of sin and rebellion, is done with a proper intention, and has positive moral effects on a person is Paradise (Bukhari, 'Umrah, 1).

Seeing how this bodes so well, going on hajj, experiencing patience, and feeling the peace of heaven is one of every Muslim's greatest longings. A person living in the climate of the peace of hajj is positively affected and refreshed.

- Contentment (*Rida*) and Trust in Allah (*Tawakkul*)

Rida is contentment and accepting things gladly. People feel happy when they are content with the good and bad that befalls them from themselves and from their environment. Otherwise, the situation would entail continuous objecting and questioning, which is very tiring.



There is wisdom in everything that befalls us. Sometimes events which seem bad result in good things; and sometimes events which seem good result in bad things. Therefore, we need to examine things carefully, contemplate well, and have strong patience. *Rida* is a valuable level that every Muslim must try to reach because Muslims believe Allah is the doer of actions and that there is a source of unlimited power behind all causes, and they believe in *qada* and *qadar* (divine decree and predestination), and that good and bad comes from Allah. This belief makes one say, when faced with the most difficult of tests:

- O Allah! My mind does not understand, but You know what I know not. My heart could not rest, but Your knowledge and mercy are infinite. I could not understand the wisdom, but You possess every secret. Therefore, if something is difficult or overtakes me, I believe that this is a test and an opportunity you have granted me to come closer to You. Therefore, make me satisfied and content, without thinking of rebelling and objecting. After I have done my best, grant me the faith to trust You with the result.

In short, *rida* means thinking well of Allah and not looking to find fault or defect in what He has done. This leads to a state of complete peace.

As for *tawakkul* (trusting in Allah's plan), it means, after taking measures, being able to submit the next part to Allah. A person strives to protect himself from a harm or to succeed in a task. When his power is enough, he works and strives. When he succeeds in the end, he is happy that it came about through his trying his best. When he fails, his conscience is at peace knowing he had done his best.

Tawakkul begins with belief that there is a higher power than yourself. Sometimes, when a person can succeed at everything he strives at, he thinks that he can accomplish anything. However, the recognition of Allah's providence is powerful enough to override measures taken by a servant. Measures only help when they coincide with the will of Allah. Accepting this is not only required by faith, it also helps people know their limits and be protected from selfishness.

A person who is used to always saying, "Me, me, me!" is arrogant when successful and is in danger of falling into despair when unsuccessful. Such a situation is not reasonable both in terms of mental health and positive character development.

- Changing Places

Sometimes going to different places refreshes the soul; but this effect is surely only possible when the places are clean and spacious. If a person goes to a place that is stifling and boring in order to find relief, it is not wise at all. The soul may find relief in places that are far from sin, evil, and ugliness. Therefore, we may expect our soul to be refreshed by activities such as wandering about in open spaces where people are not doing wrong, visiting mosques, being guests at our

neighbors or family's houses. When it is possible, traveling outside of the city both develops our culture and alleviates some of our internal troubles.

When a person always goes to the same places, meets with the same people, and sees the same views, their lives take on a monotonous state and they may be overwhelmed. Therefore, going away to different places in order to rid oneself of this is a great blessing. Meanwhile, it is also necessary not to waste, while opening the door to opportunities, one must be careful not to leave the door of material difficulties ajar. It is possible to be refreshed without wasting a lot of money by going for a picnic, going for a walk, or making small changes in the house.

As for real refreshment, it is coming closer to Allah by remembering him and contemplating His creation. Hearts find peace and satisfaction in the remembrance of Allah (*The Qur'an, Surat ar-Ra'ad* 13: 28). We should remember this always, wherever we are and be strive through remembering our Lord to reach true joy.

- Hobbies

Every time people get away from the work they are doing and become busy with another activity, it motivates them to eagerly continue their main job. As a matter of fact, real rest is passing from one job to another. Different preoccupations help one to rest without wasting time.

Many different activities such as photography, cooking, being occupied with all branches of handicrafts, such as knitting, sewing and woodworking, going out on cultural trips, visiting relatives, gardening, fishing, reading, and writing work to both rest and strengthen the body. Setting aside some time for these out of the ordinary activities, develops a person's mind and productivity. A productive person both protects himself from needing to rely on others and also begins to be useful to others. This situation helps one develop a sense of self-confidence and feel more valuable. In addition, it is extremely beneficial in protecting one from unnecessary thoughts and whispers. Those who are busy with good works are protected from evil works.

This means that we must actively enter into our agendas useful pursuits for which we must take time out of our routine work. Discovering our abilities and using them in the path of Allah, which affects our mental health in a positive way, is a very valuable and important worship.

READING PASSAGE

THE HANDS ARE NECESSARY FOR WORK

She went to the meeting that day with her knitting needles and yarn. As always, her clothes were chic and neat. She sat in the place shown to her. Except for a few people she knew, the room was full of women she saw for the first time.

When everyone had taken their places, she took out what she was working on and started to knit. While she was listening to the talks, she was also make a new sweater with yarn she had unraveled from an old sweater. When necessary, she would make comments to join in the talk, but she was mostly just listening.

After the lectures and discussions, tea was served. In addition, delicious cookies arrived. Like everyone else, she sipped her tea and tasted the blessings. Meanwhile, she experienced the joy of advancing the work of her hands.

Time passed and a young girl was eying her from the beginning; however, because she was so busy, she did not notice. Upon leaving, the young girl approached her and said:

-Everything you did was nice and good, but I do not understand why someone like you, who has a career, does handicrafts. You have a lot of books. You give lectures. I imagined you to be different. I could never match what you are doing with your knitting.

The author smiled and surprised the young girl with this answer:

-Oh, does that ever happen? I do not go anywhere without my crafts. It's my jewelry. Was it bad that while you only listened and talked I also worked with my hands? While listening and talking, I was also manufacturing. Thus, I experienced the peace of spending my time fully. The ears are needed for listening, the tongue for speaking, the heart for feeling, and the hands for work.

The young girl was surprised by this answer. On the other hand, she considered the words of the person whom she had esteemed. "Yes," she said, "If I were busy with something good, I would not have time for unnecessary thoughts about a person whom I love." She is right. By making your hands, tongue, and heart all busy with good, the soul is rested, and the unnecessary talk of the self must be cut.

A few weeks later, the young girl came to the meeting again with a knitting needle and yarn in her hands. The writer had finished her sweater, and was wearing it. When their eyes met each other, they smiled at each other with a greater love and respect then they had had before.

DISCUSSION

Mental health affects all other areas of development. Having healthy or unhealthy development also affects mental health. Now, in two separate groups, argue which effects are more powerful.

RESEARCH

Go to a psychiatric hospital and observe the patients. Identify how the mind of a patient is affected and what differences there are between a healthy person and someone who is mentally ill. Then use these findings to write an article on the subject of thanks.

ACTIVITY

This weekend, for a two-day tour program, change your place. When you return, write about the effects of the trip on your soul and share what you write with your friends.

Chapter V Questions

1) **Which of the following is the definition of mental health?**

   a) To be at peace with yourself, your environment, the Creator and fate.

   b) To feel happy for the most part

   c) To be angry in the right place and at the right person

   d) To feel a sense of love and intimacy.

2) **Which of the following sentences is true?**

   a) A mentally healthy person gets along well with everyone.

   b) A mentally healthy person is also physically healthy.

   c) Souls that know each other get along, those that don't become separated.

   d) If someone is not pleased by some other person, it shows that they are not mentally healthy.

3) **Which is not a personal factor that affects mental health?**

   a) Temperament

   b) Confidence

   c) Habits

   d) Money

4) **Which of the following sentences is true?**

   a) When a person who is dominated by greed and desire wants to do something, but is unable to, he will be put in an obsessive and stressed mental state.

   b) It is enough for a man that he trust in himself only. It is not strictly necessary that he trust people he works together with.

   c) It is wrong to say about someone who struggles to work in a field in which he does not have enough talent that he will not be productive enough.

   d) If a person discovers his ability, and where and with whom to work, then he gets a job in society doing work or service that is appropriate for him, he will be protected at that time from all troubles.

5) **The development of a sense of basic trust occurs between the ages of ..... Which of the following age ranges correctly fills the blank in this sentence?**

   a) 0 – 6

   b) 7 – 12

   c) 0 – 2

   d) 12 – 15

6) Which of the following sentences is not true?

a) Mistakes are necessary experiences for our maturity and personal development.

b) A sense of self-confidence is valuable so long as it does not lead one to arrogance and to say "I know a lot."

c) When a person who is dominated by greed and desire wants to do something, but is unable to, he will be put in an obsessive and stressed mental state.

d) Contentment may not keep a person from stepping beyond his bounds and looking at things that are forbidden to him or that he has no right to.

7) Mental health is influenced by environmental factors. Which of the following is related to the effects of environmental factors on mental health?

a) The poor *du'a*.

b) The habit of sleeping late

c) Being greedy

d) Whispers

8) Which of the following is not an environmental factor that affects mental health?

a) Money, wealth, and property

b) The climate

c) Illnesses

d) Self-confidence

9) Mental health affects every aspect of people. Which of the following is one of the physical effects of mental health?

a) Not being able to speak in front of people due to nervousness.

b) Not being able to develop healthy preferences and actions according to the proper gender role.

c) Experiencing continuous fatigue and loss of appetite.

d) Being in a state of unbalanced movement.

10) Many factors have an effect on protecting mental health. Which of the following is not one of the factors?

a) Firm belief

b) Being desirous

c) Worship

d) Changing places

11) According to one way of thinking ..... is tied to the heart, and is a state of ..... that is secure and that we accept without doubt. Which of the following properly complete the blanks in the sentence?

a) Security / peace

b) Faith / reliance

c) Faith / worship

d) Love / healthy

12) Which of the following is not a mental element that affects mental health?

a) Worship

b) Belief

c) Hobbies

d) *Rida* and *tawakkul*

13) Which of the following activities is the most effective in giving peace to the heart and positively affecting mental health?

a) Hobbies

b) Changing places

c) Remembering Allah

d) Acceptance

14) Which of the following is related to the effects of fasting on mental health?

a) Establishing a break from our daily work routine refreshes us.

b) Understanding the state of a hungry person helps us to appreciate the blessings we are given and give thanks.

c) A *tawaf* (circumambulation) that is free of sins and rebellion increases the beauty of our morality and our souls.

d) Cleaning our wealth and preventing ourselves from selfishly hoarding worldly things causes us to receive good blessings.

15) Which of the sentences regarding mental health is incorrect?

a) A soul that takes into account Allah's commands and prohibitions is not restricted and overwhelmed. Even if it is overwhelmed, it will be temporary and not result in illness and imbalance.

b) Allah, the One who created the body and blessed us with a soul from His soul, informed us of our proportions, gave us commands and prohibitions, and taught us right and wrong in the Qur'an; He asked us to live without going outside of these dimensions. Living in the light of the Qur'an and the sunnah is indisputably most correct for both our bodies and souls.

c) The events we experience and the people we encounter affect only our bodies. Everyone is affected by these to different degrees.

d) Our temperament shapes our attitude when faced with events, our stance, and our situation; it also determines the course of our relationships with people. To the degree that this course is healthy, we are also mentally healthy.

CHAPTER VI

HABITS THAT ARE HARMFUL TO HEALTH

CONTENTS

ALCOHOL

DRUGS

SMOKING

THE INTERNET

OBESITY AND INCORRECT EATING

BAD COMPANIONS

MONOTONY

BAD TEMPERAMENTS

CHAPTER VI QUESTIONS

HABITS THAT ARE HARMFUL TO HEALTH

Allah created human beings with a perfect form and He also informed us how to protect it. The most perfect example of a man is our beloved Prophet, Muhammad Mustafa (peace and blessings be upon him), and if a person is determined to live like him, that is to eat, drink, sleep, wake, in short, to arrange every aspect of his life according the sunnah, then it is possible to obtain spiritual and material health.

Islam communicates the subject of the haram and halal in the clearest way. Those who adhere to this decree, generally, live peaceful and healthy lives. Of course, the world is full of tests; however, for those with a strong body, it is easier to overcome problems and challenges.

It is necessary for people that they stay away from substances that would damage or weaken their miraculous bodies. Substances such as alcohol and drugs, by eroding the mental faculties, reduce people to being in a pathetic state. Now, let's examine those health habits which cause harm to people one-by-on:

1- ALCOHOL

"O you who believe! Strong drink and games of chance and idols and divining arrows are only an infamy of Satan's handiwork. Leave it aside in order that ye may succeed. Satan seeks only to cast among you enmity and hatred by means of strong drink and games of chance, and to turn you from remembrance of Allah and from (His) worship. Will ye then have done?" (*The Qur'an* 5: 90-91, Surat al-Ma'idah, Pickthall).

Allah, exalted be He, here in this verse, strictly prohibits drinking alcohol. Our beloved Prophet, Muhammad Mustafa (peace and blessings be upon him), through saying "*Everything that intoxicates is forbidden. A small amount of something which intoxicates in large amounts is also forbidden*," (Tirmidhi, Ashribah, 3) provides a full understanding of the matter.

Alcohol is a substance that affects the body and soul of a person in an extremely negative way. A drunken person loses his mental faculties to such a degree that he doesn't know what he says or does. While drunk, a person does many disgraceful and ugly things. All over the world, we see many painful examples of this situation, which has been banned by Islam. This prohibition is so clear that the Messenger of Allah, Muhammad Mustafa (peace and blessings be upon him) cursed, not only those who drink alcohol, but also those who produce it, request its production, carry it, ship it, offer it to others, sell it, make money from selling it, buy it, and have others buy it (Tirmidhi, Buyu', 59).

All around the world, domestic violence incidents caused by alcohol constantly occur. Drunk drivers cause many traffic accidents. Alcohol consumption is also found to be among the causes of many illnesses such as hypertension, arteriosclerosis, and cancer. It is a known fact that offences such as prostitution, hurting people, and murder are carried out under the influence of alcohol. An alcoholic cannot be expected to be mentally healthy. In fact, those people prone to alcoholism are generally people of weak character who have difficulty coping with stress, seek an escape from their problems, and are overly emotional.

If a person tends to drink, even though it is harmful, it is undoubtedly a huge mistake and an indication of weakness. Allah created his servants and forbid all types of substances that may harm their health. Therefore, an intelligent person of faith, by not overstepping the bounds set by his Lord and properly obeying His commands and prohibitions, fills both worlds with peace.

2- DRUGS

Drugs are substances that have the characteristic of numbing people and preventing them from thinking and moving as they should. Teenagers, adults, and even children have fallen into the network of various drugs such as hashish, heroin, and ecstasy which has become a huge monster.

From the moment of entry into the body, these substances, which have a negative impact on the whole system, negatively interfere with thoughts, behavior and cognition. A person loses the qualities that make them human and enter a state where they are no longer good for themselves or their environment. Not only in terms of physical health, but also with respect to mental health, they are extremely objectionable.

3- SMOKING

Tobacco is a substance that is addictive because it contains nicotine, it harms the respiratory and circulatory systems, and it also negatively affects general bodily health. Despite all the damage it causes, smoking is one of the most common bad habits throughout the whole world.

There are no *ayah*s or hadiths related to smoking. However, carrying over the basic logic for the prohibition of alcohol, it is haram to use tobacco to the degree of being addicted to it, while it is *makruh* (disliked) to use it in amounts that are not considered harmful. In the first place, all things that are harmful are haram according to Islam.

The pharmacological properties of nicotine, the family structure, maturity level, personal characteristics, social events are among the many reasons people start smoking. Some people start because they are influenced by a friend, others because they are curious. In the majority of cases, those who start smoking become addicted. Being thus, smoking becomes a habit that cannot be abandoned.

Smoking addiction has resulted in many cautionary views and the harm of tobacco and cigarettes has been put into words by many times by many qualified people. Despite the warning written on cigarette packs, "Smoking is harmful to your health," sometimes even doctors smoke cigarettes, which shows just how grave the situation is.

Many a smoker expresses how uncomfortable they are about their condition; however, they have become powerless to change it. However, when a person firmly and sincerely intends to do something, Allah is his helper. There are many people who were addicted to smoking for many years, but were finally able to quit.

When a person remembers that his own body and his family are his trust, and he thinks about the sustenance of his children and his family and what a heavy price he must pay to invest in a harmful substance like cigarettes, and he is thus able to recognize his responsibility to himself and his environment, then he may gain the strength he needs to quit smoking. This is because smoking harms not only the smoker, but also those around him, and thus it is a substance that also carries the rights of others.

4- THE INTERNET

The internet is a huge computer network made up of a combination of computer networks spread out across the globe. Its primary function is correspondence and communication. It is an impressive point that shows technological developments.

A lot of information and many people may be reached by way of the internet, and much information may be brought to the world in the same way. Unfortunately, in the time that has passed, just as it has been used for good and beautiful purposes, it has been used for ugly and evil work as well. In this respect, appealing to people's lower selves, it has the characteristic of harming the soul. Many people, because of their distorted relationships they experience on the internet, are cut off from society. Friendships brought to a virtual state lose their meaning.

On the other hand, the disease called "computer and internet addiction" is also a reality faced by modern man. This disease is a pathological condition which develops because of excessive use, decreases work and school performance, causes one not to take pleasure in life without the internet, causes sleep disturbances, cuts one off from social life, and, due to long-term sitting, causes deterioration of the muscular and skeletal systems.

For a person who views the internet as a service and a blessing and has the power to use it for good works, there is no problem. However, if you use it unconsciously, becoming addicted to it, and being in a state where the internet harms your health, mind, and your family life, you must stop immediately.

5- OBESITY AND INCORRECT EATING

Our beloved Prophet, Muhammad Mustafa (peace and blessings be upon him) said:

"No one has filled a container more dangerous than the stomach. Therefore, eat a few bites to keep you on your feet. If you do eat a lot, take in one-third food, one-third drink, and one-third air." (Tirmidhi, Zuhd, 47).

From here we may understand that there is no gluttony in Islam. Eating a lot is a situation that is contrary to both Islam and human nature. The famous Islamic scholar Imam Ghazzali, in his work entitled *The Revivification of the Sciences of Religion*, made the following remarks concerning the benefits of eating less and being hungry:

- At times of hunger, because not too much blood rushes to the heart and brain, thinking power increases and understanding and intuition develops. Always being full leads to laziness and dulls the heart.

- Eating little and being hungry softens the heart and brings peace to the heart. A person who eats little takes pleasure in remembrance of Allah and is constantly in a state of remembrance.

- When a person is hungry, he turns to his lord with greater sincerity. When he attains to servitude, he understands his neediness. Distancing himself from arrogance and pride, he turns towards worship and obedience. He appreciates the Glory, Compassion, Mercy, and Everlastingness of Allah.

- A person who knows hunger understands the state of the poor. He knows the value blessings.

- Restraint of the lower self is actualized though eating little and being hungry. Departure away from Allah is caused by power and lust. As for the source of power and lust, it is eating and drinking. Reducing food also reduces lust and power.

Hunger is a barrier to sleeping too much. Those who eat a lot, sleep a lot. As for sleeping a lot, it darkens the heart, suppresses mental activities, and prevents one from working.

- Eating little makes it easier for one to perform continuous worship. It provides for wakefulness of the heart and mind. It prevents excessive loss of time.

- Eating little and staying hungry keeps the body healthy and leads to the disappearance of disease. Gluttony is the cause of many illnesses. Eating too much has an important place among the causes of diseases especially of the intestines, stomach, heart, and vascular system. This leads to physiological and biological disorders, as well as to psychological illnesses.

- People who eat little and endure hunger have an easy livelihood. This is because they have learned to manage with less, and they have abandoned gluttony.

- Those who eat little may better help those in need, and thus, they may more easily reach happiness in this world and in the Hereafter. When a poor person delights in the happiness of a motherless or fatherless child, it is a very great happiness (Imam Nawawi, translation of *Riyad al-Salihin*, Volume 3, p. 291-292, Erkam Publishers).

Not just eating too much, but mistakes such as not chewing your food enough, eating mixed dishes, eating without first becoming hungry, and eating without saying the *basmallah* and *hamdallah* may also lead to many physical and mental difficulties.

There are warnings in precise terms in hadiths with respect to eating with our right hands. *"Do not eat with your left hand, for the Satan eats with the left and drinks with the left."* (Muslim, Ashribah, 107). This quote is so plain and clear about the prohibition of eating with the left hand that there is no need to comment. It is also fitting for Muslims that they submit to it.

Gluttony is not confined to food only, it is also forbidden in other areas of life. When buying clothes to wear or buying furniture, being greedy for more than is necessary is not correct. Such immorality would cause unrest in the two worlds. Our beloved Prophet, Muhammad Mustafa (peace and blessings be upon him) said the following on this subject:

"Don't you hear? Don't you hear? Living simply is iman *(faith, belief). Leading a simple life is* iman*!"* (Abu Dawud, Tarajjul, 2).

Therefore, valuing the world more than is necessary is against the essence of Islam. Choosing a simple life is fitting for a Muslim and will not cause others to give him the evil eye or envy him. Thus, it will alleviate the burden of the world.

6- BAD COMPANIONS

Friends are the people who love each other and understand each other. A friend assumes the state of the person he becomes friends with. Our beloved Prophet, Muhammad Mustafa (peace and blessings be upon him) expressed this truth thus:

"A person is influenced by his or her friends' lifestyle. Therefore, be careful about whom you become friends with." (Abu Dawud, Adab, 16).

"The companion who is the best in the presence of Allah is the one who is best to his companion." (Tirmidhi, Birr, 28).

"The similitude of good company and that of bad company is that of the owner of musk and of the one (iron-smith) blowing bellows, and the owner of musk would either offer you free of charge or you would buy it from him or you would smell its pleasant odor, and so far as one who blows the bellows is concerned, he would either burn your clothes or you shall have to smell its repugnant smell." (Muslim, Birr, 146).

It can be understood from this that, when choosing a friend, one should take care that they are of good character and have good habits. This is because someone of bad character who has bad habits, unfortunately, is a disastrous choice for a friend. On the other hand, a friend of good character, with firm faith, and a clean way of life increases a person's peace and well-being.

7- MONOTONY

Monotony is a uniform, flat way of life. However, living without progress, always at the same tempo, without evolving is not appropriate.

Our Lord says: **"So when you are relieved, still toil."** (*The Qur'an* 94: 7, Surat al-Inshirah, Pickthall). This means that it is not right to stand idle, waste time, and be stagnant when you are capable of doing better.

A person's being constantly busy with good works and getting rid of monotony through doing different kinds of work is a great blessing. A rolling stone gathers no moss. Also, when a person is on the move, both his mind and body are healthy, because of his success, he is honored in his society, and he is self-confident. "A change is as good as a rest" is a famous saying. Therefore, it is necessary for us to change our place from time to time, sometimes making small changes in the place where we are, removing the monotony from every part of our lives.

It is also necessary to turn to *nafilah* (extra) prayers and other types of worship to get rid of monotony in worship. Man was created as a possessor of extremely wide range of worship. If you search, and strive for self-discovery, you will also be much better for those around you. The person who expands his perspective by reading different books, meeting different people, and contemplating different ideas, will also largely get rid of his or her monotony. Thus, a person is protected from unnecessary apprehensions, and unnecessarily low morale.

8- BAD TEMPERAMENTS

All of a person's characteristics of their nature and character are called temperament or character. While everyone has a different temperament that is dominant in them, what is understood from a bad temperament is behavior and attitudes that are unpleasant, unwanted, and discomforting.

A Muslim must distance him or herself from bad characteristics such as anger, arrogance, envy, lying, slander, ridicule, bad language, slander, pride, betrayal, sloth, factiousness, constantly reminding friends of favors, irresponsibility, stinginess, selfishness, looking for faults in others, shame, persecution, lavishness, and hatred.

The best of the believers with respect to *iman* (faith) is the one of you with the best character (Ibn Majah, Nikah, 50). A believer, with the help of his good character, may reach the degree of a person who fasts by day and prays by night (Abu Dawud, Adab, 7).

Our beloved Prophet, Muhammad Mustafa (peace and blessings be upon him) said:

"I guarantee a house in the surroundings of Paradise for a man who avoids quarrelling even if he were in the right, a house in the middle of Paradise for a man who avoids lying even if he were joking, and a house in the upper part of Paradise for a man who made his character good." (Tirmidhi, Birr, 58).

"Those of you of good character are among those whom I love most and those who will be closest to me on the Day of the Resurrection." (Tirmidhi, Birr, 71).

"Verily Allah, exalted be He, is kind and He loves kindness and confers upon kindness which he does not confer upon severity and does not confer upon anything else besides it (kindness)." (Muslim, Birr, 77).

This means that bad temperament or character is a burden to both ourselves and all those around us. The heart of a person with a bad temperament is constantly shrinking and becoming overwhelmed. As long as a person does not beautify his character, this situation will increase and continue. An ill-mannered person does not receive the prayers of those around him. A person free of smiles, softness, and good behavior is not loved by others. Thus, in the form of a successive chain, the damage caused by bad character increases.

Inasmuch as this is the case, one must persevere in working to beautifying his or her character, and thus reach joy in the two worlds.

READING PASSAGE

GIVING THANKS INCREASES BLESSINGS

There was a man, for whom quitting something that he had become used to was not for. We would eat three meals a day regularly, and he liked to eat various dishes at every meal. After his meals, fruit would be prepared, and at the same time, the water for tea would be boiling on his stove. In this regard, he was so orderly that he should be appreciated for it.

Before sleeping, he would always drink soda water, trying to alleviate the heaviness brought on from food he was not yet able to digest. Sometimes he would feel so heavy that he would sleep without praying *salat al-'isha'*. Then, saying "You can make up missed prayers, but not missed meals," he would begin to eat breakfast. Without even getting hungry, he would set the table again. Because he did not lead a very active life, he gained a lot of weight and could not move very much anymore.

"Thanks be to Allah, thanks be to Allah," and other good words were always on his tongue. He had good intentions. He was, in his own way, sensitive to those around him; but his gluttony overshadowed this and he began to feel sicker every day. He noticed that he could not walk because of the pain in his legs, so saying to himself "I can do some good things in the virtual world," he started using the internet. Sitting on the computer for hours, his existing condition built up and became fundamentally worse. Yes, he was doing good things; however, at the same time he was also seriously hurting himself.

As time passed, he became largely detached from real life and, sitting in front of the computer and never getting up, he became miserable and lonely. He was a man of faith. He tried to pay attention to what was haram and halal; however, because he did not lead his life according to the sunnah, he could not stop gaining weight, he could not stop his continuously growing number of diseases, and he could not stop the increasing monotony in his life.

He continued to say "Thanks be to Allah. Thanks be to Allah," to people who asked him how he was going, but his troubles increased. One day, an old friend came to visit him. Upon asking him how he was doing, he replied:

"I'm always thanking Allah like this, but look at my condition. You're a scholar. You know stuff. What's the cure for this?"

His friend gave this exemplary answer that would expand his horizons and make him reconsider his life:

- You are thanking Allah with your tongue, sure, but tell me, how much are you thanking Allah by avoiding Him? Real thanks are only possible by avoiding things that go against Allah (*The Qur'an, Al 'Imran*, 3: 123). Obeying Allah requires obedience to the Prophet (*The Qur'an, Muhammad*, 47: 1). Therefore, without organizing your eating, drinking, sleeping, waking, and living

every aspect of your life according to the sunnah, and without praying your prayers completely, you may not be considered to be thankful. The blessings of those who are thankful to Allah are increased, while the burdens of the unthankful are increased…

The truth is hard. This answer was hard on him; but upon thinking, he agreed with his friend. After that day, rearranging his life, he researched the sunnahs related to daily life one by one and arrived at a completely different order. From here, health and peace began to come to him.

❁

Eventually, when you realize your mistakes, you intend to fix them. You should make new decisions in line with that intention. You should be sincere and settled on your decision. Distancing yourself from all bad things that may harm your material and mental health, you should live a heavenly life in this world. After that, with a beautiful death, you will also reach heaven. Amin.

DISCUSSION

Divide into two groups and debate whether monotony or drug addiction is more harmful to health. Show evidence for your arguments.

RESEARCH

Investigate the causes for internet addiction in your neighborhood and whether or not people who have seen friendships deteriorate or damage to family life want to be rid of this situation.

ACTIVITY

In your own neighborhood, give a speech to raise awareness about how bad habits are bad for your health to a group of at least twenty people.

Chapter VI Questions

1) Which of the following sentences is true?

a) Islam communicates the subject of the haram and halal in the clearest way.

b) It is just as difficult for people with strong bodies to overcome difficulties as anyone else.

c) There is no harm in a person being seized by habits that are harmful to him or herself.

d) There are so few good things that whether a person wants it or not, they will tend towards harmful things.

2) Which of the following is not one of the harmful habits that has been made haram?

a) Fortune telling

b) Drinking alcohol

c) Gambling

d) Eating white flour

3. Which word should fill the blank in the following sentence?

"Small amounts of something which intoxicates in …….. amounts is also forbidden."

a) Essential b) Smelly

c) Large d) Colorful

4) Which sentence is incorrect?

a) Alcohol is a substance that negatively affects the health of the body and mind.

b) Not only the person who drinks alcohol is cursed, but also those who make it, sell it, carry it, buy it, and sell it.

c) Many cases of violence occur worldwide due to drinking.

d) Alcoholism does not affect an alcoholic's mental health.

5) Which of the following is false about drugs?

a) They prevent one from thinking and acting like a proper human.

b) They harm the health of the body.

c) Using drugs one time will not do anything.

d) They can cause deterioration of social relations.

6) Which of the following is the most effective thing that may be said about the harms of the internet?

a) It causes exposure to radiation.

b) It causes us to reach much information, true and false, wrong and unhelpful.

c) By allowing one the opportunity to very easily reach very ugly and very bad things in many fields, it causes severe harm to character, the soul, and the peace of the family.

d) By connecting to it, you distance yourself from real life.

7) Which word should fill the blank in this hadith?

"No one has filled a container more dangerous than the ……."

a) Heart b) Stomach

c) Liver d) Cell

8) Which of the following is not related to the connection between eating little and physical and mental health?

a) It strengthens the power of thinking, intuition, and understanding.

b) It softens the heart and causes one to empathize with the hungry.

c) It helps one in better knowing the value of their blessings and in strengthening a person against his lower self.

d) People who eat less spend less money and find it easier to get by.

9) Which is not a wrong action done while eating?

a) Eating before you are hungry and continuing to eat after your are full.

b) Swallowing your food before chewing it properly.

c) Eating fruit after a meal.

d) Limiting oneself to a small amount of one kind of food.

10) Which of the following is false?

a) Food should be eaten with the right hand.

b) The prohibition on gluttony is not limited to food only; it is forbidden in all areas of life.

c) A rich man can spend his money as he wants.

d) Simple living is a requirement of faith.

11) Which word completes the blank in the sentence "The best of friends is he who is …….. to his friends"

a) A guest

b) A confidant

c) Helpful

d) A nuisance

12) Which of the following is a condition that should be our way of life?

a. Change

b. Monotony

c. Movement

d. Scheduled work

13) Which *ayah* tells us to immediately begin another job when we have free time?

a) Inshirah, 7

b) Baqarah, 23

c) Nisa', 14

d) Nur, 31

14) Which of the following sentences is true?

a) A person should not struggle to change his temperament because it is not possible.

b) There is no harm in lying when making a joke.

c) A person should not argue, even if he or she is right.

d) Bad character is like a charm; it's alright not to change it.

15. What words are needed to fill the blank in this sentence?

"The best of the believers in terms of faith are those ……..."

a) Those who pray the most

b) Those with the most beautiful character

c) Those who perform *'umrah* most

d) Those who sacrifice an animal every year

CHAPTER VII

FIRST AID

CONTENTS

SAFE CONDUCT AND FIRST AID IN BASIC FIRST AID APPLICATIONS

THE HUMAN BODY

SAFE CONDUCT AND FIRST AID IN EVALUATING A SICK OR INJURED PERSON

SAFE CONDUCT AND FIRST AID IN CASES OF BLEEDING

SAFE CONDUCT AND FIRST AID FOR INJURIES/WOUNDS

SAFE CONDUCT AND FIRST AID FOR HEAT EQUILIBRIUM DISORDERS

SAFE CONDUCT AND FIRST AID FOR FRACTURES, DISLOCATIONS, AND SPRAINS

SAFE CONDUCT AND FIRST AID FOR LOW BLOOD SUGAR

SAFE CONDUCT AND FIRST AID FOR CONVULSIONS

SAFE CONDUCT AND FIRST AID IN CASES OF POISONING

SAFE CONDUCT AND FIRST AID FOR ANIMAL BITES AND STINGS

SAFE BEHAVIOR AND FIRST AID FOR FOREIGN OBJECTS GETTING STUCK IN THE EYES, EARS, AND NOSE

SAFE CONDUCT AND FIRST AID FOR AIRWAY OBSTRUCTIONS

CARRYING TECHNIQUES AND SAFE CONDUCT FOR THE SICK AND INJURED

CHAPTER I: SAFE CONDUCT AND FIRST AID IN BASIC FIRST AID APPLICATIONS

First aid: First aid is on the spot, non-drug applications that do not medical instruments, done with what tools and equipment are available, in any accident or life-threatening situation, until medical treatment from medical professionals is available, with the aim of saving a life or preventing a situation from getting worse.

Emergency treatment: Emergency treatment is the application of treatment with medication or medical supplies, in an ambulance or at an emergency medical unit, and carried out by a doctor or medical personnel.

There are some differences between first aid **and** emergency treatment**.**

KNOWING FIRST AID SAVES LIVES. YOU SHOULD LEARN IT TOO.	**First aid** • On the spot, • Using what resources are at hand for non-drug applications.	**Emergency treatment** • is done in an ambulance or at a healthcare institution • or done with medication or medical supplies

Never move a sick or injured person if they are in life-threatening danger!

The Primary Objectives of First Aid

- Maintaining the vital functions of a sick or injured person
- Preventing the situation from becoming worse
- Facilitating recovery

The three main applications of first aid (PNR):

Protection	Notification	Recovery
In order to prevent a second accident, it is important to create a safe environment. To do this: ✔ For a traffic accident, reflectors should be placed in front of and behind where the accident happened. ✔ In cases of gas poisoning, the gas valve should be closed, the room ventilated, and the use of things such as lighters/ igniters and electrical switches should be avoided. ✔ In cases of electric shock, switches should be turned off.	**In first aid, you should call Emergency Medical Services and inform them of the situation.** The person who reports the incident should definitely; ✔ Give the exact address of the place where the event occurred, ✔ Their name and the number they are calling from, ✔ Say what happened (a fire, car accident, poisoning, etc.) ✔ Tell the number of the sick and the injured and the general situation, ✔ Report it if any intervention was made to the sick or injured person.	**First aid should be administered to the sick or injured person at the scene of the incident in a fast but calm manner.** To do this; ✔ One should consider the ABCs of dealing with sick and injured people. ✔ The fear and anxiety of the injured person should be eliminated. ✔ Neighborhoods should be organized. ✔ Necessary first aid intervention should given according to what is possible in the environment. ✔ Sick and injured people should not be moved. Emergency Medical Services should be notified.

(PROTECTION - NOTIFICATION - RECOVERY)

What you can do to protect yourself from accidents

✓ Wear your seat belt,

✓ Sit in the back seat of a car,

✓ Do not lean out the car window,

✓ Do not throw anything out of the window,

✓ Wear a helmet while riding a bicycle,

✓ Use crosswalks when crossing the street,

✓ Do not play around parked cars,

✓ Do not lean out of windows,

✓ Do not slip through railings,

✓ Close doors slowly and carefully.

What you can do to recover from accidents

✓ Before crossing a street, look left, then right, then left again,

✓ Be calm at the moment of the accident,

✓ Ensure your own safety first,

✓ Take precautions to avoid a second accident,

✓ Avoid smoking at the scene of the accident,

✓ Move away curious people in the area,

✓ If there is a gas leak, close the valve,

✓ Ventilate the area,

✓ Do not turn on electric switches,

✓ Do not play by the side of the road,

✓ Do not run after a ball that escapes to the road,

✓ Do not run down the stairs,

✓ If you are often falling and stumbling, tell your mom and dad to take you to the eye doctor.

CHARACTERISTICS OF A PERSON ADMINISTERING FIRST AID

In order to implement accurate and efficient first aid, there are certain knowledge, skills, and characteristics related to first aid that we must have.

A person giving first aid must:

☺ Have information concerning the human body,

☺ Ensure their own safety before helping others,

☺ Remain calm,

☺ Have self-confidence,

☺ Be practical,

☺ Evaluate the available options

☺ Correctly inform Emergency Medical Services at the time of the incident

☺ Be able to manage the people around them and benefit from people

☺ Be able to communicate well.

CHAPTER II: THE HUMAN BODY

In order to administer proper first aid we must know the human body well.

The basic structures of the human body

CELLS Cells are the smallest basic structures of the human body.
TISSUES Cells come together to form tissues (muscle tissues, nerve tissues, etc.)
ORGANS Various tissues come together to form organs (the heart, lungs, etc.)
SYSTEMS Systems are body structures made up of organs with specific roles that come together to form them. (the respiratory system, the circulatory system, etc.)

OUR BODIES' SYSTEMS AND THEIR FUNCTIONS

The Muscular System

The muscular system is made up of bones, joints, and muscles. It has the function of movement and support.

The Nervous System

The nervous system consists of the brain, the cerebellum and the spinal cord. It has the function of providing understanding, perception and balance. It also plays a role in the working of the heart and in breathing.

The Excretory System

The excretory system consists of the kidneys, the excretory tubes, and the bladder. It allows for the removal of substances from the body.

The Circulatory System

The circulatory system consists of the heart, the blood vessels and blood. It carries oxygen and nutrients to tissues, and it collects waste (harmful substances).

The Respiratory System

The respiratory system is made up of the lungs, the nasal passages, and the mouth. It allows for the oxygenation of tissues.

SIGNS OF LIFE

The signs of life related to the body that we need to know about when applying first aid are:

State of Consciousness: A healthy person responds to all stimuli directed towards him or her. If a person does not respond to being touched or to audible warnings, then he or she has lost consciousness.

Circulation: The heart rate of a normal adult is between 60 and 100 beats per minute. In children and babies, it is between 100 and 120.

Breathing: The normal rate of breathing in adults is between 12 and 20 breaths per minute, while in children it is between 10 and 25 breaths per minute.

Pulse: You can feel heart beats with the hand by feeling for the change of pressure in the blood vessels.

CHAPTER III: SAFE CONDUCT AND FIRST AID IN EVALUATING A SICK OR INJURED PERSON

EVALUATING A SICK OR INJURED PERSON

After ensuring our safety and that of those around us, we must evaluate a sick or injured person in order to properly apply first aid.

The purpose of evaluating a sick or injured person is to

- Determine the situation of the sick or injured person and determine the severity of the wound,
- Determine which sick or injured person to help first,
- Determine which first aid applications to carry out
- Perform first aid correctly.

Sick or injured people are evaluated in two stages

- The First Evaluation
- The Second Evaluation

THE FIRST EVALUATION

In order to carry out the first evaluation, the following ABCs should be known well:

A (**A**irway). Ensure that the airway is open,

B. (**B**reathing) Breathing should be evaluated,

C. (**C**irculations) Circulation should be assessed.

To test for consciousness:

a) First call the person, then tap them on the shoulders.

b) Ask them "Are you alright?"

c) If you do not get a response, then the sick or injured person is probably unconscious.

d) Then it is necessary to immediately call Emergency Medical Services.

First, make the area of the incident quiet.

(A) Ensure that the airway is open;

• Check inside the mouth. If there is any foreign material, carefully remove it.

• Move the head to the head tilt-chin lift position. Place one hand on the forehead of the sick or injured person, and place the fingertips of your other hand on their chin to bring their head straight back.

If you think the sick or injured person has a problem with their neck, then do not touch them.

(B) Evaluate Breathing

THE TEST OF LOOK, LISTEN AND FEEL

• With this method, you may assess the breathing of an injured or sick person in 10 seconds.

• In a way that you can see the chest of the injured or sick person, turn on your side and look for chest movement.

• Use your ears to listen for breathing of the sick or injured person; use your cheek to feel for their breath.

(C) Evaluating Circulation

• For adults and children, you may check for a pulse by placing your three fingers on the jugular vein; for infants, check on the inside of the upper part of the arm. If you can't find a pulse, try the other way.

You may not check for a pulse from both ways at the same time.

The result of the first evaluation is that you will know whether a sick or injured person is conscious, if they are breathing, and if they have a pulse.

LIE STEADILY ON YOUR SIDE

THE SECOND **EVALUATION**

If the sick or injured person is conscious, then the second evaluation is done.

1. When talking with a sick or injured person (provided they can speak), get information from them by asking the following questions.

"What happened?

Ask them, "Is there any medication you use regularly? Do you have any allergies?"

2. What do we need to pay attention to in order to assess their state of consciousness?

Look at whether they can answer every question, if their sense of recognition is lost or forgotten, and if they remember some issues.

3. What should be looked at with respect to the breathing of the sick or injured person?

Are they breathing? Is it fast?

Is it slow?

Is it regular?

4. What must one be aware of when looking at circulation?

Is the pulse fast?

Is the pulse slow?

Is it regular?

5. What should one pay attention to when checking the body's temperature and moisture?

Is the body cold?

Is the body hot?

Is the body damp?

6. What should you pay attention to when checking the head with the hands?

Is there swelling?

Are there any cuts or wounds?

Is anything crushed or broken?

7. What should you pay attention to when checking the face?

Is there swelling in the facial bones?

Is there any bruising under the eyes?

Is there any blood or fluid coming from the ears or nose?

8. What should you pay attention to when checking the neck?

You may check the head and neck with two hands without moving it.

Is there bleeding, swelling, or pain?

If there is, do not move anything.

9. What should you pay attention to when checking the chest?

Is there pain in the chest?

Is there bleeding?

Are there any objects stuck in the chest?

10. What should you pay attention to when checking the abdomen?

Is there pain or stiffness?

Is there bleeding or swelling?

The abdomen may be checked by sliding the hands behind it.

11. What should you pay attention to when checking the hips?

Is there any deformity in the hips? Is there pain? Is anything broken?

12. What should you pay attention to when checking the arms and legs?

Both legs and both arms should be checked individually with the hands.

Is there any deformity?

Is there any swelling? Is there pain?

Is there any loss of movement?

Is there a pulse where there should be?

You should remember some safety behaviors when evaluating a sick or injured person.

✓ Be sure of your own safety and that of the sick or injured person.

✓ Evaluate the scene of the incident.

✓ Introduce yourself and say that you know first aid.

✓ If the sick or injured person is bleeding, be sure to wear gloves if you have them; if you don't, use a thick and clean cloth or a plastic bag.

✓ Work in close proximity to the sick or injured person.

✓ If there is a danger at hand that may cause harm to yourself or the injured person, keep away from the danger.

✓ Immediately call Emergency Medical Services.

✓ If there is an object stuck in the sick or injured person, never remove it.

✓ Do not move the sick or injured person.

CHAPTER IV:
SAFE CONDUCT AND FIRST AID IN CASES OF BLEEDING

Safe Conduct and First Aid in Cases of Bleeding

Bleeding is blood flow out blood flow out of the blood vessels due to a rupture in them.

Bleeding may of the internal or external form.

External bleeding: The flow of blood out of the body from a wound.

***Internal bleeding*:** Blood flow inside the body. It is not visible from the outside.

First Aid for External Bleeding

☺ Evaluate the condition of the injured or sick person..

☺ Call the Emergency Medical Services for help.

☺ Have the sick or injured person lie down on the ground.

☺ Apply pressure to the bleeding area with a clean bandage.

☺ If the bleeding does not stop, the first bandage is removed and a second bandage is placed with increased pressure.

☺ If necessary, apply bandages.

☺ Have the bleeding area raised up.

☺ If the bleeding does not stop, apply pressure to the pressure point that is nearest to the wound.

☺ The feet of the injured person should be lifted 30 cm. up, in the shock position.

☺ In a way that leaves the bleeding area exposed, cover up the sick or injured person.

☺ Wait beside the sick or injured person until an emergency medical team arrives.

With your teacher, go through a learning guide for how to stop bleeding. Number the pictures above according to the correct order. (...)

First Aid for Internal Bleeding

☺ Evaluate the condition of the sick or injured person (ABC).

☺ Have the sick or injured person lie on their back and raise their feet up 30cm.

☺ Cover them.

☺ Do not move the sick or injured person.

☺ Do not give any food or drink to the sick or injured person, and call Emergency Medical Services.

First Aid for Nosebleeds

☺ Sooth the sick or injured person and address their concerns.

☺ Have the sick or injured person sit down and bend their head slightly forward.

☺ The nostrils are squeezed for five minutes.

☺ If the bleeding does not stop, the sick or injured person must go to a health treatment facility.

A bleeding person is placed in the shock position

The Shock Position

☺ The sick or injured person is made to lie down on his or her back.

☺ The feet are raised 30cm. up.

☺ They are covered.

☺ In 2-3 minutes the breathing and pulse is checked.

☺ Wait beside the sick or injured person until an emergency medical team arrives.

Address the concerns of people who are bleeding.

☺ Let them know that you know first aid.

☺ Learn their name and address them with it.

☺ Be gentle and polite.

☺ Do not allow them to see the wound.

☺ Say that everything is alright.

☺ Do not go away from the sick or injured person until an emergency medical team arrives.

☺ Talk with and hold the sick or injured person.

Safe behaviors that we should engage in to avoid incidents that result in bleeding

✓ Never throw harmful objects at people.

✓ Do not run down the stairs.

✓ Hold onto the railing when you go down stairs.

✓ If the ground is wet, step slowly and take small steps.

✓ Do not play with sharp objects (knives, scissors, pocket knives, razors, etc.)

✓ Do not go around barefoot.

✓ Do not play around areas with broken glass.

✓ Be careful when using scissors, forks, knoves, skewers, crochet needles, etc.

✓ Wear gloves when trying to stop bleeding; if there aren't any gloves, use a plastic bag to protect yourself from infectious diseases.

✓ Wash your hands well immediately after your procedure to stop the bleeding.

✓ After putting blood-contaminated rags, gloves, etc. in a bag, throw them in the garbage.

CHAPTER V:
SAFE CONDUCT AND FIRST AID FOR INJURIES/WOUNDS

INJURIES/WOUNDS

Injuries are situations we most come across in our lives. Wounds can be basic or very serious.

Injury/wound: Injuries or wounds are deteriorations in the integrity of the skin or sub-cutaneous tissue resulting from events incidents such as shocks, hits, and cuts. Wounds may take various forms. Some types of wounds are listed below.

Incision wounds: These are wounds caused by glass or sharp, cutting instruments such as knives.

Crushing wounds: These are wounds resulting from hits from hard objects such as stones, sticks, and fists..

Puncture wounds: These are injuries caused by long, sharp instruments.

Infected wounds: These wounds include injuries resulting from deep and dirty wounds, bites and stings.

WOUNDS

Common symptoms of wounds

- ☞ Pain,
- ☞ Bleeding,
- ☞ Skin separating from the wounded person.

First Aid for Wounds

☺ If there is bleeding, stop it and cover it up.

☺ If there is anything stuck in the body, do not remove it.

☺ Ensure the person gets to a health facility.

☺ Warn the wounded person about how to protect themselves from tetanus.

☺ In cases of injuries penetrating the chest, if the wounded person is conscious, have them sit halfway back

and support their back. Raise their feet up 30 cm. To the shock position and call Emergency Medical Services.

☺ In cases of penetrating abdominal injuries, have the person lie on their back and call Emergency Medical Services.

› Foreign objects in the wound should not be touched!

› The inside of a wound should not be tampered with!

› If there are any objects sunk into the chest or the abdomen then absolutely do not move them!

In order to avoid being injured for any reason, we should adopt some safe behaviors.

Therefore;

✓ We should make sure that our bicycles, states and skateboards are solid and well maintained.

✓ We should obey traffic laws.

✓ We should always wear our seat belts.

✓ We should not play with toys that may harm us.

✓ When using skates, bicycles and skateboards, we should be in safe places and wear protective helmets.

✓ We should not play with heavy and big objects.

✓ We should not play with sharp instruments.

✓ We should not get on elevators when no one is around.

✓ We should be careful when going up and down stairs.

✓ We should not run out into the street after an escaping ball.

✓ We should not play in unfamiliar places we do not know well.

✓ We should not handle or open unknown packages.

✓ We step carefully on slippery surfaces.

✓ We should not run about during breaks, but move calmly and carefully.

✓ After playing with toys, we should pick them up and not leave them where we walk.

✓ We should not get on broken toys like seesaws and swings .

✓ We should not play in the streets or where there is traffic.

CHAPTER VI: SAFE CONDUCT AND FIRST AID FOR HEAT EQUILIBRIUM DISORDERS

BURNS: Burns are tissue disorders that result for whatever reason due to heat exposure. Burns occur for various reasons.

Burns Due to Heat	Electric Shock	Chemical Substances
Symptoms ☞ Redness ☞ Blisters filled with liquid ☞ Pain	**Symptoms** ☞ Burning of the skin ☞ Heart rhythm disturbance ☞ Fractures and injuries due to falling	**Symptoms** ☞ Redness ☞ Deterioration of the skin
First Aid	**First Aid**	**First Aid**
☺ If someone is burning, they should not run around, but should be covered in a blanket or something similar and roll on the ground. ☺ If the burned area is not big, then hold it under unpressurized cold water for at least 20 minutes (This is not recommended if the area is big). ☺ Do not remove skin from burned areas, and do not pop blisters. ☺ Do not put anything on burns, including medications. ☺ The person who has been burned should be sent to a health care provider or Emergency Medical Services should be called.	☺ Turn off electrical switches. ☺ If you are unable to turn off the power, try to separate the person from the electrical current using wood, rope, and similar materials. ☺ Do not move the person. ☺ Cover them. ☺ Call Emergency Medical Services.	☺ As quickly as possible, stop contact between the substance touching the skin and the skin. ☺ Wash the area with plenty of unpressurized water for 15-20 minutes. ☺ Remove the person's clothing and cover them ☺ Call Emergency Medical Services.

HEATSTROKE: The body's inability to cool itself off due to high heat and humidity is called heat stroke.

Heatstroke
Symptoms ☞ Muscle cramps ☞ Fatigue ☞ Dizziness ☞ Sweating ☞ Vomiting ☞ Behavioral disorders ☞ Loss of consciousness
First Aid
☺ Take the person to an airy and cool place. ☺ Clothing is removed. ☺ Make the person lie on their back with their arms and legs raised. ☺ If they are conscious give them water.

FROSTBITE: As a result of extreme cold, because insufficient blood goes to the exposed area, tissue damage known as frostbite results.

Frostbite
Symptoms ☞ Coldness of the skin, numbness, then redness ☞ Swelling, pain and fluid-filled blisters ☞ Blackening of the exposed parts
First Aid
☺ Put the person in a warm area (a very hot area will cause even more harm). Have them calm down and not move around. ☺ Have them put on dry clothes. ☺ Have them drink a hot drink. ☺ Do not rub the frostbitten area. ☺ Have their hands and feet lifted up. ☺ Call the Emergency Medical Services for help.

Burns, frostbite, and electric shock may endanger our lives. Should adopt some safety habits in order to be protected from them:

✓ Do not touch someone who is being shocked; first, cut off the electrical current by turning off the switch.

✓ If it is not possible to shut off the electrical current, then cut off contact using something like a piece of wood or rope.

✓ Do not wriggle around a person who has been shocked.

✓ Do not play with electric switches or outlets.

✓ Put plug protectors on electrical outlets.

✓ Do not play with fire.

✓ Do not play with matches.

✓ If there are no adults around, do not use the kitchen stove.

✓ Be careful of hot pan handles when taking something out of the oven.

✓ Put materials used for burning in a safe place.

✓ Do not leave hot liquids and foods in inappropriate places.

CHAPTER VII: SAFE CONDUCT AND FIRST AID FOR FRACTURES, DISLOCATIONS, AND SPRAINS

If we fall from a place, hit somewhere, or are involved in a car accident, fractures, dislocations, or sprains may occur.

FRACTURES: A fracture is a complete loss of bone integrity. If the following symptoms exist, we may suspect there is a fracture.

Symptoms of a fracture

☞ Deformity

☞ Loss of movement

☞ Swelling

☞ Pain

First Aid for Fractures

If you suspect a fracture, the following first aid steps should be implemented.

☺ The sick or injured person should not be moved.

☺ If someone has a broken arm, remove things like watches and bracelets if there are any.

☺ Fasten the areas suspected of being fractured with rigid materials found in the area, such as books, sticks, wood, or cardboard, and fasten them in front and behind the break, including the joints.

☺ Call Emergency Medical Services for help.

SPRAINS: The abrupt separation of joint surfaces result in sprains .

Symptoms of a Sprain

☞ Pain

☞ Redness and swelling

☞ Restriction of movement

The following first aid steps should be implemented for sprains.

☺ Apply compressive bandages to the sprained joint.

☺ Lift the sprained area up.

☺ The sprained area should not be moved.

☺ Medical assistance should be requested (Emergency Medical Services).

DISLOCATIONS: The permanent separation of joint surfaces is a dislocation.

Symptoms of a Dislocation

☞ Pain

☞ Swelling

☞ Redness

☞ Restricted movement

The following first aid steps should be implemented in cases of a dislocation.

☺ Determined in what way the joint is dislocated.

☺ Do not attempt to reinsert the dislocated joint.

☺ Call for medical assistance (Emergency Medical Services).

Safety behavior you should know to protect yourself from fractures, dislocations, and sprains:

✓ When playing games and running, be careful about the surface under you. Play on dirt or sand fields.

✓ When playing games, wear clothes that do not have cords or strings. Otherwise you may injure yourself falling over.

✓ Wear comfortable athletic shoes while playing and tie your shoes well so you don't fall.

✓ Do not play in wet areas. If you do, you may slip and hurt yourself falling.

✓ Do not push your friends while playing.

✓ If order to avoid crashing and falling, when you ride your bike or skateboard, do not go fast and stay in safe places.

✓ If order not to step on them and fall, do not leave things like toys and shoes on the steps.

✓ Do not climb trees or hang down into wells.

✓ Hold onto the bus or school bus or school service vehicle when getting on, and do not jostle about when getting off. Otherwise, you might fall and hurt yourself.

✓ Do not stand up to get off the school bus until it completely stops.

✓ Do not stand on the school bus; sit down. Otherwise, you may fall and hurt yourself if the bus jerks quickly.

✓ Do not stick your hands, arms, or head out of the windows of the school bus.

✓ Do not stand around the slides or swings when people are at the playground. Otherwise, someone may fall and get hurt.

✓ Do not climb up the front of a slide; come up the back way using the stairs, then slide down.

✓ Do not push your friends when going up and down the stairs.

✓ Move carefully and slowly when going out for breaks.

✓ Hold the railing when you go down the stairs.

✓ Do not sit on the railings and do not slide down the railings.

CHAPTER VIII:
SAFE CONDUCT AND FIRST AID FOR LOW BLOOD SUGAR

LOW BLOOD SUGAR

When the amount of sugar present in the blood drops for any reason, it is called low blood sugar.

Reasons for low blood sugar

☞ Suffering from diabetes

☞ Being hungry for a long time

☞ Exercising for a long time

Symptoms for low blood sugar

☞ Suddenly becoming hungry

☞ Sweating

☞ Shivering

☞ Feeling fatigue

Safe behaviors that should be remembered concerning low blood sugar

✓ Be sure to have breakfast before going to school.

✓ When you get hungry at school, eat the food the grownups offer you.

✓ Do not run or play on an empty stomach.

✓ If you sweat, suddenly feel hungry, or feel tired, tell the grownups.

First aid for low blood sugar

☺ If the sick person is conscious, have them drink sugar water.

☺ If the symptoms do not disappear after 15-20 minutes, take the person to a health care facility.

CHAPTER IX:
SAFE CONDUCT AND FIRST AID FOR CONVULSIONS

CONVULSION: Because of damage to the nervous system (the brain, cerebellum and spinal cord), a temporary loss of function may occur resulting in involuntary movements or convulsions. Convulsions may be due to brain injury, high fever, or some diseases (epilepsy).

These are the most common types of convulsions:

Convulsions resulting from a high temperature

Convulsions caused by a high fever are most often seen in children aged six months to six years. They occur when the body temperature rises above 38 °C (100.4°F).

First aid for convulsions resulting from a high temperature

☺ Wrap the sick person in a wet towel or sheet.

☺ If the fever does not drop, have the person take a shower with water at room temperature.

☺ Get the person to a health facility.

Convulsions resulting from epileptic seizures

Epilepsy is a disease that requires long-term treatment.

First aid for convulsions resulting from epileptic seizures

☺ Ensure your own and the sick person's safety.

☺ Wait for the attack to end.

☺ Move away any furniture (tables, coffee tables, etc.) that may cause harm to the person.

☺ Place soft clothing under the patient's head.

☺ Once the crisis ends, send the person to a health care provider.

"Do not attempt to open the mouth or tie the hands, arms, or legs of a person having an epileptic seizure; wait for the attack to pass on its own. "

Remember these safety behaviors related to convulsions.

✓ If you feel that you are having a fever, alert your parents.

✓ If you feel that you have a fever, do not cover yourself.

✓ If you have a fever, take a warm shower.

✓ Know that people with epilepsy must take medication regularly.

✓ When someone is having an epileptic seizure, move away any furniture that is around him or her and may cause harm.

CHAPTER X: SAFE CONDUCT AND FIRST AID IN CASES OF POISONING

POISONING

When a poisonous substance enters the body, it disrupts the body's normal functioning. Poisoning occurs mostly through the digestive, respiratory and skin systems.

Symptoms of poisoning in the digestive tract

☞ Nausea

☞ Vomiting

☞ Stomach pain, diarrhea

☞ Loss of consciousness

☞ Respiratory-cardiac arrest

First aid for poisoning in the digestive tract

☺ Check for consciousness.

☺ If there has been contact with a poisonous substance, rinse the hands and mouth with water.

☺ Do not try to induce vomiting.

☺ If there is a loss of consciousness, put the person in the coma position.

☺ **Call Emergency Medical Services.**

Symptoms of poisoning in the respiratory tract

☞ Shortness of breath

☞ Cyanosis (a blue or purple discoloration of the skin)

☞ Loss of consciousness

☞ Respiratory-cardiac arrest

First aid for poisoning in the respiratory tract

☺ Either the area where the sick person is in should be ventilated or they should be taken outside to get fresh air.

☺ If they are conscious, they should be kept in a half propped up position.

☺ If they are unconscious, they should be placed in the coma position.

☺ Call Emergency Medical Services.

Symptoms of poisoning through the skin.

☞ Itching

☞ Redness

☞ Loss of consciousness

☞ Respiratory-cardiac arrest

First aid for poisoning through the skin.

☺ Do not touch poisonous substances with your hands.

☺ Remove clothing that has been contaminated with poison.

☺ Wash the skin with plenty of water for 15-20 minutes.

☺ Call Emergency Medical Services.

Safe conduct to protect yourself from being poisoned

You may become sick or die as a result of being poisoned. For this reason, you should stay away from substances that may result in poisoning and behave safely.

✓ Do not eat or drink something if you do not know what it is called.

✓ Hide cleaning supplies away up high.

✓ Do not eat fruits and vegetables without washing them first.

✓ Do not play with gas and fuel valves.

✓ When you are done using them, shut of gas and fuel valves.

✓ If the gas stove goes out and gas escapes, immediately air out the area, do not use lighters and do not turn on electric switches.

✓ Do not play in closed areas like a garage.

✓ Do not play with or touch objects such as medications you are not familiar with.

✓ Do not play with medications and warn those who do.

✓ When bitten or stung by animals or insects, immediately notify your teacher or your parents.

✓ Do not use any medication unless your mother, father, or doctor tell you to.

What are the general rules of first aid for poisoning?

☺ Stay away from toxic substances.

☺ Work to ensure continuation of vital functions.

☺ Notify Emergency Medical Services.

CHAPTER XI: SAFE CONDUCT AND FIRST AID FOR ANIMAL BITES AND STINGS

We all love animals. Especially pets like cats and dogs are the best of friends. However, animal bites and stings may result in harm.

SYMPTOMS OF ANIMAL BITES AND STINGS AND FIRST AID FOR THEM

CAT AND DOG BITES

Symptoms

☞ Tissue injury,

☞ Bleeding.

First Aid

☺ In cases of minor injuries, the wound should be washed for five minutes with soap and cold water.

☺ The surface of the wound should be covered with a clean bandage.

☺ In cases of severe injuries, if there is bleeding, a clean bandage should be applied with pressure to stop the bleeding.

☺ Seek immediate medical attention and inform them about getting a rabies vaccine.

Symptoms of BEE STINGS

☞ Pain, swelling, and redness in the area where the bee sting occurred,

☞ If a person is stung by bees in several places, it may be dangerous if they are allergic.

First aid

☺ Wash the injured area.

☺ If you can see the bee's stinger in the skin, then pull it out.

☺ Something cold should be applied to the wound (Do not use vinegar or ammonia).

☺ If the bee sting is on the mouth and it makes breathing difficult, have the injured person suck on some ice.

☺ Have people who are stung on the inside of the mouth or people who are allergic seek medical help.

Scorpion Stings

☞ Pain, swelling, inflammation,

☞ Redness, cyanosis,

☞ Muscle cramps, tremors, and tingling,

☞ Restlessness and convulsions may be observed.

First aid

☺ Do not move the person.

☺ Have the person lie down on their back.

☺ Apply something cold to the wound.

☺ Bandage it in a way so as not to impede blood circulation.

☺ Do not interfere with the wound at all.

SNAKE BITES

Symptoms

☞ Purple coloration in the area and inflammation (lasting 1-2 hours),

☞ Vomiting, stomach pain, digestive disorders such as diarrhea,

☞ Extreme thirst,

☞ Shock, bleeding,

☞ Psychological problems,

☞ Hearth rhythm disorders,

☞ Headaches and respiratory irregularity.

First aid

☺ Soothe the person and help them relax.

☺ Wash the wound with water.

☺ Take off anything near the wound that may be constraining (rings, bracelets, etc.).

☺ If the wound is on the head or neck, apply pressure.

☺ If the wound is on the arms or legs, apply a bandage in such a way that it does not restrict circulation (Do not use a tourniquet).

☺ Apply something cold to the wound.

☺ Do not interfere with the wound in any way (Do not suck it).

☺ Monitor vital signs.

☺ Call for medical assistance.

SEA CREATURES

Symptoms

☞ Redness, swelling, inflammation,

☞ Feelings of discomfort,

☞ Unrest,

☞ Convulsions,

☞ Headaches.

First aid

☺ Do not move the injured area.

☺ If there is a stinger stuck in the body, remove it.

☺ Apply heat to the wound (Secretions (enzymes) from these animals are particularly susceptible to heat).

☺ Do not rub the affected area.

Animal bites are a major problem.

There are always germs in the mouth of an animal. The teeth of animals like cats and dogs are pointy and sharp. Bites go deep into the tissue and microbes work deep.

Remember these safe behaviors regarding animal bites and stings.

✓ Wear long-sleeved shirts and pants.

✓ Put your pant bottoms into your socks or your boots.

✓ Occasionally check your hair, back, and shoulders (Are there bees, insects, etc.?).

✓ Do not walk in places where you know there to be or you have heard there are animals like snakes.

✓ If you come across a snake or similar animal on the road, go back the way you came.

✓ Wear sturdy and durable boots.

✓ Do not play with or touch cats or dogs that you do not know or that have not been vaccinated.

✓ Stay away from stray animals.

✓ Do not wander around places where there are lots of bees, and do not handle their hives.

✓ Be careful when eating honey, jam, and similar foods outside.

CHAPTER XII:
SAFE BEHAVIOR AND FIRST AID FOR FOREIGN OBJECTS GETTING STUCK IN THE EYES, EARS, AND NOSE

Foreign objects may get stuck in organs like the eyes, ears, and nose.

FIRST AID TO BE USED WHEN FOREIGN OBJECTS GET STUCK IN THE EYES:

If small materials like dust get stuck in the eye

☺ Turning towards the light, look at the lower eyelid.

☺ Try to remove small materials with a small damp cloth.

☺ Tell the person to blink their eyes.

☺ Prevent the person from rubbing their eyes.

☺ If the foreign material does not come out, take the person to a healthcare provider.

If anything gets in the eye

☺ Unless it is necessary, do not move the person.

☺ The eye should not be touched in any way.

☺ Take the person to a healthcare facility.

First aid for foreign objects getting stuck in the ear.

☺ Absolutely do not try to remove it with a sharp object.

☺ Do not let the person come into contact with water.

☺ Take the person to a healthcare provider.

First aid for foreign bodies getting stuck in the nose.

☺ Have the person press the nasal wall on the side where there is no foreign body and breath out strongly.

☺ If the object does not come out, take the person to a healthcare provider.

Some safe behaviors you should pay attention to in order to avoid getting foreign bodies stuck in your body

✓ Do not put small bodies like chickpeas, small toy parts, or buttons in your nose or ears.

✓ Do not try to remove foreign objects with pointy or sharp objects.

✓ Wear a hat in glasses to protect your eyes from sunny and windy weather.

✓ Do not use water to remove foreign objects from your ears and nose because the pieces that are stuck may swell and cause more damage.

✓ Do not play in dusty and dirty fields.

✓ Do not throw materials like pencils and erasers at people, and do not put them in your ears.

✓ Go to a healthcare provider.

CHAPTER XIII: SAFE CONDUCT AND FIRST AID FOR AIRWAY OBSTRUCTIONS

BLOCKAGE OF THE RESPIRATORY TRACT

Blockage of the respiratory tract is a blockage of the kind that prevents the necessary passage of air in the respiratory tract for breathing.

Complete Blockage/Choking

If the passage of air is completely blocked, it is called "complete blockage."

In this case, the following symptoms occur:

☞ You cannot breathe.

☞ You move your hands to your neck and you suffer.

☞ You cannot talk.

☞ You turn purple.

For such a blockage, the Heimlich Maneuver would apply

Partial Blockage

If there is little air passage, a "partial blockage" occurs. When partial blockage happens, the following symptoms occur:

☞ Coughing.

☞ You can breathe.

☞ You can talk.

If there is such a blockage, do not touch the person and encourage them to cough.

For a person who is choking and conscious, the Heimlich Maneuver should be applied.

☺ The person may be in the standing or sitting position.

☺ In a manner that is not very slow, the back of the person between the two shoulder blades is hit with the palm of the hand five times.

☺ Stand behind the person, hug them to grab their body, make sure they are bent well forward.

☺ Make one of your hands into a fist and place it between the upper abdomen and the breast bone.

☺ With your free hand, grab the hand that is a made into a fist. Firmly press upward and inward.

☺ Repeat this movement 5-7 times until the foreign object is removed.

☺ If the foreign object does not come out, hit their back 5 times, then apply pressure to the abdomen again.

☺ Check their pulse at the jugular vein and check their respiration.

☺ Request medical assistance (Emergency Medical Services).

Remember these safe behaviors for respiratory tract obstruction

✓ Eat food in small bites.

✓ Chew your food well before swallowing.

✓ If there is something in your mouth, do not laugh or talk.

✓ Do not put small objects in your mouth and warn those who do.

✓ Do not make your friends laugh while they are eating, tell them jokes, or laugh yourself.

✓ Be careful when eating nuts; chew them well.

✓ If someone is coughing, trying to dislodge something stuck in their respiratory tract, encourage them to cough and certainly do not hit their backs.

CHAPTER XIV: CARRYING TECHNIQUES AND SAFE CONDUCT FOR THE SICK AND INJURED

In the event of an incident or accident, **if there is no extreme danger, the sick person should not be moved or touched.**

Sick or injured people should be transported from the area of the incident to a safe place, using emergency transportation methods, only in the following cases.

- ☺ **If there is a gas leak, fire, or danger of explosion**
- ☺ **If the sick person stops breathing or their heart stops beating**
- ☺ **If the sick or injured person is unconscious**

What should you pay attention to when moving a sick or injured person?

- ☺ Dragging
- ☺ Wrapping your arms around them
- ☺ Carrying them on your back
- ☺ Carrying on the shoulders (Fireman's carry)
- ☺ Packsaddle
- ☺ Carrying a person from a car

If the sick or injured person does not have a serious injury and is conscious, he or she can be carried by forming a two, three, or four-hand packsaddle.

Carrying a Sick or Injured Person by Forming a Two-handed Packsaddle

Two people who know first aid should stand side by side and put their arms over each other's shoulders. They should slightly bend and grab each other's wrists with their other hands in the middle.

In this position the sick or injured person may be placed on their hands and carried.

Forming a Packsaddle with Three Hands and Carrying a Sick or Injured Person

• Two people who know first aid stand side by side.

• One person puts his arm over the shoulder of the other. With the other hand, he grabs the wrist of his friend's hand.

• The other person grabs one of his wrists with his own hand, and the wrist of the other person with his other hand.

• In this position, a sick or injured person may be placed on their hands and carried.

Forming a Packsaddle with Four Hands and Carrying a Sick or Injured Person

• The people doing first aid grab their own wrist with own hand.

• With their other hand, they grab the wrist of the other person.

• In this position, a sick or injured person may be placed on their hands and carried.

• The sick or injured person may balance himself by putting his arms across the shoulders of the two helpers.

What should you pay attention to when moving a sick or injured person?

✓ You should be in close proximity to the sick or injured person.

✓ You should use strong and long muscles like those in the arms and legs.

✓ While doing heavy lifting, your hips and knees should be bent.

✓ Heavy lifting should be done by the hip muscles.

✓ The sick or injured person should be moved as little as possible.

✓ The alignment of the head, neck, and body of the sick or injured person should be maintained.

Safe behavior for carrying

We should adopt the following carrying behaviors in our daily lives.

✓ First, be sure of your own safety.

✓ Do not carry heavy things or heavy people.

✓ Do not carry unnecessary weight in your bag.

✓ Bend your knees when lifting heavy things from the ground.

✓ Pay attention where you are walking while carrying something.

✓ If possible, use an orthopedic backpack.

✓ Ask for help when carrying things that are too heavy for you.

ANSWERS KEYS

Chapter I Answer Key

1- C 2- D 3- C 4- B 5- C 6- D 7- D 8- C 9- A 10- A

Chapter II Answer Key

1- C 2- A 3- D 4- B 5- C 6- C 7- C 8- A 9- D 10- C

Chapter III Answer Key

1- C 2- A 3- B 4- A 5- D 6- D 7- B 8- C 9- D 10- D
11- D 12- A 13- D

Chapter IV Answer Key

1- D 2- B 3- A 4- B 5- B 6- C 7- D 8- C 9- A 10- D

Chapter V Answer Key

1- A 2- C 3- D 4- A 5- C 6- D 7- A 8- D 9- C 10- B
11- B 12- C 13- C 14- B 15- C

Chapter VI Answer Key

1- A 2- D 3- C 4- D 5- C 6- C 7- B 8- D 9- D 10- C
11- C 12- B 13- A 14- C 15- B

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