

10 Lines on Cleanliness

 line10s.com/10-lines-on-cleanliness/

July 11, 2025



Every morning I leave my house for a walk. I always take the same route through our local park and along a row of shops. Most days I see litter on the ground.

I see overfilled bins blanketing the pavement with stray wrappers and plastic cups. I see people tossing cigarette butts instead of disposing of them properly.

That never fails to catch my attention. I thought we had moved past this. I know we have bins just a few meters away. So why does it still happen? Does cleanliness even matter?

Cleanliness is conveniently taught to us in school. I still remember those **10 lines on cleanliness** we were asked to memorize.

They were simple, direct, and full of good advice. We wrote essays on hygiene, listened to class discussions on sanitation, and saw moral slogans like “Cleanliness is next to godliness” printed on every other poster in the hallways.

But did we ever live those words consciously? Did we ever stop to look at their real-world impact on our health, our mental well-being, and the dignity of our surroundings?

In this blog post, I want to go beyond mere repetition. I will revisit those **10 lines on cleanliness** not just as bullet points, but as living principles.

I will bring each one to life through what I see every day. I will include my own observations, scientific evidence, expert insights, and moments that made me reflect deeply.

The goal is not just to tick off chores or recite slogans. The aim is to understand cleanliness as a daily choice. It is an act of care, not just a duty.

The 10 Lines on Cleanliness

Here are the same ten lines we know so well. But I will go beyond the line itself. I will add that personal voice, a real incident, or an expert insight that gives each one depth and meaning.

1. Cleanliness means keeping ourselves and our surroundings neat and hygienic

I start each day taking a moment to tidy my room and make my bed. It sounds trivial, but it sets the tone.

At home it might mean wiping kitchen counters after cooking. On the street it might mean bending to pick up a stray bottle cap or plastic wrapper.

When I walk past someone dropping litter, I feel a pang of disappointment and a small urge to pick it up. That simple act communicates respect.

2. A clean environment helps prevent diseases and promotes better health

Every time I see a pile of garbage at a roadside ditch, I think of the health risks it poses. The World Health Organization tells us that poor hygiene and sanitation contribute to illnesses such as diarrhea, respiratory infections, and [vector-borne diseases](#). In India alone, many villages suffer from unclean surroundings contributing to these conditions.

In my own experience, the COVID-19 outbreak drove home how powerful simple hygiene measures are. Lockdowns, sanitizing stations, mask wearing, and disinfecting surfaces all worked. It was messy, sometimes inconvenient, and sometimes uncomfortable. But those simple precautions saved lives.

Dr Soumya Swaminathan, former Chief Scientist at WHO, said in an interview that simple hygiene practices are among the most powerful tools in public health. That is why we should never treat them as optional.

3. Good hygiene habits start with small actions like washing hands and using dustbins

When my daughter was small, her school asked me not to pack her snacks in single-use plastic. Instead I bought her reusable containers. We made a ritual of washing those containers and reusing them each day. Over time she started saying “I don’t want a wrapper, I want my container.” That little habit made a big difference in reducing waste.

Similarly, washing hands before meals or after using the restroom may seem mundane. Yet those tiny acts are what stop germs from spreading.

4. Public cleanliness is everyone's responsibility not just the municipality's

One winter morning, I stepped out to buy bread from a friendly shop nearby. On my way back I noticed a sweet shop spilling used plates on the sidewalk. My first reaction was to say nothing because sweeping is not my job. But I also thought about all the mess. So I walked over and offered to help. We swept the sidewalk clean together. The owner thanked me, and we struck up a conversation. He cleaned up his shop area quickly after that each day.

Cleanliness in public spaces is not only the municipality's responsibility. It is ours too. That cooperation is the spirit behind programs like Swachh Bharat Abhiyan in India. It cannot work if citizens assume someone else will clean up their mess.

5. Clean streets parks and homes contribute to peaceful and healthy living

A clean park with well-maintained benches, trimmed grass and no garbage feels safe. I have walked through dark parks before that look neglected. Just a single piece of trash can make a part of the park feel forgotten and unsafe.

The peace we feel in a clean public place is real. It makes people return, feel welcomed, and even start using that area for morning walks or family gatherings.

6. Schools and homes should teach cleanliness through actions not just words

In my old school, every Friday afternoon was "Campus Clean-Up Hour". Our class would gather dusters, mops, and bins and clean classrooms and corridors. It was not punishment, it was practice. And we liked it. We liked that our room felt unified, cared for, ours.

As adults we need to carry that forward. Kids retain what they do more than what they hear. Actions build habits.

7. Unclean surroundings attract flies mosquitoes and other disease carriers

In villages along the river Ganga, I saw how stagnant waters attract mosquitoes. In slums I saw open drains with decaying waste. People get dengue, malaria, diarrhea. These are predictable consequences of unclean surroundings.

Keeping drainage clean, bins covered, and waste separate are small actions that protect large communities.

8. Mental clarity often improves in clean and organized spaces

I remember a day when my study desk was full of papers, coffee mugs and half-read books. I spent half the day searching for my chargers and half checking apps. I felt frazzled and restless. I had slept poorly the night before, and my cluttered environment made it worse.

Once I cleared the desk, I felt calmer and more focused. A study from Princeton University Neuroscience Institute found that clutter creates mental clutter. When our environment is clean and organized our brains feel simplified.

9. Cleanliness reflects discipline self-respect and community pride

George Bernard Shaw said keeping oneself clean and bright is keeping a window through which you look at the world. I often notice neighborhoods with well-kept gardens, clean street-side walls, and planned tree plantings. They stand out. They look cared for. They feel proud.

Cleanliness shows we value ourselves, our neighbors, and our place in the world.

10. When we care for our environment we invest in our own future

When people dump trash in rivers or clog natural drainage, we end up paying the price. Flooding, water pollution, and air pollution all circle back to our health and cost our families and governments.

It is not just about now. We face a climate crisis. Plastic choking the oceans, carbon-filled air threatens all. We must think long term about how we treat our surroundings.

Why Cleanliness Matters?

Clean surroundings make us feel good, stay healthy, and live better. That's why cleanliness matters every single day.

Clutter and Mental Health

Studies like those by Princeton University show clutter raises cortisol and distracts our brain from tasks. It causes decision fatigue. A clean desk brings mental clarity.

Cleanliness as Preventive Medicine

Following hospital hygiene protocols such as hand washing, responsible waste disposal, and surface cleaning led by WHO programs reduced hospital infections and saved lives.

Cultural Significance

In many spiritual traditions, cleanliness precedes prayer. In Japanese culture, cleaning streets and homes is a ritual of respect and mindfulness. In Indian tradition, homes are cleaned and decorated before festivals. These traditions show cleanliness is more than external; it reflects inner care.

Real Scenarios That Bring Cleanliness to Life

Last week, I saw a child pick up a candy wrapper and throw it in the bin. It was a small act, but it reminded me how one clean habit can inspire many.

A Nature Walk That Changed My Perspective

One morning I took a random dirt path through a wooded area. The initial quiet and fresh air felt peaceful. After ten minutes I saw plastic wrappers catch fireflies and a soda can stuck in tree roots. That felt like pollution breaking into a sacred space. I picked up a bag of trash on the way back. I didn't change the world but I changed that spot.

Office Desks Reflect Work Culture

In my office it is common to share job files, cups, and snacks. But emptiness of trash bins or layers of old coffee cups tells me whether the team respects each other. If the space around us doesn't feel cared for, it affects trust and quality.

A School That Got It Right

I recently met a teacher whose school holds daily "Clean Minutes" after bell time. Students line up with cloths and cleaning tools and clean desks and blackboards. It takes five minutes a day. The students have spotless classrooms. They also see that the school respects them and they are owners of space, not guests.

Barriers to Cleanliness: Where It Breaks Down

Even when we know why cleanliness matters, we often fail to practice it. Why?

- Lack of Infrastructure: No trash bins, no public toilets.
- Convenience Culture: "One quick toss, what's the harm?"
- Habits: We never learned or were never held accountable.
- Invisible consequences: We don't see germs or pollution damage.
- Weak reinforcement: No rules, no recognition, no pride.

There must be three things together to change behavior. Education, Infrastructure, and Accountability.

How to Build a Cleaner Life And Community

If cleanliness is a habit that sticks, here is how we build it:

- Start small. Choose a drawer, a shelf, or a bench.
- Build habits. Five minutes each day keeps clutter away.
- Make it social. Work in pairs or groups. Call it Clean Time.
- Teach children by example. They notice touch interactions more than lectures.
- Speak kindly but firmly. "Please use the dustbin" can change behavior.
- Use tools. Report issues via apps. Support community drives.

- Celebrate impact. Share before and after photos in WhatsApp groups or on notice boards.

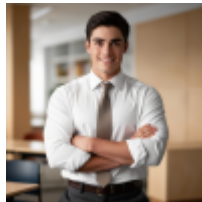
Conclusion: Living the Ten Lines

We memorized the ten lines when we were young but never expected them to shape our life. Cleanliness is more than a duty. It is simple care, daily mindfulness, and social respect.

When we see litter we resist ignoring it. When we clean, we affirm our standards. When our neighborhood looks cared for, we feel pride built in small acts.

You might not memorize a slogan, but you will carry a pattern of living. The ten lines you learned are not words in a book. They are invitations, repeated every day in your environment.

Let's treat them as invitations, and respond kindly and consistently.



[Marco](#)

Maroc Jameson is a dedicated educator with a strong commitment to enhancing learning experiences. He specializes in presenting information through concise “10 tips” formats, covering various topics such as “10 reasons to pursue a new skill” and “10 important benefits of reading.”