TAKING CARE OF THE HUMAN BODY

Biologists imply humans as animals, since in their studies humans are very similar to animals. However, in real sense, humans are not animals, since they are ashamed to go on the streets naked, and instead clothe and beautify themselves. Other animals don't do so., but biologists may say they do. We usually cut our hairs, our nails, put on good clothes, shoes and even eat according to etiquette.

It is good grooming practice to always take care of your body by bathing, eating well, exercising, putting on neat clothes, having good sleep time and relaxation time, pose in good posture, etc.