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https://www.100test.com/kao_ti2020/267/2021_2022__E7_9F_AD_E7_AF_87_E8_8B_B1_E8_c83_267936.htm On Personal Hygiene

「谈个人卫生」 There are things that you can do to keep your self healthy. For example, brush your teeth well, so your gums will be healthy and you may not get any cavity in your teeth. wash yourself regularly, so your skin will feel more comfortable and you will not get skin diseases so easy. wear clean clothes and shoes. do not eat food which is not clean. keep your house dry and clean, and free from flies, cockroaches, and . mosquitoes. let your house get enough sunlight and fresh air. All these are part of your personal hygiene. Even with this minimum level of hygiene you will reduce disease more effectively than a group of doctors. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com