

www.alhassanain.org/english

# Morals for Children and Young

Author(s): Mohammad Mehdi Taj Langaroodi

Translator(s): Raazia Sajid Ali

Compiler(s): Mirza Hussain Ibne Riyaz

www.alhassanain.org/english

#### **Miscellaneous information:**

Morals for Children and Young Explaining all main rights Written by Mohammad Mehdi Taj Langaroodi. Translated by Raazia Sajid Ali. Artwork by by Siddiqa Sajid Ali. Proofread by Mirza Hussain Ibne Riyaz. Muscat 2005

#### **Notice:**

This version is published on behalf of  $\underline{www.alhassanain.org/english}$  The composing errors are not corrected.

# Contents

A Word from the Translator7
Story no. 1: Little Ahmad's Present8
Story no. 2: Attachment with the name of Hazrat Fatima (sa)9
Story no. 3: Good children and permission from father and mother 10
Story no. 4: Preparation of children for Prayer
Story no. 5: Children and respect for fathers and mothers
Story no. 6: First Salaam, then conversation
Story no. 7: The Door Bell
Story no. 8: Friendship of a liar
Story no. 9: Raza and Jafar on their way to school
Story no. 10: Little Ali's story
Story no. 11: Siddiqa in the gathering of guests
Story no. 12: Hameed and Hameeda
Story no. 13: Story of Akbar and Mahmood
Story no. 14: The children's beds
Story no. 15: Peeping in the house of neighbours
Story no. 16: The boy on the cycle
Story no. 17: The children and the birds24
Story no. 18: Jameela and her apology from her mother
Story no. 19: The hungry and thirsty cat
Story no. 20: Girls of the house and helping their mother 27
Story no. 21: Taking trouble for neighbours
Story no. 22: Respect of old people
Story no. 23: Scolding better than love?
Story no. 24: Visiting the sick grandmother 31
Story no. 25: Salaam, good morning
Story no. 26: Kabeer and Qadeer on their way to school
Story no. 27: The ill boy on the corner of the street
Story no. 28: Help should be done in this way 35
Story no. 29: Jamaal and the hurt cat 36
Story no. 30: Before the unpleasant happenings
Story no. 31: Safety of trust
Story no. 32: Youngsters and avoiding from the inadmissible
eye. Youngsters and avoiding from the inadmissible eye 39
Story no. 33: Karbalai Kazim's children
Story no. 34: Jawad and familiarity with the book 41
Story no. 35: Treachery of Aqa Asadullah's son
Story no. 36: Shamsi and rudeness to others
Story no. 37: Behrouz - The boy who played with pigeons 44
Story no. 38: Mu'in - the boy who pestered people

Story no. 39: Narjis and her complaints against the other children of
the house
Story no. 40: Jawad playing with Naser
Story no. 41: Majid and an action against etiquettes 48
Story no. 42: Unhappiness of Miss Zahra
Story no. 43: Habib, the son of Mashhadi Abbas
Story no. 44: The chicks of the house
Story no. 45: The neighbours boy on a tricycle
Story no. 46: Sound of the Radio
Story no. 47: The recess-time of the school
Story no. 48: Saeeda and request for chadar
Story no. 49: Trees of the street
Story no. 50: The thirsty animal on the corner of the street 57
Story no. 51: A friendly gathering in the park
Story no. 52: The fatherless girl 59
Story no. 53: Why the friendship of Nusrat and Heshmat did not have
durability
Story no. 54: Unhappiness of Rasheed from the ridiculing of children.61
Story no. 55: Umid and his apology from his friend
Story no. 56: Iqbal's recommendation about brushing teeth to Fatih. 63
Story no. 57: In front of the television
Story no. 58: On Mothers' Day
Story no. 59: On teachers' day
Story no. 60: Hoori in the wedding ceremony
Story no. 61: Rau'fa and hygiene of hands and mouth
Story no. 62: Respecting aunt instead of mother
Story no. 63: Attachment of Aqa Abul Fazl70
Story no. 64: Why we attend classes
Story no. 65: Why Nadeema did not go to the Wedding ceremony 72
Story no. 66: Contentment in stationary
Story no. 67: We saw European children
Story no. 68: Worker of the house
Story no. 69: Hami at the table
Story no. 70: Wajeeh at the table
Story no. 71: Generous help by the children
Story no. 72: Simin and Amin's quarrel
Story no. 73: Teaching bad things
Story no. 74: Scaring of children
Story no. 75: Disagreement of the children
Story no. 76: The children's complain against their parents
Story no. 77: Writing on the walls
Story no. 78: Advice about cleanliness
Story no. 79: Atabak and running away from school
Story no. 80: Loss of over-eating

#### A Word from the Translator

I dedicate my efforts to those tiny tots who can't sleep without a story from their parents

This book also provides good ideas to parents on upbringing of their children, with family values and morals.

Special thanks to my father, without whose encouragement, I wouldn't have succeeded, and to whom I owe more than just this book.

Raazia

#### Story no. 1: Little Ahmad's Present

Little Ahmad had a toy in his hand as he left his home happily.

One of his friends of the street asked "Ahmad, why are you so happy?" To which Ahmad replied "My father promised me to get a toy as a present for me if I learnt the Usool-e-Deen. I did, and my father bought this for me".

The children said "Now that you know it, can you say it for us?"

Ahmad began:

First - Tawheed,

Second - Nabuwwat

Third - Adal

Fourth - Imamat

Fifth - Qiyaamat

Bravo to those fathers who make their children aware of the various topics of the religion.

# Story no. 2: Attachment with the name of Hazrat Fatima (sa)

Crying, Flora entered the house.

Her mother asked "Flora dear, why are you crying?" Sobbing loudly, Flora said "Mother, the children made fun of me and said "this name of yours is not Islamic.

Is it possible for you to request father and change my name?"

"My dear daughter, the children were right. We made a mistake. When father returns home I will request him to change your name".

"Mother ,thank you. Now that you want to change my name, I'd like the name Fatima."

Yes, one of the important affairs of Islam is the naming of children, which the prophet (saw) has mentioned as their right.

# Story no. 3: Good children and permission from father and mother

Suhaila was a five year old girl.

Slowly, she opened the door of the fridge, took an apple and started eating it.

She was busy eating it when her mother entered the room from the garden and saw her eating the apple.

"My daughter, from where did the apple come?"

"I got it from the fridge".

"Suhaila dear, didn't I tell you not to take things from the fridge without my permission?"

Suhaila, realizing that she done wrong, said "sorry mother, I won't do this any more.

Yes. Good children always think it better to ask their parents before any work they do.

#### Story no. 4: Preparation of children for Prayer

Zahra was around 8 years old.

When her mother said "Zahra come, have your breakfast, she came with tearful eyes.

Her father asked "Zahra why are you crying?".

She said "Last night I requested mom to wake me up for the Fajr namaz, but she didn't."

Her mother said "Zahra dear, praying namaz has not become obligatory on you yet."

Zahra said "I know, but in any condition I must prepare for namaz."

Yes, one of the laws of Islam is that children should be made aware of the reading of namaz and Quran from the age of seven so that they are prepared for it.

# Story no. 5: Children and respect for fathers and mothers

Sakina, Suhail and Hussain were seated at the side of their parents.

Suddenly, six year old Sakina left the place unhappily and went to the other room.

Hussain who was attentive to Sakina's gestures went after her and said "Sakina why did you leave so suddenly?

She replied "Don't you see that Suhail has stretched his legs in front of father and mother?!!"

Hussain called Suhail and said "Didn't you know that our father and mother possess respect?"

We should sit with respect in front of them.

Yes, respect of father and mother has been mentioned with the respect of God himself, so we should respect them very much. Yes, respect of father and mother has been mentioned with the respect of God himself, so we should respect them very much.

#### Story no. 6: First Salaam, then conversation

"How are you?" Qasim asked his school friend, Ali.

Ali didn't answer him.

"Why didn't you answer me?" asked Qasim.

Ali replied "Because you didn't greet me (with a salaam) first. Don't you know that you should do that first and then your conversation?

Yes, one of the etiquettes and morals of Islam is that when ever we meet each other one should first greet with salaam and the other should reply to it.

#### Story no. 7: The Door Bell

The door bell rang.

Little Fatima opened the door and said "Mamma the laundress has come".

Fatima's mother got angry and said "Why did she come? I didn't call her. I'm fed up of her".

Meanwhile the laundress entered and greeted her.

Fatima's mother greeted her back and said "Ho! Welcome! Last night I dreamt that I embraced you, come, I'll embrace you."

Fatima understood at once that double-facedness does exist.

O fathers and mothers! Come let us be away from double facedness, bring it in practice and not remind our children of it.

## Story no. 8: Friendship of a liar

Zeenat and Izzat were playmates.

One day when Zeenat said to Izzat come and play.....

Izzat replied "I won't play with you anymore".

Zeenat asked "why?"

Izzat replied "because you lied to me yesterday. If I play with you I'll become a liar like you myself."

Yes, lying is a big sin. We should not lie and also keep away from those who lie. The leaders of Islam have advised us not to say lies even if it is in a joke.

#### Story no. 9: Raza and Jafar on their way to school

Raza went to school.

On his way he met Jafar, his neighbor's son.

He said "Why did you go to school alone? Weren't we supposed to go to school together?"

Raza replied "You promised me yesterday that you would arrive at my house at 7:00 in the morning, but I waited for half an hour before going to school today, but you didn't turn up. Don't you know that being unfaithful on what you have promised is against the morals of Islam?

Jafar regretted the act he committed the day before and said that he would be faithful on his promises from now on.

Yes, one of the signs of the Muslims of the right path is to be faithful on promises.

#### Story no. 10: Little Ali's story

Every day, Ali went to play in the street with his friends there. One day he found out that the door of his house was locked.

He said "Mother, open the door".

His mother replied "I won't".

Ali, with tearful eyes said "Why?"

His mother said "Because I heard that you used abusive language with your friends yesterday. I won't give you the permission leave the house".

"Mother open the door, I won't be abusive anymore".

Bravo to the mother who pays attention to the indecency of her own child which are things that are against the morals of Islam.

#### Story no. 11: Siddiqa in the gathering of guests

Siddiqa was a small, six year old girl.

She went to the gathering along with her mother.

The other children had also come with their mothers.

All the children did naughtiness and made the owner of the house very unhappy indeed.

The other children wanted Siddiqa to play with them but she refused.

She said "Mother told me that children should always behave themselves in a gathering and not make the owner unhappy".

Bravo to those children who respect their fathers and mothers and obey them.

#### Story no. 12: Hameed and Hameeda

Hameed forgot his bag in school.

In the evening when he wanted to do his homework, he didn't have the materials required.

Without any other choice, he went to his sister Hameeda and asked for some pages and a pen. When Hameeda refused, he went to his mother and said "Mother, I forgot my bag in school. I went to Hameeda and asked for some pages and a pen but she didn't give me".

Mother asked "Hameeda why are you being so mean?"

Hameeda asked "Mamma, what's that?"

Mother said "It means being selfish when someone is in need of help".

And being selfish is a thing which is not liked and ill-favored in Islam.

Hameeda thanked her mother for the guidance and lent the pages and pen to Hameed.

#### Story no. 13: Story of Akbar and Mahmood

Akbar paid no heed to his studies.

But his brother Mahmood made his way through higher classes one by one...

Akbar was very unhappy. Sometimes he would tear the pages of Mahmood's books, sometimes take his stationery, and sometimes fight with him for no reason at all. When their father was made aware of these happenings, he decided to have a talk with Akbar. He told him "Why are you so jealous of your brother?"

Akbar asked "What's jealousy, father?"

He replied "It means envying someone for something he's got and you've not. It also means that when you aren't progressing, you don't want someone else to progress also. Mahmood has studied well and made his way through higher classes one by one, you do not want to do so. He has studied hard. If you too want to progress, then study hard and do not be jealous".

Yes one of the things which is not liked is jealousy, in which some few people are involved.

#### Story no. 14: The children's beds

Mustafa and Murtaza shared one bed between them at night. One night when Mustafa went to their room thinking to sleep early he saw two beds instead of one.

He asked his mother "Do we have guests tonight?"

Mother replied "No, but you must have your beds separate from now on".

When Murtaza was made aware of this story, he asked "Mother, may I ask you why?"

Mother replied "Because it is one of the rules of Islam that the beds of children of six years and onwards should be separated".

#### Story no. 15: Peeping in the house of neighbours

Nasir was a boy of eleven years. He opened the window of his room and started looking in their neighbour's house. Meanwhile, his mother entered the room and caught his hand rather angrily.

Looking at him, she said "My son, don't you know that staring into neighbour's house is a sin?"

Nasir who had never known this before replied "No mother, but thank you for your advice. I will not look into our neighbour's house again".

Yes, looking into the house of neighbours without their permission is not allowed, and what could be more better to pay attention to our children and not let them look into others houses without their permission.

#### Story no. 16: The boy on the cycle

One of the children was on his cycle.

He parked his cycle beside shop to buy something, and went inside the shop.

Another boy came with a matchstick, began poking it in the tube, and tried to get the air out of it.

Mansur who was witnessing the scene, came slowly near him and said in a gentle tone "Hey boy, don't pester the people".

Yes, some of us do pester people during our childhood and if we do not stop this habit during our childhood, we may make bigger violations when we grow up.

#### Story no. 17: The children and the birds

It was winter, and severely cold. The snow-fall was so heavy that the animals and birds were jumping about here and there in search of food, Most probably they found it, but there was none.....

Meanwhile, some of the children of the house became united, came out and started clearing the snow from their compound and made some space of a few meters.

They took a few grains and wheat stalks and sprinkled them on the ground for the birds to eat.

The birds arrived and taking advantage of the sprinkled seeds became busy picking them.

When their father, Aqa Ismail saw this he appreciated the children and thanked god on giving him moral-favoring children.

# Story no. 18: Jameela and her apology from her mother

Mrs. Siddiqa asked her daughter to bring a glass of water for her.

Her daughter, Jameela shouted "Oh goodness! You've made me fed up and tired with all these 'instructions' of yours!".

Unexpectedly her brother, Sa'eed spoke.

"Jameela, don't you know that children have no right to shout at parents? God has said in the Qur'an "Children don't have the right even to say 'Uf' to parents".

Jameela understood her mistake and apologized.

She said "Sorry mother, I acted in an ill-mannered way".

### Story no. 19: The hungry and thirsty cat

Outside the house, the cat said "Mew Mew".

The children of the house, Amin and Fizza said "I think the cat is hungry and thirsty."

With their mother's permission they took a piece of meat and a container of water and kept it in the garden.

The cat saw that and came slowly to the food and finished it off.

Their mother said "Bravo, my good children".

I have heard that once the prophet Muhammad (saw) had given away his ablution water to a cat and therefore quenched the thirst of all animals.

# Story no. 20: Girls of the house and helping their mother

Narjis was a good girl and her parents were contented with her.

But her sister, Mubaraka was jealous of Narjis. She used to say "I don't know why mother and father love you so much more than me".

When she asked her mother, mother replied "Because Narjis revises her lessons and helps me in all household jobs".

Mubaraka thought that from now on she would also revise her lessons and help her mother in all household jobs too.

Parents, too, must pay attention whether their children are, with the help of the people inside the house, revising the lessons taught in classes or not.

#### Story no. 21: Taking trouble for neighbours

Mohsin said to his father and mother "I love playing with a ball. But every time I combine my friends together to play at 2:00 after Zohr, our neighbours say "Don't play now, It's resting time". Mother, father, can you tell our neighbours not to be a trouble for me?".

His father, Aqa Ibrahim said "My dear son, the neighbours have the right to rest after Zohr. In that case if you want to play, you can take your friends to the park and play there".

Mohsin replied "Thank you very much for your advice, father."

#### Story no. 22: Respect of old people

Qasim and Abdullah, on seeing their grandfather, went to ask him about his health (etc). Their grandfather said "You are really good children, who come to ask about my health. When you will be old, god willing you will reach high status". Abdullah said "grandpa, one night we went with our father to the mosque. There we saw a preacher sitting on the pulpit. I listened to him. One of his statements was "An old person in his household, is, like a prophet, a respectful man of his time".

So the lesson is that the way that the prophets were respected in their times, old people should be respected too.

### Story no. 23: Scolding better than love?

Farhad came home from school with tearful and crying eyes.
Aqa Hadi, Farhad's father Asked "What's the matter, son?"
He replied "I was pestering the children on my class and the teacher was also attentive on me. He told me to be silent, but I didn't obey.
He came in front at once and caught my hand and hit me.
Aqa Hadi said "My son, don't be unhappy, and first know:
Teachers punishment is better than father's love
And secondly that school is a place to study and not to play."

#### Story no. 24: Visiting the sick grandmother

Muhammad Ali and Muhammad Taqi were playing with each other in the compound of the house. Minu, who was busy in the vegetables and flowers of the garden, asked "Any news from grandma?"

Muhammad Ali said "Why, what's the matter?"

She said "It has been 3 days since she's ill. Won't it be nice if we visited her and ask her health, maybe she is in need of food, water or medication".

So the children went to visit her together. When they went there they saw her sleeping in her bedroom, but said "salaam" and seated themselves rather far from her bed. She got up and said "Minu dear, I'm really very thirsty".

Minu went and brought her a glass of water. After drinking it, their grandma said "I wasn't well but I'm alright now that you visited me".

The children said "Grandma, may god make you and all the other sick people healthy".

### Story no. 25: Salaam, good morning

Mahdi, a three year old small boy got up in the morning. He said "Mamma, salaam".

Mother replied "Alaykum as salaam, my good son. I'm very happy that you came and greeted me". Mahdi said "Father told me last night that good children always say 'salaam' to their parents when they wake up in the morning.

Yes, one of the etiquettes of Islam is to greet with salaam, Bravo to those parents who teach these rules to their children from childhood itself.

# Story no. 26: Kabeer and Qadeer on their way to school

Kabeer and Qadeer went to school together everyday.

One day Qadeer said to Kabeer "I forgot to take money from my father and now want to buy a pencil. Could you lend me some money?"

So Kabeer put his hand in his pocket and lent him 5 tomans.

Next day, first thing in the morning, Qadeer came and gave him the 5 tomans back.

Kabeer said in amazement "How soon!"

Qadeer replied "It is one of the lessons of Islam that I have learnt from my father and mother".

#### Story no. 27: The ill boy on the corner of the street

Ahmad was waiting for his friend Muhammad so that they would go to a place. He glanced at his watch and realized that Muhammad was late.

When he did come, Ahmad asked him "Why were you late?"

Muhammad replied "When I was coming, I saw an ill boy on the corner of the street.

I asked the address of his house to which he replied in a weak voice that he lived near my house.

I went running to his house, and informed the people.

Ahmad said "Bravo! What a good job that was which you did".

#### Story no. 28: Help should be done in this way.

Behrouz had great interest in cycling.

One day he playing with his cycle when suddenly the front wheel got caught in a stone and the cycle became out of control.

Behrouz came on the ground.

Because of pain, Behrouz was not able to get up.

Some of the children saw him and laughed.

Suddenly, Jalal saw this scene and got Behrouz aid and helped him to get up. He said to the children

"The one who laughs at someone when he is in pain, it is possible that there will be one day when he will be similarly laughed at when he will be in pain."

#### Story no. 29: Jamaal and the hurt cat.

Jamaal was coming home from school with his friends.

On the way, the children saw a cat and Jamaal's friends began to hurt it with stones from a far distance.

Jamaal became very angry seeing this action of theirs.

He came in front and with the help of his friends, shooed the children away from the sick animal, and facing them, said "Have you not heard that you should not pester animals because they too have a life".

#### Story no. 30: Before the unpleasant happenings.

Behzad and Shahab were friends and also classmates.

But Behzad's illness caused him to keep away from education for two years.

During these two continous years, Shahab rejoiced at Behzad's misfortune and said that you are left behind while I am making my way through higher classes.

After Behzad was well, he continued his education and they both went to the university together.

But because of some family problems in Shahab's household, he had to stay at home and could not continue education at the university.

Behzad studied well, got a diploma and became a doctor and hence reached high status.

Yes, it is against the morals of Islam to rejoice at the misfortune of others. It is possible that he will be freed of it and you be caught.

### Story no. 31: Safety of trust

Waheed said to his father

"I was playing with a ball with the children of our neighbours.

When we finished playing, one of them handed over the ball to me saying that I was going to keep it for the night.

Father, I want to keep the ball for myself and not return it to them!"

His father replied "no, no dear son, this is placed under you as a trust and you must keep it safely, and return it back to the owner."

Yes, keeping the trusted thing safe is one of the particularities of Islam to which the leaders of that religion have invited us.

# Story no. 32: Youngsters and avoiding from the inadmissible eye. Youngsters and avoiding from the inadmissible eye.

Nadir was a youngster of 14 years.

He was passing the street with one of his friends, when one girl with Islamic covering came from the opposite way. Nadir raised his eyes to her face and stared at her.

His friend asked him "don't you have a sister?"

Nadir replied "Why? I've got two sisters".

His friend asked him "Do you look at them this way?"

Nadir replied "No".

His friend said "If there is something that you don't like, then shouldn't like it for others".

And other than that, we Muslims are different from others and Islam does not allow men to look down upon women and girls so that there may not be a fight or opposition.

There are many verses in Quran verifying this.

#### Story no. 33: Karbalai Kazim's children

Karbalai Kazim, after the Maghribain namaz, went to his house.

He saw his children busy reading Quran. He became very happy. After sometime he also began reading the Quran.

When he finished reading Quran, one of his children asked him what was the use of reciting the Quran?

Karbalai Kazim quoted many ahadith for his family on this topic and told the use of reciting Quran.

Yes, youngsters, how nice of us if when we reach home in the evening, after praying namaz, we recite Quran and become familiar to our God, and if we have the means, to be also aware of the translation of the ayahs of the Holy Quran.

#### Story no. 34: Jawad and familiarity with the book.

Jawad was a youngster of 11 years.

He troubled his mother, didn't listen to her, used to say unpleasant words, shouted over his mother's head, used abusive language, and sat with his legs up in front of his mother.

His mother was very cross with him.

Till the day, when a book, in which the respect of parents was written, came in Jawad's hand.

In connection with disobedience to parents it had strange claims.

Jawad read that once a man asked the Holy Prophet (saw) 100 times that what the best action he could perform was. The prophet (saw) replied "respecting your mother".

After reading this, Jawad went to his mother and asked for forgiveness for all his boldness.

His mother not only forgave him, but was also kinder to him than before.

#### Story no. 35: Treachery of Aqa Asadullah's son

Aqa Asadullah liked to sit with his son in the evenings so that he would do his given homework.

But one day he found a new pencil in his son's bag.

He asked "Where did you get it from?"

His son did not reply.

When he insisted, his son put his head down in shame.

It became clear that he had stolen it from the other children.

His father was very unhappy.

First, he gave him advice, but when he continued the action, he bought stationary in abundance for him.

But when that also did not give any benefit, he beat his son and scolded him so that he would not steal again.

Yes, this is one of the bad and dangerous qualities. Hope that the children and young stay away from this bad habit.

### Story no. 36: Shamsi and rudeness to others

Shamsi was a good girl.

But when she sat with others she was rude.

Her mother did not pay attention to this bad quality of hers.

One day she said, "Dear Shamsi! You are a good girl, everyone in the house likes you, but you have only one fault, and that is that you backbite others!"

Shamsi asked "Mamma, what is backbiting?"

Her mother replied "Backbiting is speaking ill of someone in his absence which the God Almighty has strictly prohibited in the Holy Quran. And it is better if instead of backbiting, we improve our own actions.

# Story no. 37: Behrouz - The boy who played with pigeons.

Behrouz was a boy of fifteen years. He loved to play with pigeons.

One day, with a few pigeons that he had kept as pets, he was playing with them on his palm.

His neighbours were very unhappy with this, because with excuse of playing with pigeons, he would peep in the yard of his neighbours, and so the neighbours could not go freely in their yard.

Neither the objection of his neighbours, nor the advice of his parents made him come off his action of pestering people.

One day, he met one of his old friends, Salaar. They had not seen each other for a long time. Behrouz asked "What are you doing nowadays?"

He replied "I go to school in the mornings, and in the afternoon I go to the language classes so that I make my way to the university as well as get a diploma in language."

That was when Behrouz became aware of his mistake. From the next day, he freed his pigeons and made use of his time by acquiring knowledge.

#### Story no. 38: Mu'in - the boy who pestered people

Mu'in was a naughty boy of 8 years.

He used to ring the doorbells of the people of his street and used to run away.

When the people opened their doors and found no one, they were very angry indeed.

After that, the children of the street kept watch of their street to catch the bad boy.

One day, at last they saw him ringing the bell of a house.

At once they surrounded him and caught him. Some children wanted to punish him, but one of the children suggested that it would be best if they handed him over to his parents and made them aware of these events.

When his parents were made aware of these happenings, they were very unhappy. But they did not have any choice except for advising him.

It wasn't long before Mu'in, from the advice of his parents, left these bad actions and was in the circle of the good children of the street.

# Story no. 39: Narjis and her complaints against the other children of the house

Whenever Aqa Abbas came home, he greeted his children, and the children also became happy at their father's arrival. Aqa Abbas never came home empty handed. Sometimes he brought ice cream, and sometimes fruits for the children.

Mrs. Khadija, their mother, used to distribute it among the children.

But Narjis complained to her father about her siblings. Sometimes she would say "Father, today Ali broke a glass, Sometimes she would say "Father, Ahmad pestered Mamma today", and these complains were the very cause of some of the other children quarreling with her.

Her mother was unhappy with these happenings, so one day she called Narjis and said "Do you know that complaining about others is a very bad action in Islam and that you should not complain about others to Father."

Narjis replied "I did not know that, thank you Mamma for guiding me".

### Story no. 40: Jawad playing with Naser

Jawad and Naser were neighbours and sometimes played in the streets also.

While playing, Jawad said "I swear on my mother's life.

Naser said "It seems as if you love your mother very much!".

Jawad replied "Of course I do, because the Holy Prophet (saw) has said "Paradise lies under the feet of the mother".

#### Story no. 41: Majid and an action against etiquettes.

Majid was a youngster of 11 years.

As he was passing by the corner of a wall he saw Hormuz, a boy from the next street, climbed up on the wall and plucking figs and eating them.

He called out to him "Hey, Hormuz, come down, otherwise I'll report to the owner of the house".

When Hormuz heard this, he at once came down. After he did, Majid advised him and said "You did two things that were against morals. First, you climbed the wall of somebody's house, and secondly, you plucked and ate someone else's fruit without their permission, this is theft. Do not repeat it again.

Bravo for Majid and his good training school that he talked about 'actions against morals' with others and advised them.

#### Story no. 42: Unhappiness of Miss Zahra

Farida went to her neighbour, Zahra's house and greeted her.

Zahra answered and said "I am very unhappy".

Farida asked "why? You should not be sad!"

Zahra answered "I am sad because since two days my parents have gone on a trip and I am alone at home with my Grandmother and brother.

Farida said "Excuse me, but this is not a thing to be sad about!"

Zahra said "Actually I love my mother and father very much so separation from them is very hard for me."

Yes, blessed are the children who have such an attachment with their parents and respect their parents' pleasure, because the pleasure of parents comes under the pleasure of God.

### Story no. 43: Habib, the son of Mashhadi Abbas.

Habib, who was the son of Mashhadi Abbas, was once playing with children in the corner of the street.

Suddenly the loud voice of Maghribain namaz Azan reached their ears. Habib said "Bye, friends."

Everyone said "Why?"

Habib said "It is the time of namaz now. I won't play anymore, I must go the mosque to pray".

After Habib departed, one of the children said "Blessed is Habib, really. He recites namaz even though he is a child. I do not know how to pray it".

The others admitted too that they did not know how to perform namaz.

Another one of the children stood up and said "Friends, I have a plan. From tomorrow, instead of playing, we will learn namaz from Habib and even go to the mosque with him.

#### Story no. 44: The chicks of the house.

Aziz, a boy of four years, said to his father "If it is possible, please bring some chicks to the house so that we can raise them". Aqa Aqeel, the father of the children, bought a few chicks for the children. Everyday the children gathered round the chicks and enjoyed watching them.

But one day, Aqa Aqeel saw that each of the children had a stick in their hands and were pestering the chicks.

Their father said "I am going to take these chicks this very day and sell them".

The children inquired "Father, why?"

Their father replied " I am doing this because you were pestering the chicks. Don't you know that you should not pester any animal?"

Little Taqi, with watering eyes, said "Father, do not sell them, we will not pester them anymore".

### Story no. 45: The neighbours boy on a tricycle

Asad was a 5 year old boy.

Sometimes he went to the street and played with the children.

But one day when he came, he saw a boy of his own neighbourhood riding a beautiful and shining tricycle.

He ran indoors to his mother and said "Mother, a father has bought a tricycle for his son, I want one too".

"When father comes home tonight, please ask him to buy a tricycle for me".

His mother said "I will not do such a thing. His salary is too less to afford it". "We must be content with whatever he buys us".

#### Story no. 46: Sound of the Radio

Shakiba loved to sit beside the radio during her free time.

But she kept the volume very high.

One day her mother told her "Shakiba, decrease the volume".

Shakiba answered "what is this! decrease, decrease, decrease all the time".

Her mother said "How any times should I tell you that you should keep the sound low!"

"But mother! Religious poems are being recited". Shakiba protested.

Her mother said "It does not matter if they are religious or not, but you should not keep the volume so high. It is possible that the neighbours be disturbed. It is also possible that they have a sick person in the house.

My dear daughter, don't you know, the leaders of Islam have insisted a lot of keeping the rights of neighbours.

This action of yours is against the morals and etiquettes of Islam".

#### Story no. 47: The recess-time of the school.

Saeed was playing in the garden of his school with his friends.

Suddenly, he saw a boy who was picking up stones from the ground and throwing them on children.

Saeed, who was very angry, approached the boy and said "It is true that the recess is for playing but not for pestering people. Besides, you must know that pestering people is an un-favoured act and we, as children and youngsters, should learn how to refrain from it".

The other children who were listening became aware of it and the boy also promised that he also would not pester others anymore.

#### Story no. 48: Saeeda and request for chadar

Saeeda, who went to school everyday, one day came home and said "Mother, today I saw our neighbour wearing a chadar and coming to school. The children exclaimed "This chadar is for big women, why did you wear it?" to which she replied "My parents said "You are close to being big. Why not start wearing chadar from now on so that as you grow, you have a practice for it". Saeeda said "Mother, I too want a chadar".

Her mother said "I will go to the market, buy some cloth and sew a chadar for you tomorrow."

Bravo to those mothers who are aware of wearing Islamic Hijaab and make their daughters too aware of this divine obligation.

#### Story no. 49: Trees of the street

Fariedoon, whenever passed his street, would pull and break the branches of the trees or skin them.

One day, Shahid was watching this scene from far.

He said to Fariedoon "Do you know of what use these trees are for?" He replied "No".

Shahid said "We humans have a great need of oxygen which we should inhale. This oxygen is given out from plants and trees. We have a job of giving water to the trees so that they do not dry up. This water is taken in by their branches. We, humans take in food and then it reaches different parts of our body through blood vessels. The tree has some substance which does the same job as our blood vessels. These blood vessels are contained in it's skin. And you are, instead of giving water to it, breaking it's branches and skinning it". Fariedoon said "Thank you very much for telling me, I did not know that".

## Story no. 50: The thirsty animal on the corner of the street.

The thirsty animal was lying on the corner of the street.

People did not pay much attention to it, some went past it without noticing while some just watched and passed by.

Sabir the son of Aqa Dilsouz was watching the dog with much interest.

He went indoors and called his mother "Mother, I want a bowl of water".

His mother was surprised "For what?" she said.

He replied "For giving it to a thirsty animal".

His mother respected his request and gave him what he wanted.

Sabir ran and placed the bowl of water in front of the dog. The dog came slowly, unveiled his tongue and began drinking. After some time he wagged his tail and went away.

Yes, some children, instead of doing this, throw stones at animals and hurt them.

But good children must, whoever it is, avoid hurting them.

#### Story no. 51: A friendly gathering in the park.

Some youngsters had gathered in a park, they were talking and laughing. Suddenly one of them put his hand in his pocket, took out a cigarette and began smoking.

His other friends looked at him, amazed and exclaimed "What is this?" He replied "Doesn't matter, I'm doing it for fun".

A friend said "In the beginning, we call it fun, but it is very difficult to get rid of this habit later".

Another friend said "Do you know the bad effects caused by smoking?

- 1- Bad Breath
- 2- Corruption of teeth
- 3- Cancer
- 4- Getting old faster
- 5-Waste of Money
- 6- Difficulty in breathing".

The youngster, with help of advice from his friends, left smoking and promised never to smoke again.

#### Story no. 52: The fatherless girl.

A girl by the name of Pari had lost her father at a tender age of four years.

She had loved her father very much and was one day crying. Her mother came and took her out with the hope that she would forget her father if she played with the children. But she was not able to do so. Each of the children talked about the love of fathers with her. For example one said "My father bought this doll for me".

Another said "My father bought these new shoes for me".

Someone else would say "My father loves me so much that whenever I reach home, he picks me up and kisses me".

This happened eveyday, till one day her neighbour friend said to her "I know how you feel." The two of them sat together and shared the pain of being orphans.

From that day, the children of the street would never mention anything regarding 'fathers' to Pari and were more kind to her than ever.

# Story no. 53: Why the friendship of Nusrat and Heshmat did not have durability.

Nusrat and Heshmat were class mates as well as play mates.

They were so attached to each other and played together so much that some people thought that they were brothers.

But their friendship did not continue it's durability. It had a defect, and that defect was caused by an incident. One day Nusrat told Heshmat a good many secrets and told him not to leak them to others. But Heshmat was treacherous towards Nusrat. He told all his friend's secrets to others.

When Nusrat came to know about this, he was very angry.

He gave him some advice and then told him "You don't deserve my loyalty and friendship. One of the qualities of the morals of Islam is to keep secrets and we should keep others secrets.

# Story no. 54: Unhappiness of Rasheed from the ridiculing of children.

When Rashid was 2 years old, he had gone to the roof and had fallen down. He suffered a great injury afterwards and limped, and that was the very cause that children at school laughed at him.

Mostly, children walked like him and made others laugh.

Rasheed was greatly hurt and ashamed, so he made up his mind not to go to school anymore.

When his parents came to know, they went and concluded it to the principal of the school.

The principal then went to Rasheed's class and delivered a short speech on some actions that are not liked in Islam. He said that we must respect all people in the world because they are equal. He also said that God has prevented us from ridiculing and hurting others.

Bravo to those principals that make children aware of actions against Islamic etiquettes.

#### Story no. 55: Umid and his apology from his friend.

Umid's nose began to bleed while coming back from school.

He stood by the wall of the school until the bleeding stopped.

After some time, he saw a place where he could wash hands and face.

He decided to go in and wash the blood off his, hands and nose, so he left his bag and his wrist watch over there.

But when he came back, his watch had been stolen!

Because he had seen his friend some time before in the school, he assumed that it was him who had his watch.

The next day at school, Umid claimed his watch from his friend.

He said that he did not have it.

At last, Umid found the thief of his watch.

But because he had accused his friend of stealing, he went to his friend and apologised.

Yes, accusation is one of the most ill-favoured act in Islam and also a big sin.

## Story no. 56: Iqbal's recommendation about brushing teeth to Fatih

In school, some students sat together.

Similarly, Iqbal and Fatih sat together. But Iqbal kept on looking at Fatih's defected teeth. They were yellow in colour.

Iqbal, who was raised in a religious family and was aware of the recommendations of Islam, said to Fatih "Why don't you brush your teeth? They have turned yellow!

Some days ago, I went to the mosque with my father.

There, the preacher said "I have heard that the prophet (saw) used to brush his teeth three times before going to bed".

Is'nt it very good, Fatih, if we too follow in the footsteps of the great leaders of Islam.

#### Story no. 57: In front of the television.

Raihana was a girl of 7 years.

She was introduced to all children once she stepped in school.

But one thing that surprised her most was that why small children walked about with glasses!

When she asked one of the children, he answered "I could not read or write from close. My father took me to an eye specialist. He first diagnosed my problem and then said that my eyes were weak due to watching television from a close distance. He gave me glasses and then requested me not to watch television too closely."

When Raihana heard this, she went home and requested the other children to watch T.V from a safe distance.

Yes, man should value the unique things given by God specially eyesight so that he can take advantage of it by reading and writing.

#### Story no. 58: On Mothers' Day

It was mother's day, and all the children were buying gifts for their mothers.

Some one was buying stockings, someone shoes, someone a frying pan, and so on.

But Sharif and Azadeh were from an Islamic family. Sharif said "Whatever I give my mother is less, because the Holy Prophet has said "Paradise lies under the feet of mothers".

Azadeh said "Whatever we give, it wouldn't be enough for Mama".

After thinking for quite a while, Sharif said "Because Mama loves to pray, recite Quran and duas, we can give her a Quran and Mafatih (Book of Duas).

Finally, Shareef bought his mother a Quran and Azadeh gifted her with a Mafatih.

#### Story no. 59: On teachers' day.

Sharifa and Siddiqa were two neighbours, they went to school together and returned together.

After some days, Teacher's day came. Each of the children either gifted their teachers with a trumpet or a bunch of flowers.

Sharifa said to Siddiqa "All the children are giving their teachers trumpets or flowers".

Siddiqa said "What do we do now?".

Sharifa said "How nice if we ask our parents to guide us".

After taking a suggestion from their parents, they gifted their teacher a moral book each.

#### Story no. 60: Hoori in the wedding ceremony.

When the family was invited for the wedding ceremony, they only took their 5 year old daughter Hoori with them.

On the way, Hoori's mother told her "Sit quietly with me and do not go and start eating the fruits or sweets unless other people do so and I tell you. Whatever you want quietly mention it to me". But when they went there, Hoori did not obey her mother, and whilst other children were quietly sitting with their mothers watching the bride, Hoori went and started eating the sweets and fruits.

Her mother was very ashamed.

When they reached home her mother said "Hoori, why did you disobey me and went to eat the sweets and fruits? Didn't you notice how the other children sat quietly with their mothers?

# Story no. 61: Rau'fa and hygiene of hands and mouth.

Whenever Miss Saleema called her daughter, Rau'fa down for lunch, dinner or breakfast, Rau'fa first washed her hands with a soap and after finishing every meal, brushed her teeth.

One day, Miss Saleema said to her "Rau'fa, It makes me happy to see you washing your hands before meals and brushing your teeth after them. Where did you learn this from?"

Rau'fa replied "Our teacher requested us to wash hands before meals and to brush our teeth after meals.

She also said that this is one of the orders in Islam.

Bravo to those teachers who make children aware of the recommended schedule in Islam.

#### Story no. 62: Respecting aunt instead of mother.

Raazia and Asghar had lost their mother during childhood.

The bearing of the loss of mother was very hard for them.

The services of the house were performed by their father's wife, but the kindness of a mother and love of father's wife are completely different.

Though Asghar and Raazia were not negligent of honouring father's wife, yet they showed more love towards their aunt (mother's sister).

They bought stockings for her, sometimes toys for her children and sometimes would run errands for her.

Till one day their father said "Why do you respect your aunt so much?"

Asghar replied "I heard that the Prophet of Islam (pbuh) said respecting aunt is like respecting mother. We do not have a mother to serve, so why not be fortunate enough to serve and respect our aunt?"

Their father was happy and encouraged them more.

#### Story no. 63: Attachment of Aqa Abul Fazl

Aqa Abul Fazl showed much love towards his 12 year old son, Arif.

Arif's mother asked her husband one day "Why do you love Arif so much?"

He replied "The other children always say one or two lies everyday. But I have never heard a lie from Arif, be it seriously or joking. This love of mine is for the truthfulness."

His wife said "Yes, you are right because neither did I hear a lie from our son".

Bravo to those children who speak the truth with everyone and their parents.

Truthfulness is one of the good qualities of Islam.

#### Story no. 64: Why we attend classes.

It was recess time and some youngsters were sitting together.

One of them said "Why do we attend classes?"

The first one said "I attend classes so that I become an engineer".

The second one said "I attend classes so that I become a doctor".

The third said "I attend classes so that I do not become illiterate."

The fourth said "I attend classes to get a degree when I grow up."

The fifth one said "Isn't it better if we attend classes so we do not have to depend on others and can run our own business when we grow up, or if not that, we can do a job and don't become a pauper?"

All the youngsters had good ambitions but the suggestion of the fifth one was on the highest place.

# Story no. 65: Why Nadeema did not go to the Wedding ceremony.

The family was invited to the wedding ceremony. The card said for Mr. \_\_\_\_\_ and family. But on the foot of the card was written "Your children are to be invited later. Which meant that children were not supposed to be coming with their parents. Still, some of the children insisted on coming with their parents.

But eight year old Nadeema told the children that we are not supposed to go with our parents because we are not invited. If we go, we will act against morality.

Bravo to those children who have good understanding and follow and obey the orders of morality.

#### Story no. 66: Contentment in stationary.

Amir had used only one bag ever since he started school. He was very careful while writing; he used to leave little space between words and sentences and used both sides of a page. He also showed contentment in writing materials like pen, pencil and papers.

Imran, who was a classmate, said "Amir, I recieve a new bag every year, leave much space between words, and use only one side of a page. I have stationary and writing materials in vast quantity."

Amir replied "If I want, I can also be like you, but we should not waste money because in one way, we will then be dependant on others for our needs. So it is better if we avoid being dependant, and try to conserve it for our country.

Other than that, have you not heard that Imam Ali (as) has said "Contentment is a river that never dries.

# Story no. 67: We saw European children.

Safir had gone to a country in Europe for further studies. To stay away from corruption over there, he married an Irani girl.

When he returned to Iran, they had two children, Ahmad and Zahra.

Ahmad was eight years old and Zahra six.

Safir first lived with his family in his parents' house but then afterwards they shifted to their personal house.

Some of the other families were surprised on seeing this Europian family, and the main reason of their being surprised was the Islamic behaviours of the two children.

Ahmad said Salaam to anyone he met and thanked God if any one asked his welfare. Zahra started wearing a scarf from a very young age and they both prayed namaz regularly.

It wasn't long before the two children were examples for the families, and they knew that although those children were raised in a foreign English land, due to the mindfulness of the parents their culture was still Islamic.

# Story no. 68: Worker of the house.

The wife had lost her husband.

To avoid poverty, she had to work at people's houses and provide food for her children.

Sometimes she took her two year old child with her so that while taking care of other children, she may take care of him too.

But most of the children said abusive words to the woman and sometimes hurt the two year orphan.

Till one day, Tal'at, the ten year old girl of the owner of the house, gathered the children and advised them. One of her words were "Children, it is against the morals of Islam that we pester to the woman who has no guardian and comes to serve us.

How nice of us if we be kind to her and that orphan child so that God may keep our fathers safe".

Have you not heard that Imam Ali (as) was always kind to orphans and widows.

# Story no. 69: Hami at the table.

Whenever the family was called down to meals and the children sat at the table, Hami only ate from the centre of the bread and did not eat the corners. As a result, much bread was wasted.

One day, one of Hami's brothers said to him "Hami, do you know that wastage is an action that is against the morals of Islam?"

And if we want we can be content with little and avoid wasting money. This is also a law of our countries.

# Story no. 70: Wajeeh at the table

Whenever Wajeeh sat at the table and started to eat food, he did not say Bismillah and did not thank God after meals.

One day his brother, Najeeb said "Don't you see that before Mom and Dad begin to eat they say Bismillah and at the end of it they say Alhamdu lillah?

Wajeeh replied "Why do they do so?

His brother said "They say so because all these vegetables, fruits, bread, water and everything else is gifted to us by God. So it is very good if we start and end food with his name".

And other tan that, the leaders of Islam have always requested us to say this and we must obey them.

#### Story no. 71: Generous help by the children.

Every Friday, the needy came at the doors of people, asking for money. Similarly, a beggar came to Aqa Abdullah's house.

He asked for help.

Aqa Abdullah wanted to give him 2 tomans, but his daughter Ruqayya said "Father, I have 5 tomans from the weekly pocket money I get. If you allow I'll give 2 tomans to him.

His other daughter, Rabab said "Father, I also have 4 tomans, would you allow me too?"

Their brother, Saqib said "Father I am also ready to give this needy person six tomans would you allow me to do so?

Their father allowed them to help the needy man and they helped him greatly.

Their parents thanked god for such generous and helping children and were pleased.

# Story no. 72: Simin and Amin's quarrel.

In families, children often quarrel with each other and sulk away for some time.

In one family of 8, Simin and Amin had had a great quarrel and sulked away from each other, no matter how much the others tried to re-unite them.

Till Mustafa, their brother, decided to make peace between them.

He went to Simin and said "Simin! If only you knew how much Amin loves you! He said he'd love to see you open a clinic for ladies".

He then went to Amin and said "Simin said she would love to see you finish university and grow older, and one day become a professor at the university".

At last they were re-united.

Their sister, Fatima said "Mustafa, you did a great job, but you told a number of lies".

Mustafa said "When we want to make peace between two people, it doesn't matter how many lies we say".

# Story no. 73: Teaching bad things.

The mother had an ill child.

She went to the doctor and got medicine from him.

But whenever she wanted to make him eat medicine,he used to shout and cry.

With great difficulty and promises of buying toys, she managed to get the medicine down his throat, but afterwards she did not fulfill her promises.

Her two year old daughter, Zeenat said "Mother, it is not right that you make promises to your son and not fulfill them. This is dangerous for the future of the child because when he grows up, he is going to learn bad things from you".

The mother was pleased with her daughter's guidance and encouraged her.

Yes O Parents! If you want your children to possess the morals of Islam, then fulfill the promises made by you to your children, for this is an order from the Holy Prophet (saw).

# Story no. 74: Scaring of children.

In some houses, children enjoy scaring others.

One boy, called Fahim scared every child in the neighbourhood.

For example, he said to one "Be careful, the Genie might take you!"

To another he said "Be careful of the dead! He may take you also!"

There was a boy called Humayoon who solved problems for the children.

One day he cathered them and said "You know what is imagination.

One day he gathered them and said "You know what is imagination, don't you? Well, to avoid it, you should excercise so that you have strong nerves. And also, that when you grow up, only be scared of the sins you comitted because every sin has a punishment and a result and we do not have the strength to bear God's punishment.

#### Story no. 75: Disagreement of the children.

Kiya was very unhappy, because he had lost his father and his mother had re-married. The man, too, had lost his wife and had brought along with him his two children, Sadiq and Qasim.

The man and woman were both choiceless in the matters of their marriage, but the only cause of disagreement was the children. Kiya used to think that if he wouldn't have lost his father, he wouldn't have been caught in this situation, and Qasim and Sadiq thought that if their mother would not be dead, they wouldn't have to go in another house, and meet a step brother. Their disagreement made their father and mother unhappy.

Till one day, Qasim, who was the oldest of the three, gathered the other boys and said "Although we were strangers yesterday, today we are of the same family. Kiya's mother is our mother, and our father the father of all of us. So how good if we be kind to each other".he finished.

After that, he went out and bought some ice cream and divided it between them.

Kiya, whenever went out, would bring sweets and whenever Sadiq returned from school he bought a pen for each one of them.

# Story no. 76: The children's complain against their parents.

Mar'at, Ilham and Aram were brothers and sisters.

One day they were talking about the jobs of their household when Mar'at said "I dont think that there are any mothers and fathers like ours".

Ilham said "I am pleased with both of them but I don't know about them".

Aram said "I dont think any of the children are as lucky as us. But I have noticed one thing about mother and father; whenever we talk to them they do not pay attention to what we are saying, it is also possible that we want something".

They decided to discuss this important matter to their parents.

Yes, it is very good if parents pay attention to their children and grant their wishes when possible.

#### Story no. 77: Writing on the walls.

Azad, who was a regular student, sometimes saw that children wrote on the walls with pens, pencils and markers.

He made up his mind to stop this. But he knew that he couldn't go alone. So he gathered some students and went to the principal of the school. They said to him "It is not our job to take care of the school building. But if you allow, when the children are ready to enter the class, we will say that the school is like the house and to avoid from writing on walls".

The next day, Azad with his friends, with the permission of the principal, got a microphone and said "the school is just like our home and we must not write on the walls of the school building and the classes". After that, he said "writing on the walls is forbidden and we are not allowed to do so". And this thing the children completely understood.

# Story no. 78: Advice about cleanliness.

From the children who play in the streets or go to school, only some have the tidiness of their faces and clothes.

Hussam, who was a clean boy, said to an untidy boy "Don't you know that the Holy Prophet (saw) has preached cleanliness with faith?

And besides, uncleanliness spreads a lot of illnesses and diseases. So try keep your clothes and body clean so that you don't fall ill and people won't avoid sitting with you.

# Story no. 79: Atabak and running away from school.

Atabak was tired and fed-up of having to go to school and attend classes. So he ran away from school.

His father and mother tried their best to persuade him to go back, but it was all in vain.

At last he left school and used to play in te streets and do nothing else.

After some days, some relatives of his came to his town and brought gifts for everyone.

They gave Atabak a frame on which was written 'Seek education from the cradle till death'.

Because he was illiterate, he was greatly ashamed, and at the same time, decided to continue education.

He did so, and not only was he no longer illiterate, he reached high status

# Story no. 80: Loss of over-eating.

Adeeb, wehenever sat at the table, used to eat more than the other children, and after meals, did not avoid eating different types of fruits, chocolates and ice creams.

One day Mujtaba said to him "Brother, don't you know that over-eating is ill-favoures in islam?"

But Adeeb never lent an ear.

Till he fell ill.

When he went to the doctor, he said that the loss that you are suffering is just because of over-eating.

Another brother of his called Sharif said "We have heard that the Holy Prophet has said "Do not eat till you are hungry and leave food before you are full".

And if we avoid over-eating we won't fall ill.

www.alhassanain.org/english