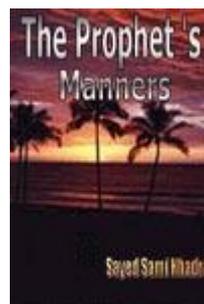
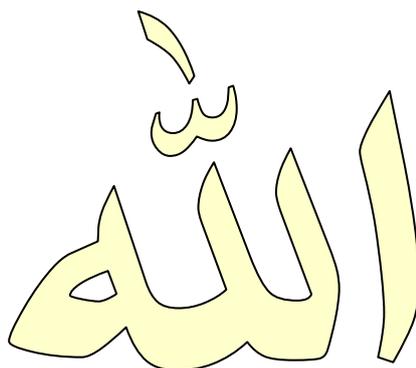


# **The Prophet's Manners**



**Sayed Sami Khadra**



**IN THE NAME OF  
MOST MERCIFUL  
MOST BENEVOLENT**

**Brother,**

**Read this book several times....**

**To see its effects and impressions  
on your**

## INTRODUCTION

### *In the Name of God, Most Merciful Most Benevolent*

Praise be to God who revealed to us his legislations and course, and drove us out of the darkness of injustice into the light of justice; and ordered us to follow the example of the Prophet as he is the best guider, and to follow his supplications which are the best commandments and guidance....

Much of the Prophet's (PBUHH) commandments have been deserted.... Infact, most of the muslims replaced them with what is of a lower degree, God Al-Mighty said: ﴿Will you exchange that which is better for that which is worse?﴾. The Cow-61 (البقرة)

And He also said: ﴿O you who believe! Be not unfaithful to Allah and the Apostle, nor be unfaithful to your trusts while you know﴾. The Spoils of War-27 (الأنفال)

And almost all those who search for these commandments, morals and favorable actions don't find them unless in limited sources and the mothers of books; which include what is difficult to many people in terms of its terminologies, phrases and meanings... So, it was necessary to choose from what was available, with a little clarification, of a timid first trial, by which we hope it will be followed by other productions, to revive our beloved Prophet Al-Mustafa's commandments:

“He who revives my commandments has revived me, and he who revives me, was with me in paradise”.

And it is necessary for those who intend to migrate to God Al-Mighty to adopt the manners of Allah, his prophets and the righteous believers: ﴿and whoever goes forth from his house flying to Allah and His Apostle, and then death overtakes him, his reward is indeed with Allah﴾. Women-100 (النساء)

The Lover of the Prophet (PBUHH)

Sami Bin Hassan Khadra

(Most surely the nearest of people to Ibrahim are those who followed him and this Prophet and those who believe and Allah is the guardian of the believers)

### (آل عمران)The Family of Imran-68

□

□Τησ Προπηετ□σ Χομμανδμεντσ

Ιν τησ Ρελατιονσηιπσ αμονγ

Τησ Ηυμαν σοχιετγ

From the morals of the Prophet (PBUHH) in public relations and communications is that he had:

**1. Moderate eye-sight:** which means he used to look towards the land for a longer time than towards the sky, as a sign of his humbleness and debasement to God.

**2. Forestalls others by greeting them:** He used to greet before-hand because greeting before talking is a sign of humbleness.... And to the beginner

with the greeting 69 doles, while to the replier, one.

**3. Does not speak unless required:** If he found an occasion for him to speak for advice, teaching, ordering or forbidding..... Otherwise, he used to remain silent.

**4. Gratifies the amenities:** Even if it was tit for tat, he never dispraised anything. He used to thank God for His amenities however little because they are from God.

**5. His laugh was a smile:** He never giggled or raised his voice, as the inadvertent people do....

**6.** He used to say: “**Inform me of the need of who does not declare his need**”; for him not to be shunned away from the people’s needs, to help wherever possible...

**7. Visits his friends:** to feel assured of their comfort.

**8. Asks people about their issues:** to be aware of their situations and surroundings.

**9. Never stands or sits without a citation:** as asking God’s forgiveness, praying, praising God.... since these are atonements to sins...

**10. Sits wherever the assembly ends:** and he ordered to follow such act because it is nearer to humbleness and further away from the desires of oneself.... And Allah and His angels will pray on him when he leaves the assembly.

**11.** Vies in generosity to each of his guests as he desires: so as not to honor one on the account of the other.

**12.** Whoever asked him a need, never returned unless his need was accomplished or with good talk.... If he was able to perform the need, he'd accomplish it; otherwise, the asker would return back satisfied by the sweet words, prayers, advice or consultation provided by the Prophet (PBUHH).

**13.** Voices were never raised in his assembly, or over his voice, or screaming.... Infact, it is from the morals to speak calmly. God Al-Mighty said: ﴿Lower your voices surely the most hateful of voices is braying of the asses﴾. Luqman-19 (لقمان)

**14.** Abandons the hypocrites: and hypocrisy is to defame others in an intention to insult them, surpass them and show their intelligence on them. This is out of hatred and envy, and causes dissimulation and heart diseases.

**15.** Does not interfere in what he has no concern of.

**16.** When he spoke, the audience listened, and only when he used to stop, they'd talk, without rivalry, listening to each other.

**17.** PBUHH never interrupted anyone in his speech until totally finished.

**18.** PBUHH was just among people by listening to them and looking at them equally.

19. He was the most eloquent of people and said: “I am the most eloquent of Arabs and the people of paradise talk by the language of Mohammad”.

20. He had a collective speech: (i.e., speaks appropriately, without a harming interference nor a disturbing briefing).

21. He was heard saying: “I was sent with magnanimity and the excellence of morals”; and whoever restricts himself and augments his morals becomes much closer to the Prophet (PBUHH).

22. PBUHH was the bravest of people: as he used to rush into what people feared, before them, where they used to hide behind him and no one used to approach the enemies before him.

23. He was (PBUHH) very timid: “more than a virgin in her veil”.

24. One day, an angel came to him and said: “O Mohammad! Your God salutes you and Tells you: if you wanted, I would make for you the savanna of Mecca out of gold pebbles”; so he said (PBUHH) after raising his head up to the sky: “O God! I’m satisfied for one day and I thank you and hungry for another to ask you”.

25. And he used to cry until his prayer place becomes wet, out of fear of God Al-Mighty; with no committed faults.

26. He used to repent to God everyday 70 times, by saying “I repent to Allah”.

**27.** And if his passions tightened, PBUHH, (whether out of great sorrow or happiness), he used to touch his honorable beard a lot.

**28.** He used to sit with the poor, eat with the needy.... and inter-communicate with his relatives without preferring one on the other.

**29.** He used to patch his own garment and mend his own shoes.... and eat with the servant, sit on the floor, shook the hands of the wealthy and poor.... never discriminated a needy for his poverty.... and never removed his hand, when greeting someone, until the other did first, and greeted whoever he received, rich or poor, big or small.

**30.** He was (PBUHH) sociable: smiles without laughing.

**31.** He used to look into the mirror and comb his hair.... and maybe look into the water to adorn himself for his friends, as he did for his family. He said: “God loves from his believer, if he goes out to meet his friends that he well prepares himself and adorns”.

**32.** He used to greet the young and the old.

**33.** If he was asked to choose between two issues, he'd choose the hardest: to train himself for refraining the evil desires of oneself, and riding the difficult.

**34.** He never ate reclined, until his death, in a state of humbleness to God.

**35.** If he ate, he ate from what is close to him.... and if he drank, he'd drink with 3 breaths (he'd drink then thank God and breath, and repeat it three times).

**36.** His right hand was for eating and his left hand was for his body.... He loved performing all his activities by his right hand.

**37.** His eye-sight was momentarily: a quick look or glance which does not embarrass others.... PBUHH used to divide his moments among his friends, by looking at each for equal times.

**38.** If he talked about any subject, he continuously smiled in his speech.

**39.** Almost all of the time, he used to sit facing Mecca (The Prayer's Niche).

**40.** For his humbleness, some parents used to bring their child to the prophet to bless him, and PBUHH used to put the child in his lap; so as to honor his parents, and the child might urinate, that others would scream out from what has happened, however the prophet used to forbid them from doing so.... saying: don't surprise and shock the child until he finishes his urination.... and PBUHH used to continue reciting his prayers or the Names of Allah, until they'd leave, where he'd wash his garment.

**41.** He would never accept that anyone walk beside him if he was riding, unless the other rode with him. If the latter refused, he'd

say: move in front of me and reach our destination beforehand.

42. If he missed any of his friends for 3 days, he would ask about him, if his friend was absent, he'd pray for him, if present, he'd visit him, and if sick, he'd re-visit him.

43. Anas served the prophet 9 years, during which PBUHH never told him: can you do this? Why did you do this? And never blamed him for anything.... And if Anas blamed any of the prophet's wives, PBUHH would say, defending him: "leave him; this was by the book and destiny".

44. He used to call out the people by their surnames to dignify them and soften their hearts: his friends, the women who have children and those who don't, and the children.

45. He used to offer his seat to his guest, to serve him and soothe his soul, and if his visitor denied, he used to insist until acceptance was achieved.

46. He used to take a certain road when going, and returns by another; and so did his grandchild, our Imam Al-Retha, and ordered to do the same.

47. He used to go out after sunrise because sitting to pray and praise God between dawn and sunrise is better than working.

48. When he used to enter a house, he used to sit in the first available place he'd find.

49. He never spoke to the people by his inherent mind and said: "We the prophets were ordered to speak to people according to their minds". And this was due to his noble morals, humbleness and clemency.

50. He very much beseeched and implored God, continuously asking of Him Al-Mighty: to adorn him with excellent features of refinement and magnanimity, and he used to say in his prayer: "O God! Improve my morals", and he also said: "O God! Avoid me from abominations".

51. The prophet's character was jesting for the sake of his people, for them not to exaggerate in gracing him (which would make him refrain from the people by being cautious from saying great things about him), God forbid, as the Christians said in God's follower Jesus, the son of Mary (A.S).

**52.** He used to speak with his companions with what is appropriate. Yazeed ibn Thabit said: if we sat with the prophet and spoke to him about the hereafter, he shared it with us, if we spoke about life, he did too, and if we spoke about food and drink, he did as well.

**53.** He did not have a dishonest vision: which means to look at what you aren't supposed to see, or wink or hand symbolism.

**54.** If he met a muslim, he'd start the greeting.

**55.** PBUHH said about the morals of the prophets: "The most generous moral among the prophets, righteous people, martyrs and truthful believers is to visit others in the sake of God".

"From the prophets' and righteous peoples' morals is gaiety when seen and greeting and saluting when met".

**56.** From the precepts of the prophet is to give attention and eye-contact to all the listeners and companions when speaking to a group.

57. PBUHH used to sew his own garment and repair his own shoes, and most of his work at home was in tailoring.

58. And about the precision of his honesty, it was told that: “PBUHH used to return the needle and thread”; meaning that even if it was as much as the needle and thread, if it wasn't his own, he'd return it to its owners, and never neglect it.

59. And if he received a guest, he'd eat with him and never remove his hand from the plate until his guest did, for his guest not to get embarrassed or stop eating while he's still hungry.

60. He used to debate the Jews and atheists, if they opposed him, and he'd refute them; he did it many times.

61. If he was asked something, if he wanted to do it, he'd say yes; while if he didn't, he'd remain quiet, and doesn't say “no” to anything.

62. If his friends came to him, they'd surround him in a circle, each completing the other.

63. He never looked at what is desirable in his life, not to be taken away by it and waste his time in it.

64. If something grieved him, he'd hurry to pray, resorting to it... And he loved to seclude himself (to recite, meditate, think and review his issues).

65. He used to tailor his garment, mend his shoes, open the door, milk the sheep, and grind with the servant (if he was tired).

66. He used to prepare, ahead of time each night, his ablution water, for his night prayers (as he used to burn the midnight oil), and didn't ask it of anyone.

67. He used to serve his family, helping his wives in their house work, and he cut the meat.

68. He never stared at anyone... for the other to feel comfortable.

69. He wore a silver ring in his right little finger (digitule) and he used the flosser to clean his teeth in his ablution, he conducted

funerals, visited the sick, even if they were at the town's extremities.

70. He sat with the poor, ate with the needy and served them by his hand; dignified the meritorious people for their morals, never shunned anyone, and accepted the apology of who apologizes to him.

71. He was the most smiling of people, unless the advice he's giving does not require smiling; and he might laugh but without giggling.

72. From his morals, if anyone sat by him while he's praying he'd lessen the prayer and reach up to him and ask: "Are you in need?".

73. He used to say what is just, whether in content or anger.

74. He used to say (PBUHH): "O God! Enliven me as a needy, depart me as a needy, and cram me along with the needy".

75. If he was asked an issue or said a speech, he'd repeat three times for the asker and the listeners to understand clearly; so that

they'd be able to transfer it correctly to their people and friends.

76. His friends used to greet him by: "Good morning or good night" which are the greetings of the ignorant people; so God Almighty sent that: ﴿and when they come to you they greet you with a greeting with which Allah does not greet you﴾. The Pleading One-8 (المجادلة)

God has replaced it with a better greeting; the greeting of the people of paradise: "Peace be upon you".

77. If he forgot something, he'd put his forehead on his palms and say: "O God! Thee I thank, You are The Reminder of the issues and Doer, remind me of what I forgot".

78. He'd face the stone of his silver ring towards his palm, and look at it several times.

79. He never shook the hands of women, and if he wanted to be acknowledged, by the females, as a sovereign, he'd bring a bowl of water into which he'd put his hand, then remove it and say to the women: "Sink your hands in it as I have been acknowledged

by you”.

In such an act, women are not to speak to males who are forbidden on them.

80. From his commandments was the loan (giving something to be returned as such) and the simple loan- العارية - (non-interest loan, as lending pottery to be used and then returned); he also entertained his visitors (by honoring them and caring for them).

81. He repeated a lot: “There is neither might nor power but in God”.

82. From his commandments is to comb the hair, trim the nails, and remove the hair of the armpits and the pubic hair.

83. From the graceful commandments is to bury the hair, nails and blood.

84. He used to apply salve to his eyes with the autimony found in Hijaz (Kingdom of Saudi Arabia); before he slept.

85. He always used to adorn himself with scents if he was offered it... Scents as musk and aloes-wood (both found in Hijaz) and other scents.

86. If it was Friday and he didn't have scents, he'd ask for his wives veils, he'd soak them in water, and then put them on his honorable face.... And it is very favorable to scent yourself on Fridays.... where good deeds are registered as long as the scent is present.

87. On Fridays, he used to trim his nails and cut his moustache, before going out to the congregation prayer.

88. From the most lovable gifts to him were the scents.

89. He said (PBUHH): "Mosques are the sedentaries of the prophets", and it is favorable if you enter into a mosque, to direct yourself towards the payer's niche (Mecca).

## Commandments The Prophet's When Intending

## to Sleep

90. When the prophet entered his home, he'd directly wash-up (ablution) and pray 2 brief rak'aa (ركعة) and then go to bed; he used to sleep on a straw mat with nothing beneath.

91. He despised to enter into a dark house without a lantern.

92. When he used to lie on his bed to sleep, he'd say: "O God! With your Name I live, and on Your Name I die".

93. When he awakens he'd say: "Thank God Who revived me after my death and to Him is the resurrection".

94. Also, when he awakens, he'd directly fall to the ground in adoration and worship to God.

95. And it is favorable at sleep to:

Clean up (ablution), sleep on your right side by making your right hand your pillow, praise God 33 times (سبحان الله), thank God 33 times (الحمد لله), hail God 34 times (الله أكبر), direct your face to the prayer's niche, read The Introduction (الفتاحة), and The Chair verse (آية الكرسي) and (Allah bears witness that there is no God but He, and so do the angels and those possessed of knowledge, maintaining his creation with justice, there is no God but He, The Mighty, The Wise). The Family of Imran-18 (آل عمران)

96. From the favorable actions of our prophet (PBUHH) was to burn out the midnight oil by

praying the night payer (صلاة الليل).

## Commandments The Prophet's For Marriage and Children

97. He used to say: “Who loves to follow my commandments has to get married”.

98. And it was mentioned in different texts, about his family (PBUHH): “From the prophets’ morals is to love women”

“God has made the night to reside and made women the residence”.

99. And he said: “Ibrahim was zealous and I’m zealous from him”.

100. And it was said in the story of Prophet Moses, that he said to a woman: “Follow me and direct me to the way, as we are a group of people who don’t look to the posterior of women”.

101. And it was received from the prophet that he forbade God from “..... a woman who ages her husband before his aging time”.

102. “Any child born to us was called Mohammad, and after 7 days, if we wanted to change it, we did, otherwise leave it”.

**103.** When the prophet used to awake in the morning, he used to coax the heads of his children and grand children.

**104.** And it is both favorable and pious that the man names his child after his father's name.

**105.** According to the holy commandments, when a "boy" is born:

- a- Name him a good name as the worship Names of God, the prophets and the Imams.
- b- Shave his head.
- c- Circumcise him.
- d- Immolate sheep, cows or camels.... according to its special methods.

**106.** It is favorable to encourage children to pray and fast.... even if they fasted half the day, more or less.... for them to get used to it.... If they couldn't keep their fast till the end of the day, they can break it.

**107.** If any of his family passed through a need or poverty, my beloved prophet (PBUHH) used to say to them: "Go and pray" and he'd say: "By this God has ordered me".

God Al-Mighty said: ﴿And enjoin prayer on your followers, and steadily adhere to it; we do not ask you for subsistence; we do give you subsistence and the good end is for guarding against the evil﴾.

Taha-132 (طه)

**108.** Infact, the medicine which requires no other, and does not need a doctor, is as the prophet

(PBUHH) said:

a- Rain water.

b- Read on it “The Introduction – الفاتحة” 70 times.

c- Read on it “The Men – الناس” 70 times.

d- Read on it “The Dawn – الفلق” 70 times.

e- Pray on the prophet (PBUHH) 70 times.

f- Say “ سبحان الله ” 70 times.

g- Then drink from this water, morning and night for 7 consecutive days.

## The Prophet's Commandments In the Table Etiquette

109 He used to eat like the slaves did, he sat like the slaves sat and he used to eat and sleep on the floor.

110 When he sat to a banquet, he sat like slaves sit, on his left thigh.

111 After eating, PBUHH used to lock his fingers.

112 And whatever he was offered, if it contained dates, he'd start by them.

113 He used to eat with his wives and servants and whoever invites him from the muslims... unless if he received a guest, he'd eat with him.

114 The best banquet to him was the crowdy one.

115 After every two bites, he used to thank God.

116 If he was having his fast-breaking meal at some people's banquet, he'd say: “The fasters broke their fast at you, and the righteous ate your food, and the munificent prayed on you”.

117 When he drank, he used to take 3 breaths, in each he'd cite the Name of God (In the Name of God Al-Mighty), and when he stopped he'd thank Him (Thank God Al-Mighty) and didn't breathe in the pot; infact, he'd remove it away from his mouth to breath.

118] When he used to drink, he'd suck the water slowly, with normal breath rate, and never gobbled it quickly, breathless.... and didn't hold the pot and breathe in it because breathing in it makes it putrid.

119] He used to eat what he finds (as a symbol of satisfaction, thankfulness, morals and gratification of amenities).

120] He liked of the meat the limb, he liked honey, ate grapes one by one, ate the water-melon, dates and drank water on it, squirting cucumbers with salt, the dandelion, cabbages and pomegranate.

121] He ate dates a lot, and so did our Imams (peace be upon them all).... and it was received from them: "Our followers love dates too because they were made from us".

122] When he ate, PBUHH, he'd cite in the Name of God, eat from what's next to him from food and never take what's in front of others. He ate with 3 fingers (the thumb, the forefinger and the middle finger) and doesn't eat alone.

123] He never criticized the food, if he liked it, he ate it, and if he didn't, he left it without preventing others from it (as they might have liked it).

124] When he'd finish eating, he'd lick the 3 fingers by which he ate (as a sign of gratification to the amenities) and whenever possible, he never ate alone.

125] He didn't eat hot food, until it cooled.

126] He'd wash his hands from the food to clarify them.

127] From the favorable commandments:

- a- Ablution before eating.
- b- Sitting on the left leg.
- c- Eating by the three mentioned fingers above and licking them after.
- d- Washing hands before and after eating.
- e- Putting the vegetable herbs on the dining table.

128] The prophet (PBUHH) said: "If a believer invited me over to eat the meat limb, I'd consent, and this is from our religion, and if the disbeliever or hypocrite invited me over to eat lamb and camel meat, I'd refuse, and this is also from our religion".

My God Al-Mighty denied for me the best of what hypocrites and disbelievers have.

## Commandments The Prophet's For the Dead and What is related

**129.** If he saw on his body a pustule, he'd forbid God and roar out loudly with prayers and say to those who comfort him:

“If God wanted to extol what is little, he'd extol it, and if he wanted to belittle what is great, he'd belittle it”.

**130.** If he (PBUHH) walked in a funeral, he'd be filled with sorrow, during which he'd increase the talk of the soul and lessen the talk of the mouth.

**131.** If anything made him sad, he'd resort to praying and fasting; and if he befell into misery, he'd quickly ablute and prays two rak'aa and say: “O God! I did what you ordered us, accomplish for us what you promised” (from replying to our prayers and patience).

**132.** It is favorable that no one enters the female's grave, except they who are allowable, from the people.

**133.** It is also favorable to spray water on the grave:

Which should be directed towards the prayer's niche, start burying from head to toe, then turn around the grave from the other side and then spray the center of the grave.

**134.** It is favorable, according to the prophet's commandments that the grave be raised 10 centimeters, also that it be flat and not slanted.

**135.** It is favorable to provide food for 3 days for those passing into misery, by sending it to them,

and not eating with them as this is a custom of the ignorant.

**136.** And it is so much favorable to floss several times a day, especially at prayer times, before and after bed, and at dawn. (The floss meant here is the natural flosser which is a stock that cleans and massages the teeth.... and the best is made from Arak trees, available in Saudi Arabia and it is sold around the holy Ka'ba.... and pilgrims can purchase it easily).

**137.** Celebration washes (غسل الأعياد) are for purification, for those asking needs and following the commandments.

## The Prophet's Commandments In Prayers

**138.** If it was time to pray, you'd see the prophet, as if he knows no one, never becoming busy with what might keep him away or late from praying.

**139.** When he used to go to pray, he was like a casted garment for his submittance, as nothing moved from him except what the wind moved.

**140.** He never favored anything on the sunset prayer.

**141.** He commanded to straighten the lines in "Congregation prayers" and said: "Straighten and

don't argue, for it makes your hearts separate”.

**142.** And if the prophet was praying, in congregation, and heard a child crying, he'd lessen the prayer sequence for the child's mother to reach him.

**143.** In a text: We order our children to glorify Fatima (peace be upon her) – by Fatima's hymn (تسبيح الزهراء), which is: 34 times God is Great (الله أكبر), 33 times Thank God (الحمد لله), and 33 times Praise God (سبحان الله) - as we order them to pray.... So commit to it, for he who does not suffers.

## Commandments The Prophet's In Travel

**144.** When he used to travel, he used to take with him: a mirror, kohl bottle, natural flosser, comb, nail cutter, scent bottle, needle and threads.

**145.** He walked humbly, equipoised, never slanted or walked in a manner which implied that he was careless or lazy.

**146.** He used to walk in one road, and return by another.

**147.** While traveling, if he descended, he'd hail God, and if he ascended, he'd praise God.

148. He never left the place he passed through in his travel, whether a house, station or any other, without praying 2 rak'aa, for this place to witness for his prayer.

149. If he fare-welled the believers, he'd pray for them for safety and victory. And from what he said was: "God supply you with piety, and direct you to what is good, and give you all your needs, and may God preserve your religion and life, and return you to me safely".

150. The prophet hated that a person travels alone, without companions.... And it is favorable to take your expenses with you in your travel.

151. It is favorable when entering the toilet, to enter it by the left leg, cover the head and cite some prayers.

## The Prophet's Commandments In the Garments

152. He mostly wore white garments, and liked green ones too.

153. He used to encourage the people to always keep cleanliness, and ordered to do it.

154. He had many rings, engraved on one "Mohammad is God's prophet", on another "There is no God but Allah, and Mohammad is

God's prophet", and on the third "God is truthful". He used to wear his rings in his right hand.

**155.** He despised black except in three: the turban, shoes and the garment.

**156.** It is favorable when wearing the shoes to start by the right foot, and when taking it off, start by the left.

**157.** He wore mostly white garments, and had a special garment for Fridays (because it is a "Celebration day – عيد").

### FINALLY....

**My beloved brother, "You had in your prophet an exemplary model for those who hoped in God and the day-after and remembered God a lot".**

**And if you didn't abide, and I didn't abide by our Prophet Al- Mustafa Mohammad's commandments..... Who would!!!!**

**"My recommendations are: don't make to God a partner (polytheism) and don't lose the commandments of Mohammad (PBUHH)..... I am yesterday your friend, and today I am your advisor and tomorrow I depart you, God forgive you and me".**

**Lebanon -Beirut**  
**3<sup>rd</sup> of Muharram al-haram 1417**

**Sami Bin Hassan Khadra**

**INDEX**

Introduction

.....

2

The Prophet's Commandments in the  
the Human society Relationships among

.....

. 4

when Intending The Prophet's Commandments  
Sleep ..... 15 to

The Prophet's Commandments for Marriage and  
Children ... 17

The Prophet's Commandments in the Table  
Etiquette ..... 20

Commandments for the Dead and The Prophet's  
24... what is related

The Prophet's Commandments in Prayers  
..... 27

The Prophet's Commandments in  
Travel..... 29

The Prophet's Commandments in the  
garments..... 31

Finally

.....  
33

Index

.....  
34

