

CHAPTER THIRTY FIVE

House work ¹

O Allah (The Exalted) bless our master Muhammad (may Allah bless him and grant him peace) to the fullness of Your Seven Seas.

Housework may actually help relieve stress, according to Dr. Michael Crabtree, professor of psychology at Washington & Jefferson College in Washington, Pa. "Stress comes from not completing tasks," says Crabtree, a licensed clinical psychologist and a certified biofeedback therapist. "As soon as you start doing housework, you lose that sense of dread that you are not doing the things you need to do. When you're done with housework, you feel a sense of accomplishment. You got something done, whether that housework was doing a load of clothes or cleaning the bathroom or scrubbing the floors."

Doing housework also could be considered physical activity, which reduces stress and can help burn calories. "It's possible to get an exercise benefit from doing housework vigorously. It adds to the overall calorie expenditure and is now included in some health recommendations as a way to get at least 30 to 45 minutes a day of moderate physical activity," says Peg Jordan, author of "Fitness: Theory & Practice" and editor of the Aerobic and Fitness Association of America's American Fitness Magazine. ⁱ

Doing the house work is better than most therapies and medicine. Ninety percent of patients become well by fifteen days. If someone has shoulder, arms and hand pain they should do start doing the house chores, Insha-Allah within days you will see the difference. This method is better than most medication. According to a clinical professor, Doctor Inch Kirk Waston, who has been using this method for the past fifteen years on his patients. By fifteen days ninety percent of the patients become fit. ⁱⁱ

Abu Sa'eed Khudri (may Allah be pleased with him) states, "The Prophet (may Allah bless him and grant him peace) would do the housework with his own blessed hands. He would sit with his servants and eat with them and would assist the servants with their jobs." ⁱⁱⁱ

'Abd-Allah bin Aamir (may Allah be pleased with him) states, "Once the Prophet (may Allah bless him and grant him peace) strap broke off his blessed shoes and he was repairing it with his own hands. I requested, 'O Prophet of Allah (may Allah bless him and grant him peace) give it to me I will repair it'. On my request he said, 'Of course you will repair it but I do not like to show my status by getting my jobs done by you'.

The companions would request the Prophet (may Allah bless him and grant him peace) time and time to let them carry out the jobs, the Prophet (may Allah bless him and grant him peace) would say, 'I do not like to live amongst you as a great person.' ^{iv}

ⁱ Health benefits to doing housework, By Steve Infanti, Scripps Howard News Service

ⁱⁱ Human and science

ⁱⁱⁱ AsShifa

^{iv} Zurqaani

¹ See Volume One, Chapter Sixty for this Sunnah