



NURTURING OF CHILDREN

*Part 5-
Physical Nurturing*



*Dealing with : Smoking, Masturbation, Intoxicants,
Impermissible relationships*

*SPIRITUAL LIGHT
TRANSLATION OF TARBIYATUL AULAAD FIL ISLAM*

Contents

PHYSICAL NURTURING	2
(2) Parents Must Provide Healthy Eating, Drinking and Sleeping Conditions	2
(3) Children must be Kept Safe from Contagious Diseases	3
(4) A Sick Person must look for Cure	4
(5) Children must protect themselves from Harm and protect others from their Harm	4
(6) Children must be habituated to Exercise and Horse Riding	4
(7) Children should not be allowed to fall into Luxury	5
(8) Children must not develop an un-caring Attitude	5
HABITS FOUND IN YOUNGSTERS NEARING MATURITY	7
(1) Smoking	7
(2) Masturbation	8
(3) Drugs and Intoxicants	10
THE HARMS OF INTOXICANTS	11
THE DECREE OF ISLAAM REGARDING INTOXICANTS	11
WHAT CAN ONE DO TO PROTECT ONE’S CHILDREN FROM GETTING ADDICTED TO DRUGS AND OTHER INTOXICANTS	12
(4) PRE-MARITAL RELATIONSHIPS, ADULTERY AND LESBIANISM	13
GENERAL PRECAUTIONARY MEASURES IN THE FIELD OF GOOD NURTURING	17

PHYSICAL NURTURING

Parents and mentors are also responsible to see to the health and physical nurturing of the children under their care, ensuring that their children grow up healthy, fit, energetic and full of life. For this end, Islam has outlined the following principles:

(1) Expenses are Compulsory upon the Father

Allaah Ta'ala says:

وَعَلَى الْمَوْلُودِ لَهُ رِزْقُهُنَّ وَكِسْوَتُهُنَّ بِالْمَعْرُوفِ (البقرة)

'It is the duty of the fathers to feed and clothe them with correctness and courtesy.'

The *shari'ah* has given great importance on spending freely upon one's family. For example, Rasulullaah (sallallaahu alayhi wa sallam) said:

كفى بالمرء اثماً ان يضيع من يقوت (ابو داؤد)

'It is sufficient to make a man a sinner that he remains oblivious to the needs of those under him.'

Included under the command of spending on one's family, is to ensure they receive healthy living quarters, good clothing, and nutritious food. This will save them from an unhealthy environment and being susceptible to innumerable sicknesses.

(2) Parents Must Provide Healthy Eating, Drinking and Sleeping Conditions

Rasulullaah (sallallaahu alayhi wa sallam) advised that one should avoid eating to one's fill. Regarding drinking, Rasulullaah (sallallaahu alayhi wa sallam) ordered that one should not drink in less than two or three sips. Nor should one breathe in the utensils or drink while standing.

Rasulullaah (sallallaahu alayhi wa sallam) said:

"Do not drink in one sip like a camel. Rather take at least two or three sips. Take Allaah's name before drinking and praise Allaah after drinking." [Jaami' at-Tirmidhi]

“Never drink whilst standing. If one forgets and does so, he should vomit it out.” [Sahih Muslim]

*** From this we can understand how despicable the act of standing and drinking is. Unfortunately, majority of Muslims today remain unmindful of this *sunnah*.

Regarding sleeping, Rasulullaah (sallallaahu alayhi wa sallam) advised that one sleeps on his right side. Sleeping on the left side is detrimental to the health. Rasulullaah (sallallaahu alayhi wa sallam) said:

“Before going to bed, make *wudu*’. Lie down on your right side, recite the following *du’a*’ and do not speak thereafter:

اللَّهُمَّ أَسْلَمْتُ نَفْسِي إِلَيْكَ ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ ، وَفَوَّضْتُ أَمْرِي إِلَيْكَ ، وَأَلْجَأْتُ ظَهْرِي إِلَيْكَ ،
رَغْبَةً وَرَهْبَةً إِلَيْكَ لَا مَلْجَأَ وَلَا مَنَاجَا مِنْكَ إِلَّا إِلَيْكَ ، أَمَنْتُ بِكِتَابِكَ الَّذِي أَنْزَلْتَ ، وَنَبِيِّكَ الَّذِي
أَرْسَلْتَ (بخاری، مسلم)

‘O Allaah! I hand myself over to You and turn solely towards You. I place all my affairs in Your hand and take only You as my support. I fear You only and have hope in You only. There is no refuge except with You. I bring Imaan on the book You have revealed and on the Messenger which You have sent.’” [Sahih al-Bukhaari, Sahih Muslim]

(3) Children must be Kept Safe from Contagious Diseases

Jaabir bin ‘Abdullaah (radiyallaahu anhu) has narrated that a man afflicted with leprosy was also present when the tribe of Thaqif came to Rasulullaah (sallallaahu alayhi wa sallam). Rasulullaah (sallallaahu alayhi wa sallam) sent the following message to him:

“Return to your tribe. We have accepted your allegiance.”

Rasulullaah (sallallaahu alayhi wa sallam) also said:

“Avoid the leper as you would avoid the lion.” [Sahih al-Bukhaari]

A sick man (with a contagious disease) should not come in the presence of those who are healthy. Parents should ensure that children with contagious diseases be kept in confinement. These ahaadith give us some idea of how concerned Rasulullaah (sallallaahu alayhi wa sallam) was for the health of children.

(4) A Sick Person must look for Cure

Rasulullaah (sallallaahu alayhi wa sallam) has said:

لكل داء دواء فاذا اصاب الدواء الداء برأ بإذن الله عز وجل (مسلم, احمد)

“For every illness there is a remedy. When the sickness finds its remedy, the ill person will be cured by the will of Allaah Ta’ala.”

Laxity should never be shown in searching for cures for children. Searching for a cure is a command of the *shari’ah*.

(5) Children must protect themselves from Harm and protect others from their Harm

Rasulullaah (sallallaahu alayhi wa sallam) said:

لا ضرر ولا ضرار في الاسلام

“Do not harm yourself, nor cause harm to others.” [Ibn Maajah]

In the light of this hadith, the importance of looking after one’s health is realized. Thus all foods, fruits etc., which cause harm to the body should be avoided and removed from the diet, e.g. unripe fruits, eating fruits without washing them, overeating, eating without cleaning one’s hands, not washing the hands after eating, blowing in ones food to cool it down, etc. These actions lead to various illnesses and should be totally abandoned.

(6) Children must be habituated to Exercise and Horse Riding

Rasulullaah (sallallaahu alayhi wa sallam) said:

المؤمن القوى خير و احب الى الله من المؤمن الضعيف (مسلم)

“A strong believer is more beloved to Allaah than a weak believer.”

عليكم بالرمي فانه من خير لهوكم (طبرانی)

“Learn archery, for this is the best form of play.”

After reciting the verse:

وَأَعِدُّوا لَهُمْ مَا اسْتَطَعْتُمْ مِنْ قُوَّةٍ (الانفال)

Rasulullaah (sallallaahu alayhi wa sallam) explained it saying,

“Strength is in archery. Strength is in archery.”

Rasulullaah (sallallaahu alayhi wa sallam) said,

“Competition is not allowed except in camel or horse racing and in archery.”

NOTE: Whatever means are available to prepare for *jihad* should be utilized and children should be encouraged to take up these fields.

(7) Children should not be allowed to fall into Luxury

Mu'aadh bin Jabal (radiyallaahu anhu) narrates from Rasulullaah (sallallaahu alayhi wa sallam):

اياكم والتنعيم فان عباد الله ليسوا بالمتنعمين (احمد , ابو نعيم)

“Abstain from luxury, since Allaah’s servants do not chase after luxury.”

There is for us the best of examples in the simple lifestyle of Rasulullaah (sallallaahu alayhi wa sallam). He chose simplicity in his food, drink, living quarters and every other facet of his life. This was so that his *ummah* could be saved from falling into the clutches of unnecessary luxury. It is a known fact that when the *ummah* starts chasing after luxury, they will soon fall from their mantle of glory, become subservient to the *kuffaar* and will become afraid of *jihad*. This was the very reason why the Muslims of Spain lost everything.

(8) Children must not develop an un-caring Attitude

Rasulullaah (sallallaahu alayhi wa sallam) said:

احرص على ما ينفعك واستعن بالله ولا تعجز (مسلم)

“Aspire for that which is beneficial, seek Allaah’s aid and never lose hope.”

There are many other such ahaadith that discourage laziness, hopelessness, and a cowardly attitude. Parents should endeavor to build

up the spirit and courage of their children and protect them from that which creates cowardice within them.

HABITS FOUND IN YOUNGSTERS NEARING MATURITY

- (1) Smoking
- (2) Masturbation
- (3) Drugs and Intoxicants
- (4) Adultery and Lesbianism

(1) Smoking

This habit has reached epidemic levels amongst the youth. Only those that have complete control over their passions are saved from this filthy habit. They are but a handful. Smoking has disastrous effects, amongst them are:

(a) **Weak Health:** Doctors view smoking as a major cause of cancer, it weakens the memory, leads to loss of appetite, causes the teeth and complexion to turn yellowish, makes the body frail and spoils the character. It also leads to laziness and dampens one's spirit.

(b) **Squandering Wealth:** A man of average income could easily be spending about a quarter of his wages on cigarettes. An insufficient income leads to fights, arguments and splits within a family. Unfortunately, majority do not see things this way and are not prepared to quit.

SHAR'I INJUNCTION REGARDING SMOKING

(1) The *fuqahaa'* are unanimous on the fact that anything which generally causes harm to the body falls within the category of prohibited items.

Allaah Ta'ala orders:

وَلَا تُلقُوا بِأَيْدِيكُمْ إِلَى التَّهْلُكَةِ (البقرة)

'Do not cast yourselves into destruction.'

Rasulullaah (sallallaahu alayhi wa sallam) said: "Do not harm yourselves, nor cause harm to others." (*Musnad Ahmad*)

In the light of the above, the prohibition regarding smoking can easily be understood.

(2) Smoking is regarded by all who are of moderate temperament to be a filthy habit. It harms the body and spoils the breath. Allaah Ta'ala has chosen for man that which is pure, and has ordered us to abstain from that which causes harm. Allaah Ta'ala orders:

وَلَا تَتَّبِعُوا الْهَيْبَةَ بِالطَّيِّبِ (النساء)

'And do not substitute bad things for good.'

وَيُجِلُّ لَهُمُ الطَّيِّبَاتِ وَيُحَرِّمُ عَلَيْهِمُ الْخَبَائِثَ (الاعراف)

'He makes good things halaal for them and bad things haraam for them.'

(3) Together with the above, smoking causes the mind to become lame. Rasulullaah (sallallaahu alayhi wa sallam) ordered that all things which lead to the mind becoming lame should be abandoned.

SOLUTION

The government should take the first step by propagating the harms of cigarettes through the newspapers, radio stations, posters, etc. Heavier taxes should be levied on its sale and public places should be marked as non-smoking zones.

Addicted smokers should reflect that they will have to appear before Allaah Ta'ala. Allaah Ta'ala is All-Seeing and All-Hearing. Allaah Ta'ala remains watching while they waste their time away.

(2) Masturbation

This curse generally settles upon those approaching maturity. The main cause behind it is the nudity and immorality they see every day. Girls with scant clothing who advertise their bodies force young men to resort to this extremely harmful action. If a child has not acquired that amount of awareness of the presence of Allaah Ta'ala, which will push him away from sin, he will find in front of him nothing but one of two avenues, either he will shame himself by committing fornication, or he will attempt to pacify his passions through masturbation.

THE HARMS OF MASTURBATION

A habitual masturbator falls prey to the following:

Physical health deteriorates - the body becomes weak and thin accompanied by faint-heartedness, weakness of memory, indigestion and swelling of the lungs. Finally, the blood-flow gets affected.

Sexual health deteriorates - It eventually leads to impotency, which deters many youngsters from getting married. If by chance they do get married, their wives many a time, end up becoming frustrated and enter into unlawful relations with others.

Mental health deteriorates –Psychiatrists are unanimous upon this that a masturbator suffers severe mental illnesses amongst which are, insomnia, weakness of memory, lethargy, preference for solitude, shyness and lack of confidence.

HOW TO THROW OFF THIS HABIT

(1) Get married early

(2) Voluntary fasting - In the event where marriage is not feasible, Islam has ordered that one should fast with constancy. Fasting pacifies carnal lust and increases the love for Allaah Ta’ala.

(3) Abstain from whatever arouses one’s passion - It is incumbent upon the mentor to educate those under him that:

(a) They should not look at woman wearing scant clothing

(b) They should not read filthy, explicit novels and magazines nor listen to the pornographic music and indecent songs that are aired over the radio.

(4) Engage in fruitful activities - Youngsters should be encouraged to spend their time in beneficial activities. There are plenty of such activities available. Physical exercise, sensible reading, religious lessons, archery and marksmanship are just a few of what one may engage in.

(5) Keep good company - Man follows the way of his friends and adopts their habits. The character of one may be realised from the friends he keeps. ‘Birds of a feather flock together.’

Rasulullaah (sallallaahu alayhi wa sallam) said:

المرء على دين خليله فلينظر احدكم من يخال (ترمذی)

“Man follows the ways of his friends. You should thus be careful of what company you choose.” [Jaami‘ at-Tirmidhi]

It is only natural that a man who spends the major part of his life with ruffians, *fussaaq* and transgressors will have their qualities rubbed onto him and these will pull him away from good. Their friendship is based purely on worldly motives, whereas the friendship of the pious is based on sincerity.

(6) Adopt the following medical advice (to curb one's sexual passion):

- Have cold baths during hot days.
- Exercise regularly.
- Abstain from hot, spicy foods.
- Cut down on coffee, tea, chicken, eggs and all invigorating beverages.
- Do not lie on the stomach or on the back. Rather sleep on the right hand side.

(7) Create within one the awareness and fear of Allaah Ta'ala

Any person with this quality will naturally avoid all sinful and harmful acts. Gatherings of *'ilm* and *dhikr*, being punctual with *fard* and *nafl salaah* as well as recitation of the Qur'aan, *tahajjud*, listening to events from the lives of the Sahaabah (radiyallahu anhum), good company and reflecting over death and what happens thereafter; all develop the fear of Allaah Ta'ala within one and awareness of Him.

(3) Drugs and Intoxicants

The harms of drugs and intoxicants are clearer than daylight. It has spread like a plague amongst the youth and is even being found amongst the elderly. Hereunder three aspects of this evil are discussed.

- (a) Its harms
- (b) The law of Islam regarding it
- (c) The way to rid oneself of this habit

THE HARMS OF INTOXICANTS

(1) Health-wise: Health experts have unanimously stated that intoxicants weaken the memory, lead to insanity and creates complications in the intestines and other organs.

A French report explains that intoxicants kill more people than many major ailments. In 1955, 17 000 French nationals died due to liquor related causes, whereas 12 000 died due to tuberculosis.

(2) Financial harms: Intoxicants eat up the majority of one's income, more than any other daily necessity.

(3) Harm on one's character: Addicts soon fall into much worse evils, for e.g. speaking lies, cowardice, theft, illicit relations; things which destroy his life in this world as well as his hereafter. It is a proven fact that intoxicants have been introduced in Muslim countries solely to destroy the character of the Muslim youth and to weaken the spirit of *Jihaad*. At present, Egypt is drowning in this filth.

THE DECREE OF ISLAAM REGARDING INTOXICANTS

Islam has declared all intoxicants *haraam*. Severe warnings have been given in this regard. Allaah Ta'ala says:

يَا أَيُّهَا الَّذِينَ آمَنُوا إِنَّمَا الْخَمْرُ وَالْمَيْسِرُ وَالْأَنْصَابُ وَالْأَزْلَامُ رِجْسٌ مِنْ عَمَلِ الشَّيْطَانِ فَاجْتَنِبُوهُ
إِنَّمَا يُرِيدُ الشَّيْطَانُ أَنْ يُوقِعَ بَيْنَكُمْ الْعَدَاوَةَ وَالْبَغْضَاءَ فِي الْخَمْرِ وَالْمَيْسِرِ لَعَلَّكُمْ تَفْلِحُونَ
وَيَصُدَّكُمْ عَنْ ذِكْرِ اللَّهِ وَعَنِ الصَّلَاةِ فَهَلْ أَنْتُمْ مُنْتَهُونَ (المائدة)

'You who believe! Wine and gambling, stone altars and divining arrows are filth from the handiwork of shaytaan. Avoid them completely so that hopefully you will be successful.'

Rasulullaah (sallallaahu alayhi wa sallam) said:

لعن الله الخمر شاربيها وساقبيها ومبتاعها وبائعها وعاصرها ومعتصرها وحاملها والمحمولة اليه
(ابوداؤد)

"Allaah has cursed everything linked to liquor; the drinker, the supplier, the buyer, the seller, the manufacturer, the one who delivers it and the one who orders it."

Umm e Salamah (radiyallaahu anha) (the wife of Rasulullaah (sallallaahu alayhi wa sallam)) narrates:

نهى رسول الله صلى الله عليه وسلم عن كل مسكر ومفتر (احمد)

Rasulullaah (sallallaahu alayhi wa sallam) forbade all types of intoxicants, (irrespective of what it is made from).

WHAT CAN ONE DO TO PROTECT ONE'S CHILDREN FROM GETTING ADDICTED TO DRUGS AND OTHER INTOXICANTS

(a) From young, the filthy nature of these items must be embedded in the mind and heart of the child. The mere mention of these items should disgust the child.

(b) The government must play its role to ensure the streets stay clean of this filth and they should make it as difficult as possible to acquire such substances.

(c) The punishments laid out by Islam for taking intoxicants must be implemented.

(4) PRE-MARITAL RELATIONSHIPS, ADULTERY AND LESBIANISM

Due to the filthy environment we find ourselves in, many youngsters find themselves being drawn towards fulfilling their sexual lust as soon as they mature. If measures are not taken in advance, these youngsters can soon spoil their youth and their parents can do nothing but cry.

Hereunder three aspects of this evil are discussed, viz.

- (1) The terrible consequences of this evil
- (2) Islam's decree with regard to it
- (3) How to avoid falling into this evil

(1) THE TERRIBLE CONSEQUENCES OF THIS EVIL

Physical Harms:

(a) Syphilis: The symptoms of this illness are the swelling of either the penis, lip, tongue or the eyelids. Thereafter, white spots appear on various parts of the body. Paralysis and loss of eyesight can occur due to this disease.

b) Leucorrhoea or Gonorrhoea: The major symptom of this disease is a severe burning feeling when urinating, or the excretion of pus from the private organs. At times, the passage through which the urine flows becomes blocked. If not checked in time, this condition could lead to death.

c) The spreading of contagious diseases: Rasulullaah (sallallaahu alayhi wa sallam) said, "When adultery will be rife, Allaah will afflict the people with diseases unheard of." (An example of this is Aids).

Social Harms:

Lineage no longer remains protected and the relationship between spouses turns sour, family unity gets torn to pieces, shamelessness flourishes in that area and the noble are put to shame. The immodesty of the people of that area soon opens the doors for its destruction. Allaah Ta'ala says:

وَإِذَا أَرَدْنَا أَنْ نُهْلِكَ قَرْيَةً أَمَرْنَا مُتْرَفِيهَا فَفَسَقُوا فِيهَا فَحَقَّ عَلَيْهَا الْقَوْلُ فَدَمَّرْنَاهَا تَدْمِيرًا (الاسراء)

'When we desire to destroy a city, We send a command to the affluent in it and they become deviant in it and the Word is justly carried out against it and We annihilate it completely.' [Surah al-Israa' (the Night Journey) 17:16]

ISLAAM'S RULING REGARDING ADULTERY AND HOMOSEXUALITY

Adultery is *haraam*. Allaah Ta'ala says regarding it:

وَلَا تَقْرَبُوا الزَّيْنَىٰ إِنَّهُ كَانَ فَاحِشَةً وَسَاءَ سَبِيلًا (الاسراء)

'And do not go near to fornication. It is an indecent act, an evil way.'

Rasulullaah (sallallaahu alayhi wa sallam) said:

(a) "An adulterer does not remain in a state of true *Imaan* while involved in adultery." [Sahih al-Bukhaari, Sahih Muslim]

(b) "The face of the adulterer will burn in *jahannam*." [Tabaraani]

(c) "A nation involved in adultery and interest invites Allaah's punishment." [Mustadrak Haakim]

Regarding homosexuality, Allaah Ta'ala says:

أَتَأْتُونَ الذُّكْرَانَ مِنَ الْعَالَمِينَ وَتَذَرُونَ مَا خَلَقَ لَكُمْ رَبُّكُمْ مِنْ أَزْوَاجِكُمْ بَلْ أَنْتُمْ قَوْمٌ عَادُونَ (الشعراء)

'Of all beings, do you lie with males, leaving the wives Allaah has created for you? You are a people who have overstepped the limits.'

Rasulullaah (sallallaahu alayhi wa sallam) cursed the homosexual with the following words, "Curses upon the one who imitates the actions of the nation of Nabi Lut! Curses upon the one who imitates the actions of the nation of Nabi Lut! Curses upon the one who imitates the actions of the nation of Nabi Lut!" [Mustadrak Haakim]

THE PUNISHMENT FOR ADULTERY

(a) Lashing

(b) Stoning to death

(a) An unmarried man or women found guilty of adultery will be lashed one hundred times. Allaah Ta'ala commands:

الرَّانِيَةُ وَالرَّانِي فَاجْلِدُوا كُلَّ وَاحِدٍ مِنْهُمَا مِائَةً جَلْدَةٍ (النور)

'A woman and a man who commit fornication: flog both of them with one hundred lashes.'

According to the *Ahnaaf*, the offender can also be exiled after lashing if there is added benefit in it. According to the other *madhaahib*, exiling is part of the punishment that must be meted out, irrespective of whether the state wishes to do so or not.

(b) A married man or woman guilty of infidelity will be stoned to death. Rasulullaah (sallallaahu alayhi wa sallam) clearly mentioned,

“The blood of whosoever bears witness that there is none worthy of worship but Allaah and I am the messenger of Allaah will not be spilt (i.e. he will not be killed) except in three cases; if found guilty of adultery, *Qisaas* (Punishment for taking the life of another unjustly), due to becoming an apostate.”

It is proven from authentic ahaadith that Rasulullaah (sallallaahu alayhi wa sallam) issued the command of stoning Maaiz bin Maalik (radiyallaahu anhu), and Ghaamidiya (radiyallaahu anha) after they had confessed to committing adultery.

PUNISHMENT FOR HOMOSEXUALITY

The '*ulemaa*' are unanimous that homosexuality is just like adultery (*zinaa*'). The only difference is regarding its punishment. 'Allaamah Baghawi (rahimahullaah) has written that according to some, the punishment is the same as that of *zinaa*'. This is the more famous of the two opinions quoted from Imaam Shafi'i (rahimahullaah). According to others, a homosexual must be stoned to death irrespective of whether he is married or not. This is the view of Imaam Maalik (rahimahullaah) and Imaam Muhammad (rahimahullaah). The second view quoted by Imaam Shafi'i (rahimahullaah) is that such a person should be killed.

According to the *Ahnaaf*, the Imaam (Muslim leader) may choose any punishment he sees fit. If the guilty party repeatedly commits this heinous act, he will be killed.

REMEDY

The remedy for this illness is the same as that for masturbation, with only one addition, i.e. to realise that the rectification of the latter part of this

ummah will only take place when those methods are employed which led to the rectification of the first part of this *ummah*. It should be borne in mind that only when the entire *shari'ah* is implemented can anything be accomplished. 'Umar (radiyallaahu anhu) has aptly said, "We are a nation whom Allaah has honoured with Islam. If we search for honour anywhere else, Allaah Ta'ala will surely disgrace us."

GENERAL PRECAUTIONARY MEASURES IN THE FIELD OF GOOD NURTURING

- (1) Keep poisonous materials under lock and key
- (2) Get rid of medicines not needed
- (3) Keep all instruments of heat away from children
- (4) Keep sharp items out of reach
- (5) Forbid children from playing harmful games
- (6) Windows must be secure and safe ensuring that children in no way whatsoever fall through them
- (7) Remain alert when using electrical appliances
- (8) Back doors should never be left unlocked
- (9) When closing doors, etc, ensure that children are not nearby. It should not happen that their fingers get stuck.

In a nutshell, these are the guidelines outlined by Islam to ensure a balanced physical nurturing. By applying these principles, it is not far-fetched that once again we could be removed from the darkness of ignorance and taken into the light of Islam. Nothing is difficult for Allaah Ta'ala.