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Not Wearing Deodorant

B.O. can mean many things, including box office, bowel obstruction, Baltimore and Ohio Railroad, bacterial overgrowth, and the Born-Oppenheimer approximation in physics. It's also the name of a language spoken by the Bo people of Laos, a French rugby union club, a German rock band, and a village in Hungary.

B.O., as in body odor, also known as *bromhidrosis*, is what you get if you don't keep your body clean. Here's how it happens. You sweat when your body overheats or you get stressed. That sweat contains proteins and carbohydrates that mix with the bacteria on your skin and, voilà!, you have B.O. Bathing washes away the bacteria and helps *control* the smell.

Some B.O. has a pleasant smell, giving us all a unique and hopefully beguiling odor. And here's the best part: B.O. can be used to identify people, though dogs more often do this than do humans. Still, it might be fun to try.

Okay, now let's talk armpits. They are by nature a particularly bad smelling area. And that's where deodorant comes in. About all we can say about armpits is that if they smell—and you'll know without doubt when they do—wash them, buy deodorant, and use it.

B.O. is one result of poor personal hygiene practices; that is, the things you do for your personal health and well-being. Besides smelly armpits, poor hygiene will get you stinky feet, bad breath, and rotten teeth, not to mention a generally disheveled look because you don't trim your nails or wash and comb your hair. If any of this sounds familiar, consider these dos and don'ts. Your friends—particularly girlfriends and boyfriends—will be glad you did.

Personal Hygiene Dos and Don'ts

- Stock up on soap, shampoo, floss, a toothbrush, tooth paste, deodorant, nail clippers, mouthwash, a razor, shaving cream, and lest we forget, toilet paper.
- Use them!

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