



Simple Ways to Save Environment

DR. ASHOKKUMAR L. PATEL

(H.O.D. Sanskrit)

Akhand Anand Arts & Commerce College, Ved Road Surat.
Gujarat (India)

Abstract:

Within the overall biosphere, or ecosystem, there are smaller ecosystems like the rainforests, marine ecosystems, the desert and the tundra. When any of these systems are off kilter, it impacts the entire planet. All of the environmental problems that exist have far-reaching implications for the health of our planet and its inhabitants. For example, global warming causes a rise in sea levels which effects marine life. The rising sea levels also cause land erosion which harms the habitats of animals living by the coast. Global warming also melts polar caps and leads to arctic shrinking. This endangers the polar bears and other arctic wildlife. Since the icecaps are made of fresh water, they will throw off the saline levels in the ocean which will affect ocean currents. Furthermore, the ice caps reflect light. As they disappear the Earth will get darker and absorb more heat increasing the Earth's temperature.

Keywords: *Global warming, Earth, Ecosystems, Environment*

1. Introduction

June 5 is celebrated as the Environment Day all over the world its message is: 'Save the Environment.' Now let's find out the possible remedies for saving the environment. First of all, in order to save the environment, we must control pollution. It's our greatest enemy. There are various



kinds of pollution, such as, air pollution, water pollution and noise pollution. Let's study the reasons for pollution and how it can be prevented. Although the term "Environment" is vast and varied, the basic modeling is combined by the physical environment and the biological life forms. Thanks to us humans and our never ending demands, ***the environment is now facing a number of problems*** that include Global warming, Ozone Depletion, Pollution in every form possible and

population. The Earth's biosphere can't take no more and it's high time we did our bit to save the environment.

2. A few ways you could contribute to save Environment

2.1 Quit smoking

Smoking is one of the major indoor air pollutant and many people still have this life threatening habit. Although you want to continue with this habit and harm your health, it is definitely unfair to put the health of people around at stake. Prevent passive smoking by not smoking in indoors and while travelling in public transports etc.

2.2 Say no-no to plastic

Despite of every one quite aware about Plastic bags being one of the biggest contributors to global warming, we still use them quiet carelessly and throw them away with organic waste or dump them in the land fill sites. It takes almost 500 years for a plastic bag to decompose and in the process it

creates many harmful gasses; so reducing the use, recycling and reusing the plastic is very important to combat global warming.

2.3 Add house plants to your home

A House plant not only adds to the esthetics of a room but also helps in maintaining temperature by adding moisture to the air and reduces airborne bacteria, fungi and other unhealthy pollutants. Plants renew the stale indoor air by replacing carbon dioxide we exhale with life sustaining oxygen. Two house plants per 100 sq feet will detoxify the air better than any disinfectant spray or air freshener. The pollutants are absorbed through the leaves of the plants, so it is advised to keep the leaves clean and have good air circulation around them. Since the filtration of the air is done by leaves, the fast growing plants are seen to give better results.

Bugs' coming to the plants is a real time problem and can be solved very effectively by using a green spray which is prepared by soaking citrus rind (lemon, orange) in water for 3-4days. Remove citrus rind and pore the water into a spray pump to spray on plants. Rose leaves can also be added to the solution to add fragrance.

2.4 Start your day early

In ester times people used to wake up early so that they can finish all the work to be done before sunset. But now with the presence of electricity and artificial lighting one does not see any need in waking up early. From the reports 35% of the energy consumed in a house in India is consumed in lighting a house after sun set. So, waking up early is not only going to keep you healthy but also will make you save energy and cut down your electricity bills.

2.5 Conserve water

Water is one basic need to live life and it is becoming an ever scarcer resource. One should opt for an apartment which has water harvesting or if you have your own personal house then, get the water harvesting system installed. Switch to the latest low flush toilets, use shower wisely and run your washing machine and dish washer to the full load only, to decrease wastage of water.

2.6 Conserve electricity

It is better to switch to Fluorescent light bulbs as they consumes 75% less energy and have more life time in comparison to incandescent light bulbs. Make it a point to defrost your food before you microwave it and let the food cool down to room temperature before putting it into the refrigerator. Be sure to unplug your machines like TV , computer etc before leaving for a trip because stand-by functions in them consumes electricity even if they are turned off. Switch your garden light to solar lights when possible for you. If you are buying a new refrigerator, air –conditioner or any other electrical appliances you should check the star rating as energy efficient systems with higher star rating consume 10-50% less water and electricity.

2.7 Kitchen waste management

It seems little disgusting to do the kitchen waste management but the advanced products in the market have made it quite easy. A stainless steel kitchen composter with carbon filters is readily available in the market which makes the whole process odor less. The compost generated acts as fertilizer so can be used in house plants.

2.8 Use Public transportation

According to studies 30% of carbon-dioxide is added to the environment by private transportation. We understand that using public transportation is not convenient all times but, one can always car pool. Try the option of taking a walk if you have to pick bread from the grocery store or travel a

small distance. Your little effort will help in reducing the demand of petrol and traffic on roads and will also better your physical health.

2.9 Save trees by reducing the use of paper

If you are still used to buying the old fashioned newspaper, it's high time you switch to the internet for news. Try to reuse one side printed paper by cutting into two halves, to use them for writing your grocery list or making other notes. Replace the use of paper tissues by using hand towels.

3. Environment - how can we help protect it?

Our planet is changing. We need to help it change for the better and we're asking for your help to do that! There are a lot of things that affect our planet in a bad way but the good news is that everyone can help to reduce them and do their bit for the environment. Here's a list of important topics and with them a list of big ways that you can help. So read on and start protecting the environment today.

4. Pollution

Pollution is caused when harmful or poisonous substances are released or found in the air, rivers, seas, animals, plants or even our bodies. Now, we live on a strong planet with robust plants and hardy animals and humans - but there's only so much we can take. Unless we are using renewable energy sources such as solar panels or wind turbines, producing the electricity that powers our homes and gadgets causes pollution. Some of the petrol or diesel that we put into our cars turns into pollution, which is contained in exhaust fumes. Diesel fumes contain particulates - a fine dust, which is not good for asthmatics, for example.

"What about cow farts?" I hear you ask. Actually, I didn't hear and you probably weren't asking that but yep, that's right - we can't leave out the massive impact of farming. The livestock we rear for meat emit more greenhouse gas than the entire world's transport! The greenhouse gas that livestock produce is called methane. Methane, together with other greenhouse gases like carbon dioxide contribute to global warming by acting like a blanket surrounding the whole planet, trapping the sun's heat within the atmosphere and causing global temperatures to rise.

Chemical waste from factories and sewage works can also cause pollution that can get into our rivers and seas, which soon carry the harmful particles for miles. Litter is considered pollution as it can cause harm to wildlife and disrupt rivers, streams, seas and other habitats. Harmful chemicals can also be found in many household and garden items, from plastics to cleaning products. But all is not lost. We can all learn a few little tips to help protect the environment and its future:

4.1 How to help

- **Don't drop litter** Birds and animals can mistake litter for food. Litter can end up in rivers and block drains, or in the sea and be eaten by fish. Also, some litter will stay around for thousands of years!
- **Save it!** All of the electricity saving tips in the above section will also help reduce pollution.
- **On your bike** Instead of taking the car get your bicycle out or take the 'shoelace express' - also known as walking.
- **Pleasing products** Many household cleaning products contain harmful chemicals which are washed down the drain. Encourage your parents to buy eco-friendly products or even make your own from natural substances like vinegar and lemon juice.
- **Detectives** If you spot pollution, such as oil on the beach, report it to the local council. We can't live without it! With more than 7 billion people on earth the demand for food has never been bigger. In the UK alone we spend about £182 billion pounds a year keeping fed and watered.

The first question is - where is all this food coming from? Our food comes from all over the world - your green beans might come from Egypt, coffee maybe from Africa, perhaps your bananas have travelled from Ecuador and apples flew across the Pacific Ocean from New Zealand. All of these 'food miles' amounts to a lot of transport and transport means fuel and fuel. What else does food need to grow? Water and good soil! Plants and trees that give us fruit need to eat too you know. Some countries and farms add pesticides and insecticides to food to keep away pests and insects. These chemicals can sometimes be harmful to wildlife and their habitats and sometimes to humans too. Look at 'How to help' to find out more.

- Here in the west we eat 7 times more than people in poorer countries. And one thing we eat a lot of is meat and dairy food. What do these foods have in common? Meat and dairy food both come from animals, and animals also need food and water. And as we saw above, they also fart a lot! Livestock farts produce a greenhouse gas called methane and all this amounts to 20% of the world's climate-changing gases.
- **Reduce your mileage** eating food and drinking drinks produced in the UK reduces the carbon footprint of your diet. This means that you are helping to reduce pollution! Look at the for little red tractor on products in your supermarket.
- **Meat Free Mondays** are an easy and effective way to cut down on meat. Make one or even two of your days meat-free.
- **Eat organic** organic foods have had no insecticides and pesticides added to them which makes them that bit more natural and healthy. Eating organic food reduces how many chemicals are made and spread across the countryside.
- **Get worms!** Food waste is an important issue as 7 billion of us munch our way through millions of tonnes of food. Give your leftovers to worms in your very own wormer and they'll turn it into rich and healthy compost for your vegetable garden and flowers!
- **Washing** Always wash your hands before eating to prevent the spread of invisible bad stuff like bacteria and chemicals. It's also good to wash fruit and vegetables before eating or cooking.

5. Water

Turn on the tap and there it is. Getting water is so easy that you'd be mistaken for thinking that there was an endless supply. But the world has a water shortage. 70% of the world is covered in water - we should call our planet 'ocean' not 'earth'! But most of this water is salt water, leaving only a small percentage of fresh drinking water. Countries including Spain, Italy, Peru, China and South Africa actually import water from exporting countries such as the US, Australia and Argentina. A staggering 1.1 billion people on earth have no access to clean drinking water.

Every person in the UK uses about 150 liters of water a day - compare this to some countries where they only have 5-10 litres! Poor countries would be shocked to hear that we use drinking water to flush our toilets. There are many simple ways that we can reduce our water use. Let's have a look at how you can help:

5.1 How to help

- Get your teeth into it We brush our teeth twice a day and by turning the tap off while we brush we can save 5-10 litres of water. If every adult in the UK did this then we'd save enough water for 500,000 homes. So, kids - let's show them how it's done!
- Bottle in your loo What? Put a bottle in your loo? That's right. If it will fit, fill up a lemonade or cola bottle with water and pop it into your loo's water tank. Then when you flush and the water fills back up you'll save a bottle's worth every time.
- Rain Gain Collecting rainwater in a water butt in your garden is a great way of collecting and reusing the water to keep plants healthy in the summer.

- **Reuse** Share bath water with your family to reduce costs and water use. Or, set yourself a challenge to cut down your shower time by 1 or 2 minutes.

6. Rubbish

Let's start with a fact. Every year the UK produces 280 million tonnes of waste - that's about the same as 700,000 fully loaded airliners. We throw away unwanted food, glass bottles, plastic bottles, cans, wrappers, paper and cardboard. Can you think of anything else? Many of these things are made up of natural resources such as trees, coal, oil and aluminium and one day some of these resources will be used up completely. Over the last ten years the whole of the UK has come together to do more about this. 40% of all household waste is now recycled compared to just 11% in 2000. Do you recycle at home and at school? Why recycle? Well, this takes us back to the topic of energy. Recycling glass, paper, cardboard and plastic should save the energy it would take to make new paper, glass bottles and plastic containers. According to Recycle Now, recycling in the UK saves more than 18 million tonnes of carbon dioxide a year – equivalent to taking 5 million cars off the road. Recycling isn't a new thing either. During World War II, the British people recycled everything they could to help. Toys were made with scraps of fabric and metal pots and pans were melted down to be reused. So, is all our rubbish really rubbish? Thinking more about what we waste helps to protect the environment by saving energy, reducing pollution, cutting costs and preserving our natural resources.

- **Sort it out!** Not all of our recycling is taken by helpful dustmen. Unwanted or leftover food such as tea bags and potato peelings can be added straight to a compost heap. Plenty of minibeasts will be on-hand there to help! Little insects help break down food and plant matter and make it into scrumptious soil that plants, trees and other animals love. Many local councils now include compostable waste in their recycling collections.
- **Recycle Bank** Some councils don't collect plastics or cardboard but there is always somewhere nearby with big recycling banks where you can take them.
- **Save trees** Save trees by recycling your own paper. Paper with a clean side can be made into notepads with a simple staple or a hole to tie a piece of string. These are great for doodles and notes. If you are buying paper, buy recycled paper.
- **Fashion Statement** Give any unwanted clothes to charity shops or to a Salvation Army recycling bank. A lot of our unwanted clothes go to the homeless to keep them warm or alternatively, the clothes are sent to developing countries. There's always someone who will want that knitted jumper!
- **Would you like a bag?** If you can carry your shopping home without a bag then carry it home. If you can't why not take a bag you already have with you. Re-using bags is the cool way to shop!
- **Packaging** Packaging is a big problem for the environment because once the product is open you don't need it and it's thrown out or, if it's lucky, recycled. So avoid buying products that have a lot of paper and plastic around them.
- **Shout out** - Tell Friends of the Earth what products or companies you think highlight the problem of our trashed planet.

7. Rainforests (Deforestation)

Rainforests are valuable habitats. About half of all the species of animals and plants in the world live in rainforests and thousands of rainforest plants contain substances that can be used in medicines. The tribal people of the forests have great knowledge of them. Rainforests are also important because the huge number of plants and trees there provide us with oxygen through a process called photosynthesis and help to regulate the world's climate and atmosphere. This is why they are often referred to as the 'lungs' of the earth. Yet despite their value, an area of rainforest the size of Britain is destroyed every year, and this is called deforestation. One and a half acres are cleared every second, an area about the size of a football pitch. Rainforests now only cover 6% of

the world as we cut down the trees for materials such as paper and wood and use the land for farming and crops. Sometimes they're burnt down to make space to grow soya which is an animal feed and to grow palm oil. Palm oil is a bio-fuel used as an alternative to petrol and diesel, as well as being in 33% of products in your local supermarket! Everyone can do their bit to help reduce the need for deforestation, just follow our tips below.

7.1 How to help

- **Good wood** Tropical hardwoods such as teak and mahogany are grown in rainforests and take hundreds of years to grow so avoid any products made with these woods. It is better have products made with pine, beech, ash or oak. These trees don't come from the rainforest and can be more easily replaced as they grow a lot faster.
- **Flowers** Orchids are popular in florists, but many come from the rainforest. The UK imports millions of flowers every year and despite checks some orchids may have been taken from the wild. Check that any orchids have been grown in Britain or the EU before buying.
- **Protected Pet?** Some parrots and macaws are unfortunately still being imported into the country to be sold as pets. If you want a parrot as a pet, make sure it has been hatched in Britain.
- **Save trees** Save trees by recycling your own paper. Paper with a clean side can be made into notepads with a simple staple or you can punch a hole to tie sheets of paper together with a piece of string. These are great for doodles and notes. If you are buying paper, buy recycled paper, whether it is writing paper or toilet paper!

Some steps for saving rainforests and, on a broader scale, ecosystems around the world can be abbreviated as TREES:

- **T**each others about the importance of the environment and how they can help save rainforests.
- **R**estore damaged ecosystems by planting trees on land where forests have been cut down.
- **E**ncourage people to live in a way that doesn't hurt the environment
- **E**stablish parks to protect rainforests and wildlife
- **S**upport companies that operate in ways that minimize damage to the environment

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