

Save Our Mother Earth

By: **Helene Fatima A. Asmala**
School of Allied Medicine
Universidad de Zamboanga
Zamboanga City, Philippines

When I'm still at my very young age I am confused about so many things including the things that I can see, I even asked to myself these questions, why we're living here on Earth? Can we go to other planet and live there? Why the skies are blue? Why there are trees, plants, mountains, hills, rivers and different kind of animals, and even humans? As I grow older I realize their importance to us and start to love them. I learn that there are things here on Earth that is very important in which we need to preserve and care for it especially our mother Earth because it's a very special gift given to us.

Nowadays we can read from the periodicals, or hear from the radio and television that we're suffering from different natural calamities (such as; floods, heavy rains, landslide, etc.), sickness and many more. There are no other living things we can blame for these tragedies except us, humans. But despite of these calamities that we're experiencing there are still people who have no concern about these things, they never realize that their wrong habits can cause problem not only for them but also for the people around them. We are making our problem so we should solve for it, if not, the beautiful things that we have will all be gone, including us.

One best example of saving lives is to avoid cutting down of tress, cutting down of trees may cause floods or landslide. As we all know, trees are used in making papers, furniture and others, so, if we cut down trees we need to re-plant more than the number of trees that we have cut down. Another way is by recycling, we might use the non-biodegradable materials that we have, for instance the paper or plastic bags that we used for shopping can be kept because we might use them for other purposes, the plastic container of soy sauce, vinegar and ketchup, tin cans, can goods and others can be collected and then sell it at the junkshop, we are not only contributing in saving our Earth but we earn money as well. The biodegradable materials are also useful, for example, the drying of leaves, we don't need to burn those leaves because if we do so we are contributing to the air pollution and its one of the reason why our ozone layer becomes thicker, those decayed leaves will later become a soil. Decaying of animals, instead of throwing it to the river or anywhere else, it is more appropriate if we'll burry it, hence, it can be a source of fertilizer.

We don't have to feel hopeless, there are many ways to save our Earth, and we just need be educated and learn those things. We must start it with our self. We can never tell maybe someday other people will realize that they should follow your good doings to save our Earth.

We humans are very lucky because the things that we see around us are made for us, As Atharva Veda say that "Prayer has been made to mother Earth that she blesses us with the knowledge required to exploit the treasures of the nature but without disturbing the environmental balance." so, we should take good care of our Earth.

Self discipline is the number one and best way to SAVE OUR DEARLY MOTHER EARTH.