HOW TO SAVE THE EARTH

Macabada, Zahra B.
BS Respiratory Therapy
Universidad de Zamboanga
Zamboanga City, Philippines

Have we ever noticed that the climate change? That the air is already polluted? That the earth is slowly dying? Are we willing to save it and return it to its original form? If yes, the question is how.

There are only four ways to save the earth, first is consume less. Some people say that too much is bad. So, consume energy less, consume food less and choose to have fewer children because the pressure on earth's resources by its ever increasing human population is one of the direst issues that the planet faces. Second, realize that everything that you do contributes to the environment around you, good or bad, near or far. Third, avoid using disposable materials. Factories are the real problem. And lastly, begin to change your lifestyle, choose the habits that will help our Mother Earth like planting trees, watering plants, taking care of the endangered species, writing letters and protests to the manufacturers for them to know that you don't support mass production and unnecessary consumptions.

Saving the earth is very simple but avoiding our habits is the hardest part. But if we really have the desire to save it, we can work things out and we can achieve whatever our goal is.