## SAFEGUARDING THE EARTH WITH GENUINE HEARTS AND GOOD WORDS

Arabani, Rasul S.
BS Resperatory Therapy
Universidad de Zamboanga
Zamboanga City, Philippines

Mother Earth is a place where we live or our surrounding which includes everything from non-living to a living being. Every little thing on earth has a role to our lives. We should take care of it in order to maintain the balance in the earth. We, the people of the earth should be responsible and be an environmental-friendly.

One of the problems today is the growing population of human being in our planet. It is normal or natural for every human being to live with a big family. Because of the over population, it causes shortage of foods, spaces where to live and increase the pollution made by people. To solve this problem, we should have a family planning first to minimize or reduce the population and pollution as well.

Global warming also defined as the problem of the earth today. It is the increased in the average temperature of the earth near surface air and ocean. There is a lot of heat caused to the earth, one of the green house gases. The pollution destroys the ozone layer thereby causing global warming. We should protect our ozone layer by not burning any waste.

To conserve the natural resources of our planet earth, we should do some good things such a cleaning your place, conserving water and energy, planting trees, get involved in any organization that their main objective is to save the earth.

There are lots of problems in our planet so be responsible enough to solve our problems when it comes from our mother earth. Let's open our eyes and see our mother earth suffering from destruction, open our ears and hear our mother earth crying because of our carelessness open our hearts and minds to feel and make a difference.