

# Water and Its Importance

## Introduction

Water is an organic, transparent, tasteless, odourless and nearly colourless chemical substance. A single drop of water contains billions of water molecules.

Each water molecule is made up of one oxygen and two hydrogen atoms. So, water is represented chemically as H<sub>2</sub>O.

## Uses of water

Water is used for various things such as:

- Drinking
- Bathing
- Cleaning things
- Washing clothes
- Watering plants

## Importance of water

Water is very vital for living. It composes majority of the body of organisms. Water is habitat for many organisms. It helps regulate climates. Water shapes Earth's surface.

In human body, water

- carries nutrients to all cells and oxygen to our brain.
- allows the body to absorb and assimilate minerals, vitamins, amino acids, glucose and other substances.
- flushes out toxins and waste.
- helps to regulate body temperature.

## Safety in water

It is always fun to spend time in water. But we need to consider safety measure such as:

- Swim in areas deemed safe and that are supervised by lifeguards.
- Don't swim alone or allow anyone else to.
- Take your children to swim lessons so they can learn how to swim.
- Don't leave children unsupervised around the water.
- Do not swim in the dark
- Walk slowly and do not run in the pool area.
- Do not eat while swimming.
- Face the waves instead of turning your back to them.
- Stop swimming or boating as soon as you see or hear a storm.

## How to save water

Around the world there are people who do not have enough water for their day-to-day activities. In the other hand, we in UK have all the facilities that we need. So, we do not know the hardship of living without water and tend to spend without realising the quantity of water we waste. We can avoid that by following the simple activities mentioned below.

- Taking shorter showers.
- Installing water-saving shower heads or flow restrictors.
- Turning off the water while brushing your teeth or shaving.
- Water your lawns only when it needs it.

## Water Cycle

The sun, which drives the water cycle, heats water in oceans and seas. Water evaporates from water bodies in the form of water vapor into the air and condenses to make a cloud, the cloud then precipitates and reaches earth in the form of rain, the rain water flows back to the water bodies and starts the whole process again.

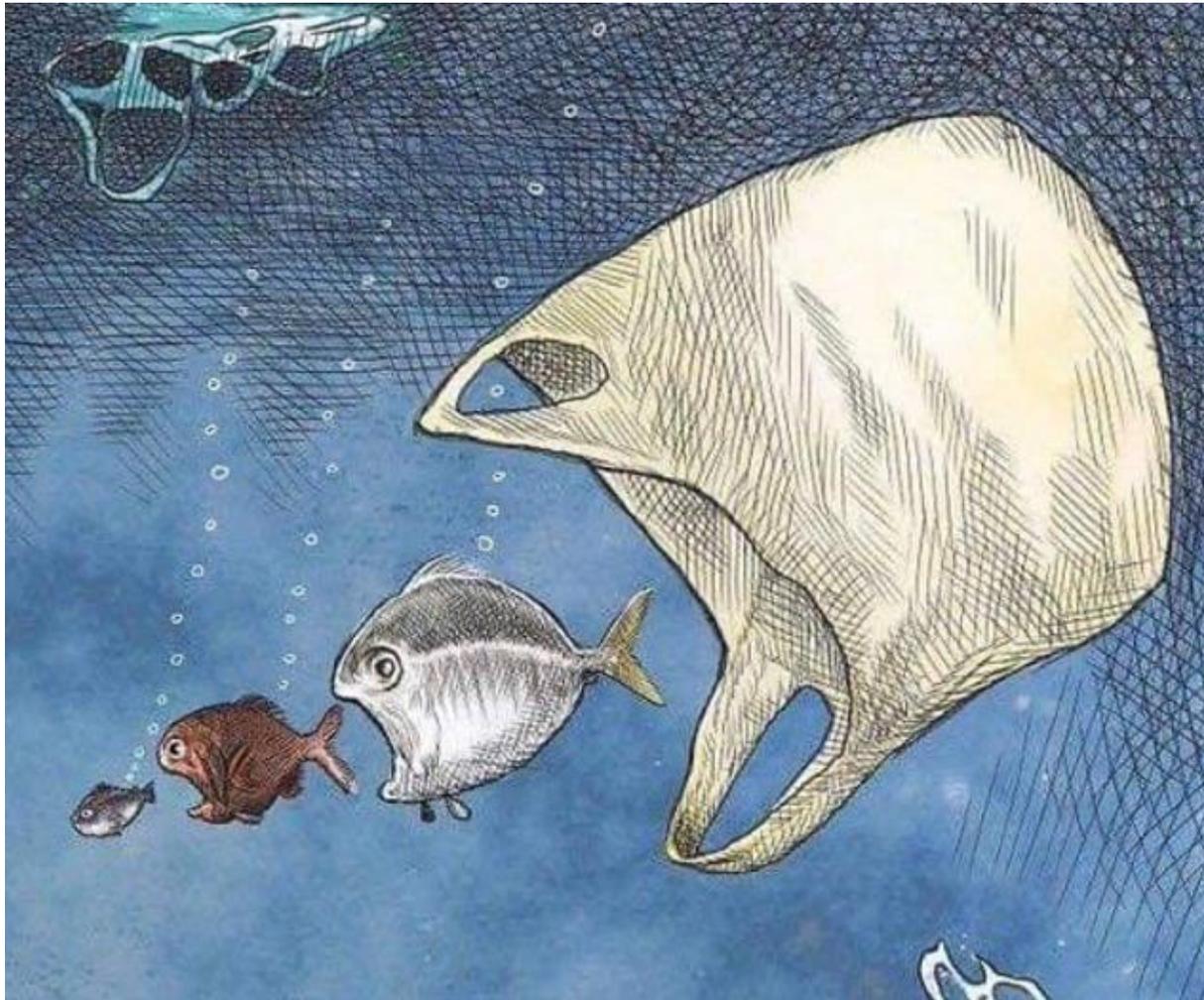


## Water Pollution

Water Pollution is the contamination of water bodies, usually as a result of human activities. Water bodies include for example lakes, rivers, oceans, aquifers and groundwater.

Contaminated water can transmit diseases such as diarrhoea, cholera, dysentery, typhoid, and polio. Contaminated drinking water is estimated to cause 485 000 diarrhoeal deaths each year. By 2025, half of the world's population will be living in water-stressed areas.

Fresh water on earth is only 2.5% of the total water when 70% of the earth's surface is covered by water. Around 70% of industrial waste is dumped to water. 80% of the water pollution is caused due to domestic sewage. More than 6 billion pounds of garbage, mainly plastic end up in the oceans every year.



God / Nature recycles the polluted water and provide us the purest form of water by rain, but we humans pollute the water and make the water creatures suffer.

Let us be the generation to bring the difference in the world by using the natural resources mindfully and to keep the world liveable for all living creatures.

By Shrishh SenthilNathan