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WATER AS LIFELINE FOR HUMANITY

The effect global warming has on the water system and the way in which it influences regional tourism.

Water for human beings.

A historical approach:

A long, long time ago, the Earth was presumed to be a flat disk surrounded by a river, Oceanus, the oldest of the Titans. Beyond it lay Hell and the Land of Dreams. Oceanus was the consort of Tethys (the goddess of water), father of all the rivers and the three thousand or more river gods.



This is a mythological lore, story that was think of people who lived in those times.

Water on the earth.

Water is so familiar in our daily life that we often forget its importance and uniqueness. It owes the extremely important role it plays on the surface of the

Earth to its very specific physic-chemical characteristics. This concerns not only the biosphere (of living beings), but also the lithosphere (the solid Earth) the surface of which it modifies all the time. Without water, there is little doubt that the Earth



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would

be just another dead celestial object. Its surface would look much like that of the Moon, with craters and a lot of dust.

Interesting facts about water used:

- Agriculture alone consumes 70% of our fresh water resources; industry and power generation some 22%. Only 8% is used for human consumption and in human health.



- Some 1.5 billion people do not have access to wholesome water.

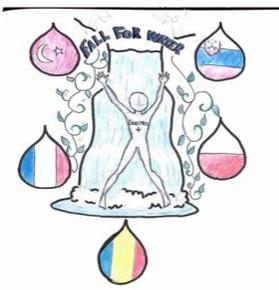
- Some 50% of the world's population do not have adequate water purification systems. More than 30 million people die every year from diseases linked to polluted water (cholera, malaria, hepatitis,...)

There is nothing more sad than brackish water, yet many people die from it.



USES OF WATER

Water is our lifeline that bathes us and feeds us.



Water

is one of the most vital natural resources for all life on Earth. The availability and quality of water always have played an important part in determining not only where people can live, but also their quality of life. Even though there always has been plenty of fresh water on Earth, water has not always been available when and where it is needed, nor is it always of suitable quality for all uses.

Water must be considered as a finite resource that has limits and boundaries to its availability and suitability for use.

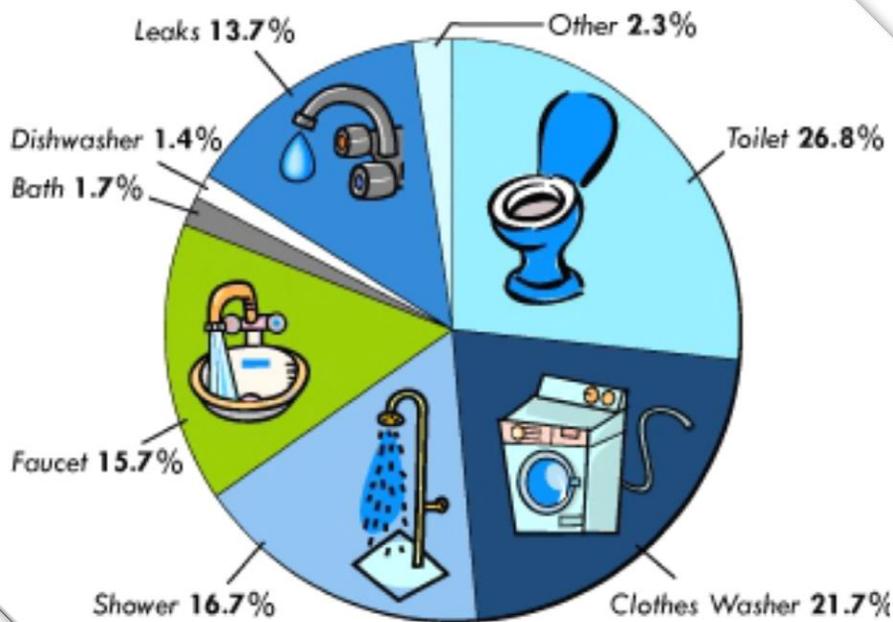
Categories of Water use:

1. Commercial water use includes fresh water for motels, hotels, restaurants, office buildings, other

commercial facilities, and civilian and military institutions. Domestic water use is probably the most important daily use of water for most people.

Domestic use includes water that is used in the home every day, including water for normal household purposes, such as drinking, food preparation, bathing, washing clothes and dishes, flushing toilets, and watering lawns and gardens.

Indoor Household Water Use



Source: Awwa Research Foundation (1999)

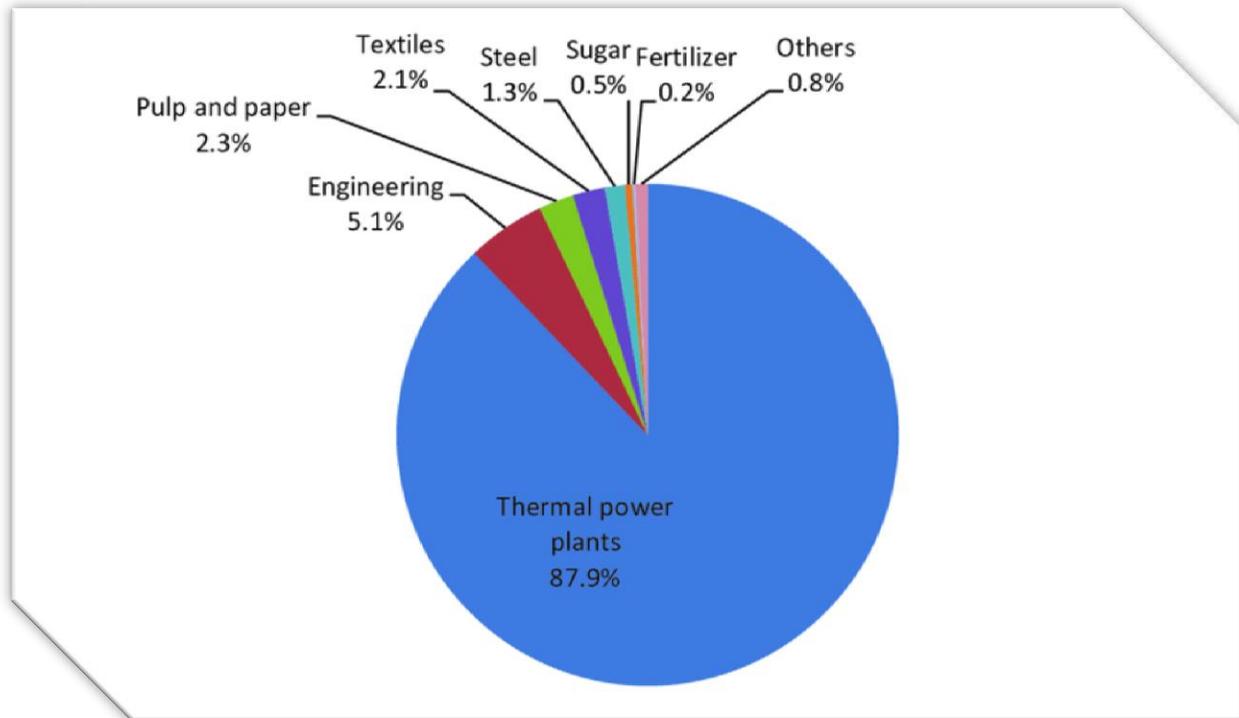


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2.Indu

ustrial water use is a valuable resource to the nation's industries for



such purposes as processing, cleaning, transportation, dilution, and cooling in manufacturing facilities. Major water-using industries include steel, chemical, paper, and petroleum





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g. Industries often reuse the same water over and over for more than one purpose.



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3. Water transport is the process of transport a watercraft, such as a barge, boat,



ship or sailboat, over a body of water, such as a sea, ocean, lake, canal or river. The need for buoyancy unites water craft, and makes the hull a dominant aspect of its construction, maintenance and appearance.

Ship transport is primarily used for the carriage of people and non-

perishable goods, generally referred to as cargo.



The Health Benefits of Water



We all need water to survive, but how exactly does it help?
Did you know that your body weight is approximately 60 percent water? Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing,

Your Liquid Assets

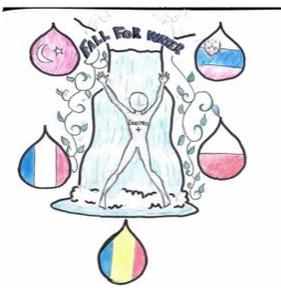
Water keeps your energy up, weight down, muscles strong, joints supple, digestive system smooth—your whole system in physical balance

- REGULATES BODY TEMPERATURE**
- MAKES UP 83% OF BLOOD**
- REMOVES WASTE**
- COMPOSES 75% OF BRAIN**
- HELPS CARRY NUTRIENTS AND OXYGEN TO CELLS**
- MOISTENS OXYGEN FOR BREATHING**
- HELPS CONVERT FOOD INTO ENERGY**
- PROTECTS AND CUSHIONS VITAL ORGANS**
- HELPS BODY ABSORB NUTRIENTS**
- ACCOUNTS FOR 22% OF BONES**
- CUSHIONS JOINTS**
- MAKES UP 75% OF MUSCLES**

Water and Cancer
Downing 11 glasses of fluid a day -- the bulk of them water -- may help keep male bladder cancer away, suggests a just-out study in The New England Journal of Medicine. The research, led by a team of doctors at Harvard and Ohio State, found that men who drink at least six glasses of plain old H2O daily have just half the risk of those who have less than one glass of water a day, regardless of what else they drink.

Water and Workouts
Which is best: drinking water before, during or right after exercise? Actually, all three, say experts. Whether you're heading off for a morning walk or a vigorous tennis match, drink a tall glass of water first. Then try to take water breaks (even just a sip or two) about every 10 minutes during your workout. The more vigorous your exercise, the more water you'll need. Afterward, aim for two more glasses, especially if you've been active enough to break a sweat.

-- Shari Sims



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sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water. The amount of water you need depends on a variety of factors, including the climate you live in, how physically active you are, and whether you're experiencing an illness or have any other health problems.

Water does more than just quench your thirst and regulate your body's temperature; it also keeps the tissues in your body moist. You know how it feels when your eyes, nose, or mouth gets dry? Keeping your body hydrated helps it retain optimum levels of moisture in these sensitive areas, as well as in the blood, bones, and the brain. In addition, water helps protect the spinal cord, and it acts as a lubricant and cushion for your joints.

How Much Water Do You Need?

There's no hard and fast rule, and many individuals meet their daily hydration needs by simply drinking water when they're thirsty, according to a report on nutrient recommendations from the Institute of Medicine of the National Academies. In fact, most people who are in good physical health get enough fluids by drinking water and other beverages when they're thirsty, and also by drinking a beverage with each of their meals, according to the Centers for Disease Control and Prevention. If you're not sure about your hydration level, look at your urine. If it's clear, you're in good shape. If it's dark, you're probably dehydrated.

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