Cleanliness of life and the environment.

Many in the modern world do not pay attention to what surrounds them at all. I don't mean politics, economics and the social sphere, I'm talking about the main layer. Namely, ecology. Often we lose sight of the fact that our environment, the environment in which we find ourselves, greatly influences us. But all diseases, depressing mood, sometimes psychological disorders are associated with ecology and the ecology of everyday life and at home. Only in the last couple of years, people have thought about their decoration and the planet on which they live. The realization began to come that if in everyday life, at home, on the street, in forests, seas, and so on, it is dirty or chaos reigns, then chaos reigns both in the soul and in the head.

Eco-friendly housing is not an apartment decorated in a trendy "natural" ecological style, but a clean and safe home. And the cleanliness of the house is not only washed floors and the absence of dust. Much of the pollution is invisible and very dangerous. Their source is the house as such. Many building and finishing materials, as well as furniture and interior items emit toxic substances for many months and even years. Fungus and mold live unnoticed under wallpaper, false ceilings and ceramic tiles, and banal dust contains many harmful bacteria. Incorrectly laid wiring and an abundance of equipment create excessive electromagnetic radiation, some materials can be sources of radiation, and tap water - ultra-high concentrations of iron, mineral salts and chlorine.

Environmental friendliness is important in the construction of any buildings in which a person spends enough time. It is known that many save on building materials for the bath. But this is a place where people go to maintain and strengthen the body and spirit. It turns out that, trying to build a cheaper bath, a person saves on health, his own and loved ones.

Ecology of the apartment and human health.

Among the cheap and low-quality building and finishing materials, there are many that emit formaldehyde and phenol. Both of these substances adversely affect the nervous system and are considered carcinogens, that is, they can provoke the development of cancer. In addition, formaldehyde is poisonous and adversely affects the lungs, eyesight and reproductive functions, especially in men. Most often, chipboard, laminate, OSB, plywood, PVC coating (what is called linoleum in everyday life), and decorative plastic are responsible for the release of these substances.

Another danger is fraught with porcelain stoneware and natural stone: they are beautiful and durable, but they can be a source of radiation. An increase in the radiation level can also be provoked by household appliances. And with poorly organized ventilation, residents can receive doses of radioactive radon, a gas devoid of color and smell. It can be released from building materials or enter the dwelling through the basement if the building is on a geofault.

Biological contaminants - bacteria, microscopic mites, mold spores - also carry health risks. They cause allergic reactions, especially in young children, and contribute to a decrease in immunity. It is not easy to get them out, so it is important to initially avoid building materials that are prone to mold and mildew. They should prefer products that have environmental certificates, ideally European - they confirm that the products have passed the strictest quality and safety checks.

Everyone knows about the impact of water quality on health. Nitrates dissolved in tap water can cause stomach cancer, mercury affects the kidneys and nervous system, calcium and magnesium salts lead to urolithiasis and hypertension, lead reduces the body's ability to absorb certain vital vitamins.

Are dangers waiting for us everywhere and nothing can be done about it? There is a solution. The following measures will help create a favorable microclimate in the apartment and turn it into a real environmentally friendly home.

Don't skimp on repairs. Cheap finishing materials of dubious origin are often toxic. The products of large companies are being certified, which cannot be said about unknown brands. Laminate, wallpaper, plaster, paint, linoleum, insulation and other materials must comply with environmental safety standards and have a special label. Depending on the amount of emitted volatile substances, all building and finishing materials can be divided into three emission classes. Preference should be given to products of the highest class M1, which have been tested for the content of formaldehyde, ammonia, carcinogens, phenols and other volatile organic substances.

Don't skimp on furniture. Chipboard, plastic and synthetic fabrics are often a source of harmful fumes. Choose environmentally friendly furniture from trusted manufacturers. In addition, natural wood is stronger, more beautiful and more durable than cheap chipboard.

Don't skimp on technology. Serious manufacturers care not only about the functionality of household appliances, but also about its safety for health.

Do wet cleaning more often. Our apartments and houses are sometimes polluted with dust more than the streets. Weekly damp cleaning helps clean the air and kill mold spores and dust mites.

Use ionizers and humidifiers. Especially if you have air conditioning, and also in winter when central heating dries the air to dangerous levels.

Follow the technique. To reduce the impact of electromagnetic radiation, turn off those devices that are not currently in use, do not leave gadgets on charge near the bed (in the bedroom it is better to do without any equipment at all).

Conduct environmental reviews of your home from time to time. Many companies provide this service. If you can notice the fungus and dust on your own, then the presence of toxic gases, electromagnetic radiation or radiation can only be detected with the help of special studies.

So, an eco-friendly house is a dwelling, the owners of which are responsible for their health and well-being of loved ones. And although the implementation of the above recommendations will not solve all the problems, it will minimize the impact of negative factors, which means it will improve the quality of life of residents.

An environmental problem is a change in the natural environment, as a result (anthropogenic impacts or natural disasters), leading to a violation of the structure and functioning of nature.

Global problems are generated by the contradictions of social development, the sharply increased scale of the impact of human activity on the world around us and are also associated with the uneven socio-economic and scientific and technological development of countries and regions. The solution of global problems requires the development of international cooperation.

Modern scientists believe that humanity is already living in a collapsing world in the face of an ever-increasing severe environmental crisis, which is turning into a crisis of the entire civilization. We can define the ecological crisis as an imbalance in ecological systems and in the relationship of human society with nature. It is characterized, in particular, by the fact that a person, society and the state are not able to reverse the trend of environmental degradation.

The most important global environmental problems facing modern man are as follows:

- environmental pollution,

- the greenhouse effect,

- depletion of the ozone layer,

- photochemical smog,

- acid rain,

- soil degradation,

- deforestation,

- desertification,

- waste problems,

- reduction of the gene pool of the biosphere.

Environmental pollution is the most urgent problem of our time, since anthropogenic activity affects all terrestrial spheres: the atmosphere, hydrosphere and lithosphere. At the same time, a person, being the main culprit of the current environmental situation, also becomes its main victim: according to some data, about 40% of people die from pollution of water resources, atmospheric air and soil cover in the world.

The environmental problems of Russia are not much different from the problems of other countries and states. They arise everywhere and, as a rule, in connection with the intensive and growing influence of man on nature. This influence is becoming more and more aggressive. And with the development of scientific and technological progress, the introduction of new technologies, the consequences of this influence are less predictable and more catastrophic.

The Russian Federation or Russia is located in Northern Asia and Eastern Europe. Its area is 17125407 km2 and the population is 146267288 people. This is the largest state in the world in terms of territory and is among the ten in terms of population. The city of Moscow is the capital of the Russian Federation. Russia borders on 18 countries and the waters of the seas of three oceans and the inland sea - the Caspian. It is one of the most water-rich countries in the world with the largest fresh water reserves. The territory of the country and its continental shelf are rich in various types of minerals. The main ones are: oil, gas, coal and timber. The main types of soils and climate create conditions for classifying the country's agricultural production as risky farming, although it has almost 50% of all the world's black soil. The flora and fauna of Russia is extremely diverse. There are about 25 thousand species of plants here alone. In Russia, the main environmental problems have remained unchanged. These are environmental pollution, depletion of natural resources and a reduction in the species and quantitative composition of the animal and plant world. Their sources are enterprises of industry and agriculture, as well as human activities in the provision of their housing and household needs.

But problems are never foreseen or prevented, and when they cannot be eliminated. Or they don't want to. What is the reason for their growth in Russia?

Russian environmental problems can be divided into two categories. Those that were inherited and which are already more than a dozen, or even a hundred years old. And others that arose at the present historical stage of the state. For Russia, modern environmental problems are associated primarily with the use of nuclear energy for both peaceful and military purposes. This includes not only the extraction of relevant minerals and the production of raw materials for energy and weapons, but also the problems that arise during the operation of technological equipment, accidents occurring at the enterprises of the country's nuclear complex, as well as the disposal, processing and disposal of radioactive waste.

The environmental problems of modern Russia are the excessive depletion of natural resources. Whereas previously it was mainly related to forest reserves. Now it has also affected fossil resources, primarily oil and gas.

Forest.

So far, forests occupy 45% of the territory of the Russian Federation, or almost 800 million hectares. The variety of tree species is huge - from dwarf birch to cedars and broad-leaved oaks.

Deforestation is one of the oldest crafts in the territory of the present state. Recently, it has increased significantly, especially illegal. In just 15 years of this century, more than 40 million hectares were cut down, which reduced the area occupied by forests by 20 million hectares.

Illegal logging is carried out throughout the country, but its greatest mass, and, therefore, harm, is noted in the territories from where it is most convenient and profitable to export timber abroad. These are: the Arkhangelsk region and Karelia - for export to the countries of Scandinavia and the Trans-Baikal, Khabarovsk and Primorsky Territories, as well as the Amur Region - for China.

Probably the last time a request to export timber abroad was refused by Catherine II, who approved the earlier resolution of Peter I.

In addition to harvesting "commercial" timber, deforestation occurs in connection with the destruction of forests as a result of fires, when cut down for the needs of the extractive industry, the construction of settlements and roads, as well as the expansion of areas for agricultural land.

Loss of timber in any form of felling reaches 40%, that is, almost every second tree is cut down in vain. The forest fund is replenished even more slowly, which has both objective reasons - the tree must grow and this takes quite a lot of time, and subjective ones - starting from legislative regulation of the processes of deforestation and restoration of forests and ending with executive discipline on the ground.

Water.

When there is a lot of something or in excess, then the value of such wealth is significantly underestimated, and, therefore, attention to its preservation. This can be fully attributed to the water reserves of Russia. The exploitation of water resources is carried out without looking back to tomorrow. Water for industrial and domestic needs is taken without control and restrictions. Effluent is discharged, in 90% of cases, without proper treatment, and, sometimes, without it at all. This attitude to water has led to the fact that 50% of all water bodies in the country are considered polluted, and 75% of surface water.

The main sources of pollution are industrial enterprises, the treatment facilities of which are up to 70% outdated and do not cope with their functions. The same can be said about public utilities for water supply and sewerage. A significant number of settlements located along the banks of the rivers do not have treatment facilities at all, and household waste flows directly into the rivers. The development of industrial production, especially the chemical industry, filled these effluents with new chemical elements and substances. Nature has no means and ways to neutralize them, which has a particularly negative effect on the flora and fauna of rivers. Energy contributes to water pollution. This is not only the discharge of wastewater and warm water used to cool process equipment. These are the hydraulic structures themselves, their cascades and artificial reservoirs built to generate energy. Hydraulic structures and numerous canals built over the past century and regulating the flow of water in the interests and needs of man often contradict the laws of nature and, therefore, lead to numerous negative consequences for it. Examples include cascades of power plants on the Volga, dams on the Caspian and many small rivers that have disappeared after such “regulating” human activity.

In an effort to maximize the satisfaction of food needs and to obtain the greatest profit, agricultural producers use various methods to influence the yield of crops grown. This drainage and irrigation, the use of pesticides and various pesticides. All this ultimately changes not only the water balance of the region where such methods are applied, but also the composition and structure of the water itself. Excessive passion for mineral fertilizers, their improper storage or storage of prohibited poisonous and toxic substances leads to their entry into surface and underground waters. Recently, the quality indicators of the latter have deteriorated sharply. This is especially negative where they are the main sources of water for the population. And there are many such cities in Russia, and these are not always small towns and settlements.

Air and radiation.

Atmospheric air pollution indicators in the present period are of a twofold nature. On the one hand, the industrial recession, which led to the reduction and halt of a large number of industries. On the other hand, it does not allow operating enterprises to allocate sufficient funds for the modernization and re-equipment of equipment for cleaning emissions of gases and dust. Although the second is more of a good excuse than a sincere desire.

In Central Russia, environmental problems with air pollution are such that the largest number of technically obsolete industries is concentrated in this region and these are the most populated regions of Russia. Industrial emissions are joined by motor transport gases, the amount of which is steadily growing. Even in regions where the bulk of production has stopped, the amount of transport per capita is becoming more and more. And this transport is not the most modern. It is not equipped with exhaust gas treatment systems that meet modern international standards. In big cities, transport is no longer traveling and transporting as much as it costs and smokes in traffic jams.

A positive trend in the reduction of toxic emissions into the atmosphere has been outlined in connection with the transition of thermal power plants from the consumption of solid fuels to natural gas. When gas is burned by such stations, the amount of air pollutants is significantly less.

New environmental problems in Russia have arisen since the middle of the last century with the achievements of science in the field of nuclear physics. Nuclear or nuclear energy and weapons carry new threats to the environment, have become previously unknown sources of its pollution, the consequences of which have not been finally established to this day.

Sources of radioactive contamination may not be located on the territory of the state, but located hundreds or thousands of kilometers away, this is their essential feature. Thus, some regions of Central Russia suffered in connection with the accident at the Chernobyl nuclear power plant. The disaster in the Chelyabinsk region at the Mayak plant led to the creation of an entire zone that covered several regions of neighboring regions. The number of settlements on which the radioactive “trace” turned out to have reached the figure of 2014 with a population of almost 1 million inhabitants.

The level of radioactive contamination of nuclear power plants is low. What cannot be said about the disposal and disposal of waste from this production, as well as about radioactive emissions associated with accidents or the operation of military equipment and weapons. The northern regions of Russia are especially affected by this, where, in addition to the bases of the navy, which includes nuclear-powered ships, burial grounds for the disposal of spent radioactive material have been created. Waste disposal and disposal processes are difficult to control due to military secrecy regimes.

Separately, I would like to note the environmental situation, which is developing in connection with the disposal and storage of industrial and municipal solid waste. The landfills allocated for these purposes have long been overloaded, and the allocation of new territories for storage, not to mention the introduction of new processing technologies, is not carried out. Or does the principle “Russia is big - there is a lot of land” again apply and there will be enough landfills for our lifetime?

Civilization has a detrimental effect on nature and the state of the environment. But everyone can reduce this negative impact. Even if one person thinks about it and changes his habits a little, he will already help the ecological state of his city, and therefore the whole planet.

• Nature protection is the most important task facing not only the Russian state, but also each of its citizens.

• Land and other resources are used and protected as the basis of life and activities of the peoples of Russia.

• Nature protection is the responsibility of the state, which issues laws that establish rules for the use and conservation of nature, and names those who damage it by their actions.

• Voluntary public organizations and citizens who care about their country and their future participate in nature protection. Protecting nature, they protect the Motherland.

• Every citizen is obliged to preserve nature and the environment, to treat natural resources with care.

• The protection of nature and the environment requires the combined efforts of all countries. Russia participates in international cooperation on nature protection.

What will save the environment?

• Adoption of laws tightening control over the state of the environment.

• Increase in funds allocated for environmental protection.

• Refusal of the industry from application of "dirty" technologies.

• Tougher penalties for violating environmental laws.

• Ecological upbringing and education of the population.

Summing up, I would like to remind you that everything in our world is interconnected. It is impossible to separate one from the other. We are one: with nature, with the house, with the inner world and even with the cosmos. All our actions entail a response from the world - a kind of butterfly effect. Take care of yourself and your environment and then the world will take care of you.