A Glass of... Air?

9,087 Billion Cubic Meters, 10 Billion Tons, and 80-100 Gallons. These are the amounts of water we use yearly, daily, and just by ourselves. This includes not only drinking, but cleaning and everyday activities that require water. Imagine those numbers were all zero, if this were true our Earth would resemble a nut, a shriveled brown nut rather than a flourishing blue and green one. Life would cease to exist if we don’t adopt the many conservation practices that can create hundreds of benefits for the world and ourselves.

When we think of water conservation the first thing that comes to mind would be water pollution, even though this is such a common phenomenon it is also very important to the prosperity of life. Healthy water creates great benefits for the body, so much that the CDC (Centers for Disease Control and Prevention) recommends we have a daily intake of 3.7 liters of water for men and 2.7 liters for women (Rosingher & Herrick, 2016). As said before, drinking healthier water gives many healthy benefits for the body including carrying nutrients and oxygen to your cells, aiding digestion, cushioning joints, as well as so many other benefits (How Much Water Should You Drink?, 2020). Healthy water and benefits would not be accomplished with water pollution and that is why less water pollution is crucial. This is especially shown in low income countries and the death counts caused by water pollution (1.8 Million in 2015) and the amount of people that it sickens are frightening (Denchak, 2018). The practices we could adopt for water conservation can directly affect water pollution in the process and save the many lives lost from it.

Recycling is great for the Earth, but what if we use the aspects of recycling and use it for water conservation? Recycling and water conservation go hand and hand because we can carry out both of these practices by reducing our usage of the product. This means by reducing our usage of water we can be more cost efficient individually and globally as well as use less of our dwindling water supply. Reducing our usage of water can be as small as taking shorter showers to as big as stopping all the leaks that might
affect your appliances. Places like Tucson and Gilbert, Arizona spent 20-30 years putting these water conservation practices into action and the results were substantial. Tucson reduced water usage from 188 gallons per person per day to 130 gallons and customers saved an average of $112 dollars on their water bills. Not to mention the $350 million that they avoided because they didn’t need to invest in new infrastructure to accommodate for more water (Dickinson, 2017). Not only does reducing usage affect costs, but it can also help our dwindling water supply. 70% of Earth may be water, but due to the fact that only 2% of freshwater is locked away in icecaps and the other percentage is salt water and undrinkable water, conserving that small percentage can help save our water supply. After all, water is not an infinite resource and if we can take the time to conserve our water usage we can save our money and supply of water.

Taking a broader look on this topic, we can take a look at our forests and how much of an impact they actually have on our water. We wouldn’t think deforestation can affect our water, but the outcomes of less trees and forests can be as much as simply contaminating our water to the runoff and erosion that less trees cause. Forests are like the filters and sponges for the Earth it covers, they filter out many contaminants that may pass through in water and can be shown through lower costs to treat drinking water when a watershed or area has more forest cover (Claypool, 2021, #20). It can also be a sponge because it controls the delivery of water. Trees direct water, specifically from precipitation, to enter the ground which provides a steady flow of water downstream and as a result causes less flooding (Claypool, 2021, #20). As an example, water quality in the countryside where there are more trees and forests has considerably better water quality compared to the cities where water is more cloudy and polluted. The main point of this is to recognize the importance of trees and forests as well as their impact on our environments. With this in mind, we can now see how deforestation can have a detrimental impact on the quality of water and how we conserve it. Even if it may be a little off of the track of ideas, it can still be considered a water conservation practice and should be noticed as such.

When going to the faucet we expect a clean glass of water and in the direction society is going, a glass of green water will not be sufficient. If we effectively put these practices into action we can see our
glasses filling with beautiful clean amounts of water that will replenish our bodies. If only we can realize the importance water has on our bodies and how simple it can be to protect it, we can accomplish the main goal of water conservation. Will you be the next advocate for water conservation? Well that shouldn't even be a question should it. After all, every 7.7 Billion of us need water to be alive and here today right?
Works Cited


