

## Things You Can Do to Help the Environment

Our environment is in trouble. People and industries are polluting the air, rivers, lakes, and seas. You may think that there's nothing you can do to help the environment. Here are a few things you can do to help.

**CARS.** The burning of gasoline is one of the biggest sources of carbon monoxide (CO) in the atmosphere. Some people believe that carbon monoxide thins the ozone layer, which protects us from the sun's rays. So try to walk, ride a bicycle, or use public transportation. And if you drive a car, drive at a constant speed. This is more efficient than speeding up and slowing down.

**PRODUCTS.** Don't use disposable products. In a single year, people in the United States use enough disposable diapers to reach to the moon and back seven times. If you use disposable products, use products made from recycled materials. Also, recycle whenever possible. Recycling one aluminum can saves enough energy to run a TV for three hours.

**ENERGY.** The biggest use of home energy is for heating and cooling. So turn the heat down, especially at night. Replace regular light bulbs with fluorescent or halogen bulbs, which use less energy.

**WATER.** Showers use a lot of water. In one week a typical American family uses as much water as a person drinks in three years! Buying a special "low-flow" shower head or taking shorter showers can cut this use in half. Also, fix any leaky faucets.

### Vocabularies:

- Industries** : The aggregate of manufacturing or technically productive
- Carbon monoxide** : A colorless, odorless, flammable and highly toxic [gas](#). It is a major product of the incomplete [combustion](#) of [carbon](#) and carbon-containing compounds.
- Disposable** : Designed for or capable of being thrown away after being used.
- Aluminum** : A silvery-white, ductile metallic element, the most abundant in the earth's crust but found only in combination, chiefly in bauxite.
- Recycle** : To treat or process (used or waste materials) so as to make.
- Halogen** : Any of a group of five chemically related nonmetallic elements including fluorine, chlorine, bromine, iodine, and astatine.

### Expressions:

Our environment is in trouble.

There are many things you can do to help the environment.

### Questions for discussion:

Which of the advice above is new to you?

1. Do you follow any of the advice in the article?
2. Which are the three best pieces of advice?
3. What are the two other things people can do to protect the environment?

