



# A SIMPLE ECOLOGIC GUIDE TO LIVING

## Some ideas and suggestions for improving our personal impact on Planet Earth

- Reduce your consumption of energy, installing energy saving devices (low consumption light bulbs and electrical appliances, etc) wherever possible, and don't leave them switched on when not in use. (a 100w light bulb burned for one hour can send up to 3 kilograms of carbon dioxide into the atmosphere!) This can save you money, cause less pollution and help to conserve natural resources.
- Use only as much fresh water as you really need, installing water saving devices on taps and showers etc. Also, use eco-friendly products for washing, so that waste-water may be recycled more effectively. This helps to conserve the Earth's most precious resource and reduces contamination of our environment.
- Plan your use of motor-powered transport, reduce your journeys to a minimum and choose economic models that use less fuel and pollute less. This reduces congestion of the roads, reduces contamination of the atmosphere and helps to conserve natural resources. It also reduces the shipment of large quantities of petroleum products, with the continuous risk of accidents resulting in huge environmental disasters.
- Wherever possible, buy locally made and natural products packed in returnable or at least recyclable containers, with a minimum of packaging material. This reduces both the consumption of non-renewable resources and the introduction of more solid waste into our environment.
- Do not be frustrated. Just try to live as ecologically as you can. Once you have discovered that the Planet Earth and our natural environment are as much a part of your future life as your own body, then you will probably want to do all you can to ensure its survival.

**IF WE ALL BEGIN NOW TO EVOLVE ECOLOGICALLY, MAYBE WE ARE NOT YET TOO LATE!**