

SDWF Water Drop

SDWF's Youth **Water Issues Newsletter** – Volume 2, Number 2, **December 2008**

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Why is Tap Water Better than Bottled Water?

By: Remi Kandal, Surrey, B.C.

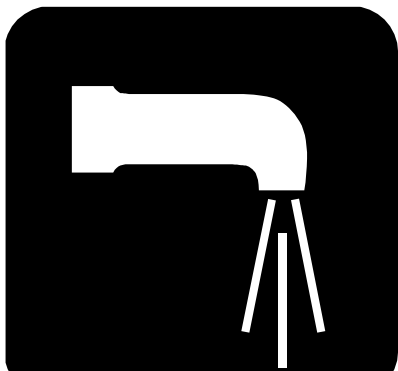
In most cases, **bottled water** isn't healthier than **tap water** and costs more per liter than gasoline. **Bottled water** consumes more energy than **tap water**, having been shipped. Also, the empty plastic bottles are filling up landfills. Almost a quarter of all **bottled water** passes through national borders before reaching its consumer. In 2004, one **bottled water company** in Finland shipped 1.4 million bottles of Finnish **tap water** to Saudi Arabia, which was 2,700 miles away.

Some people say that the only reason they are drinking **tap water** is because other people, commercials, or advertisements are telling them that it is cleaner and has no chemicals. Others say that they can't even taste the difference, and they buy **bottled water** only because it's a "fad" they need to follow. Some people wouldn't even be surprised if scientists published studies showing that **tap water** is safe to drink and **bottled water** isn't any better. One woman says that it's just a mental block that people including her have that **bottled water** is safer than **tap water**. It often also looks purer, and for some people it feels more uncomfortable to drink from the **tap**.

There are many different types of **water**. There is **spring water**, **mineral water**, and **purified water**. **Spring water** comes from a spring. If it doesn't say "**spring water**" then it doesn't come from a spring. **Mineral water** is **spring water** containing minerals. Some **water** is cleaned using ozone, and some is passed through high tech filters. There are many different ways of purifying **water**. One thousand liters of **tap water** costs about 50 cents. But for one small bottle equivalent to less than one liter costs over one dollar. It is extremely costly.

Many **bottled water companies** claim that their **bottled water** is cleaner than **tap water**, but scientists disagree. More samples are taken to ensure that **tap water** meets the regulations. The **bottled water** business is increasing only because of two things: marketing and fear. The risk of drinking chemicals is high among people. Coke and Pepsi are also now selling **bottled water**, as if it is replacing all their unhealthy soft drinks. **Oxygenated water** is also selling high on the market. It is supposed to help athletes' performance, but only one isolated study shows that it will make athletes perform better.

So why are people buying **bottled water**? The presentation of the **water** (marketing) and worries.



December's Puzzle of the Month: **Water** What Am I? Puzzle

By: Remi Kandal, Surrey, B.C.

I am a chamber used to pump air into **water**, but what am I called?

My first letter is in sack but not suck.

My second letter is in leech twice.

My third letter is in rack but not lack.

My fourth letter is in tan and bar.

My fifth letter is in town but not gown.

My sixth letter is in lining twice but is not a consonant.

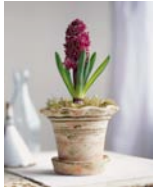
My seventh letter is in cool twice.

My eighth letter is in land and sun.

_____ TANK

Water Conservation Tip of the Month

Be inventive, recycle! If you must run the tap (for example, if you want a cool drink of **water** and there is no **water** in the fridge) then save excess **water** (the **water** that comes out of the tap before it gets cool) for **watering** plants or soaking kitchen pots.



Monthly Highlight on One of Our Programs

What makes **water** healthy? What makes **water** unhealthy? The first two lessons in the **Operation Water Health** program explore what makes **water** healthy Vs. what makes **water** unhealthy. Expand your knowledge regarding this important topic by looking at the **Operation Water Health** program on our website!



Keep Drinking **Water** this Winter

By: Jon Mida, Toronto, ON

In the winter the air is drier than usual so make certain to drink lots of **water** and bring **water** for any outdoor activity.



A Glass of **Water**, Please!

By: Émilie Bourgeois

Water is a liquid that is ESSENTIAL to survival, not only of humans but also to lots of other living creatures. **Water** is essential for humans because 70% of our body is made of **water**. If you look at a **water drop** with an extremely powerful microscope, you would see hydrogen and oxygen atoms because two hydrogen atoms and one oxygen atom makes each **water molecule**. It is for this reason that we call **water** H₂O! If **water** did not exist, we would all be dead! Yes, we would, because nobody can live even a week without **water**! If you want to know why **water** is essential, one of the reasons is because our blood is mostly made out of **water**. The second reason is because we lose **water** EVERY DAY! You do not need to drink **water** just when you get thirsty. Instead, drink **water** OFTEN! When you are dehydrated, your kidneys stop producing urine and hold **water**.

Answer Key: November's Puzzle of the Month: Water Secret Message Puzzle

By: Daniel Erkau, Surrey, B.C.

1 = A 2 = B 3 = C 4 = D 5 = E 6 = F 7 = G 8 = H
9 = I 10 = J 11 = K 12 = L 13 = M 14 = N 15 = O 16 = P
17 = Q 18 = R 19 = S 20 = T 21 = U 22 = V 23 = W 24 = X
25 = Y 26 = Z

4 18 9 14 11 20 1 16 23 1 20 5 18, 14 15 20 2 15 20 20 12 5 4
23 1 20 5 18.

The secret message is Drink tap water, not bottled water.

River of the Month

December's river of the month is the **Great Whale River** (La Grande Rivière de la Baleine).

Fun Facts:

- 💧 The **Great Whale River** travels 724 km from its **headwaters** at **Lake Bienville**, through Quebec's **central lake plateau** to the **Hudson Bay**.
- 💧 Its **drainage area** encompasses 42 700 sq. km.
- 💧 Its **average annual discharge** is 21.4 cubic kilometers.
- 💧 **Giant rapids** characterize the wild, pristine nature of the **Great Whale**.
- 💧 Beluga whales, caribou, wolf and rare **fresh water** seals are among the region's abundant wildlife.



The mouth of the Great Whale River

Source: <http://www.aquatic.uoguelph.ca/rivers/grwhal.htm>

Remember!

Students are paid for their contributions to the **SDWF Water Drop**. Want more information? E-mail info@safewater.org Also, teachers, please remember that **OWD** and **OWP** kits are still available, e-mail us!

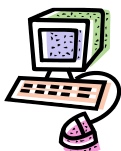
Water: The Greatest Gift

By: Jun Torii

Today, **water** has been taken for granted all over the world because of the belief that the Earth has enough **water** to supply everyone in the world forever. It is a clear fact that the Earth does have a large amount of **water** – in fact, about 75% of the Earth is **water**. The Earth, however, barely has enough **water** to supply the entire world population with **safe drinking water**. Is it because there are too many of us? No, only 3% of **water** on the Earth is **fresh water** and much of that **water** is now polluted and is therefore too dangerous for human use.

It is a fact that five million people have died from **water-related diseases** every year. The reason? The Earth does not have enough **potable water**; only 1% of the **world's fresh water** (or 0.007% of all **water** on the Earth) is available for human use and the rest has been polluted and must be cleaned before usage. Moreover, a person can live weeks without food, but only a few days without **water**. Additionally, four to five gallons of **water** per day are necessary for a human being to survive. All these facts are just some of the crucial reasons why the world is suffering and why we must act now. If the whole world acts before it is too late, then there will be more **safe water** for usage without diseases and other health-related concerns. Just think about it, with so many human beings in the world in need of many gallons of water each day it will only be a matter of time until there is no **water** left. The best course of action you can do right now to help the world is to conserve **water** and not pollute – it will definitely make a difference.

If you have any comments, suggestions, articles, or submission ideas for **The Water Drop** then please do not hesitate to contact us:



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