

Filthy Atmosphere or Fresh Air

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Fish die as they enter the dirty or polluted water and live strong, growing, and healthy in the fresh and clean water. The same approach could be considered for humans. Living in a filthy atmosphere is a painful task, and breathing in fresh air gives a boost to health, mood, lifestyle, and living standards. Air pollution has adverse effects on human life, and it directly damages living beings' lives.

Their lifestyle is disturbed, and their daily routine tasks are also badly disturbed. Due to air pollution and a filthy atmosphere, a number of diseases are introduced, and the most common are asthma, lung cancer, and skin allergies. The earth's whole environment is currently changing due to industries releasing contaminated air. The main aim of the paper is to discuss the disadvantages of breathing in a filthy atmosphere and the advantages of living in a fresh one.

Fresh air is a necessity for every living being, including human beings, plants, and animals. Due to the fresh air, all the living creatures are found healthy and living their life normally. Fresh air directly affects our digestive system and helps the human body to digest food efficiently. An individual who wants to lose weight should try the fresh air. People who have digestive problems are advised to relocate to some hilly areas and open spaces for the improvement purposes of their body functions (Thomas, 70). The body's blood pressure is also highly influenced by the external air. The function of the heart is highly improved if lived in the fresh air. Also, it helps with blood circulation and maintains the proper blood pressure. The fresh air has plenty of oxygen, and it is highly required for the proper functioning of the body. The immune system must be discussed while discussing the atmosphere's influence on the human body. The human body is completely fragile, and it is always exposed to bacteria, viruses, and germs. Fresh air strengthens the lymphatic system and increases the amount of white blood cells, which are necessary to fight diseases and kill harmful germs, bacteria, and viruses. The fresh air is also helpful in cleaning the lungs (De, Wout, and Abderrahim, 6). The human body releases airborne toxins, which are exhaled through the lungs in the fresh air.

In consideration of the fresh air and the human mood, it can be explained that the fresh air makes the mood good while the filthy atmosphere seems not to be. In busy cities, the hustle of traffic, noise, smoke, and many other things collectively create a disturbing and filthy atmosphere. So, people used to go to hilly areas, parks, or out-of-the-city areas for a clean and peaceful environment. It makes them happy and lets them collect their energies and boosts back. Spending more time out of this hustle and problems, I gain a lot of brightness and concentration to work more efficiently. In a clear atmosphere, the human body is able to collect the vitamin D it needs through the sun. There is a hormone which is known as serotonin, which is a necessity for happiness, and it is gained by only inhaling fresh air and walking in a clean atmosphere.

A filthy atmosphere is one of the biggest problems for human health. It causes a large number of side effects on mood, health, and lifestyle. The people who are unable to live in the clean and fresh air are

seen carrying a number of psychological as well as mental problems. According to a number of doctors, while advising their patients, they ask them about the conditions of their environment and advise them to relocate, if possible, for a cleaner and more appropriate environment (Henderson-Wilson et al., 529). Living in a polluted atmosphere could accelerate the aging of the lungs. Long-term exposure could cause the loss of lung capacity to function properly, which means that there will be problems with breathing, and at any time, an individual would be able to find himself a problem with lung cancer or some permanent damage. Asthma, emphysema, and [chronic obstructive pulmonary disease](#) are commonly found in the filthy atmosphere rather than that of the fresh air residents. With respect to the mood, there are many problems people normally face while relocating to filthy environments. Air contamination causes bad mood problems, which never end unless an individual is able to breathe fresh air (Srivastava, 67). A filthy atmosphere causes a number of other problems in the atmosphere. The most prominent ones are the global warming, diseases, acid rain, depletion of ozone, and direct attacks on the lives of living beings.

In a nutshell, it can be concluded that people must try to avoid filthy atmospheres and live in fresh air. If not possible, at least spend most of their time in the fresh air to avoid mental stress, health problems, and many other issues related to living. Most countries are looking for the best possible ways to give a suitable lifestyle to their people, which would help them to live a healthy lifestyle. Canada and New Zealand are the best countries to live in, as cities where the filthy atmosphere doesn't even exist. They are eco-friendly countries and try to give their people a good and happy lifestyle. For the increase of tourism and hunting games, these countries gave their citizens the opportunity to live in the wild and establish hunting areas. The disease rate is lowered and does not exist as compared to other countries all over the world.

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