



Drinkable Water

Welcome to the Wonderful World of Human Survival

To survive the human-body needs *Drinkable Water*.

60+% of our body consists of water. Every cell in our body needs it. Water lubricates our joints, regulates our body-temperature & flushes our waste.

Condensed atmospheric water vapor forms droplets. Earth's gravity pulls the droplets down (*falling rain*) to the surface. Rain is a major source of fresh water. This rain water is used for drinking, preparing food, cooking, washing, personal hygiene,...

A person used to be able to drink rain-water & use it for food preparation. This is not advisable, rain-water is polluted, unhealthy, toxic, acidic, bad-tasting, bad-smelling. Laundry should not be left out in the rain to become polluted. Not only does it look dirty & is bad-smelling but it might irritate the skin when worn.

Cold rain falls as hail or snow. Snow accumulates on high mountains, arctic & antarctic creating fresh-water reserves. Snow is white, polluted snow is gray even black. Black snow is found in the Himalayas, glaciers around the globe, Greenland & Antarctica.



Communities create fresh-water reservoirs. These reservoirs rely on rain-water & melting snow to fill them. Because of pollution these waters need treatment before human consumption.



Reservoir should be deep rather than shallow. Deep water is cooler, reducing

evaporation, algae growth especially the poisonous type & insect infestation. Water-sports are prohibited to stop urinating, menstruating & pooing into water. Water craft (*jet-ski, motorboats,...*) pollute (*oil, gasoline, battery acid,...*) are banned! Exception: Park-Ranger transport.

A person cannot rely on the community doing it right. No treatment, partial treatment, wrong treatment, cost-cutting, corruption, criminal behavior,.. Home treatment of water is becoming mandatory.

Home treatment of water requires filtration. The filtration is to reduce: arsenic, asbestos, chlorine, chloroform, carbonate hardness, copper, dirt, herbicides, heavy metals, lead, pesticides, rust,... Also in warmer climates filtered water needs to be boiled (*to protect against deadly disease*).

Threats to fresh-water

Soon the demand for fresh-water will exceed the availability of fresh-water.

Polluted rain can cause paint to peel, corrosion of steel structures (*bridges*), erosion of stone, wilting of leaves & vegetation, skin irritation,.. Check 'Breathable Air' & 'Green Concept' on advise how to contain *Pollution*.



Irrigation! Using groundwater for irrigation depletes underground reservoirs of water faster than can replenish. Resulting in drying up whole Eco-system & creating a shortage of fresh-water. Groundwater irrigation ends. Anyone illegal using groundwater for irrigation is prosecuted, MS/R7. Government allowing Groundwater irrigation, is replaced, prosecuted, MS/R7.

Irrigation! Using Freshwater from rivers, lakes, creek,... slows the flow of water. This encourages evaporation. Resulting in drought! This type of irrigation resulted in ending civilizations. End irrigation.

Polluted waterway's (*creek, stream, river, pond, lake,...*) create a shortage of fresh-water. Storm-water filled with toxin, poisons, pharmaceuticals,.. Illegal dumping of industrial waste, toxin, poisons,.. Polluting of waterways ends, polluters are prosecuted, individuals MS/R3 all others, MS/R7.

Supplement fresh-water

Desalination uses a lot of energy, costly. Intake of water has adverse environmental impact, pulling large numbers of fish, shellfish, their eggs,... into the system. Larger sea creatures are trapped against screens at the front of an intake structure. Chemical treatment, corrosion, create a warm brine which is released back into the ocean.



Desalination has a high boron content making for inferior water quality. This water used in farming, ranching & food production results in a high boron level diet. Prolonged consuming of high boron levels is unhealthy.

Recycled waste-water, sewage passes through primary treatment to take out the solids, nutrients are removed, filters remove most bacteria & viruses. The water is then forced through a membrane to remove molecules. Toilet to tap is an option of last resort. Tests don't reveal all health-risks.

Bottled water (*costly*) is suitable for travel. Plastic water bottles release chemicals which become dangerous when warming up (*heater, sun*). Glass bottles are recommended.

Flavored drinking-water

For variety drinking-water may be flavored. Some flavoring is unhealthy & is to be avoided. Flavored water may be served cold & hot.

Suitable flavored drinks: Beef extract, Chicken extract, Cocoa, Coffee, Fruit, Herbs, Spices, Tea, Vegetable,



Unhealthy flavored drinks & add-ons : Alcohol, Artificial color, Artificial flavoring, Artificial & natural sweetener, Carbonated, Cola, Cordial, Energy drink, Lemonade, Decaffeinated coffee, Fruit-juice, Preservatives, Sodium,..



Drinking water is best



Daily-routine: Get up, have a 0.2l glass of lightly chilled, filtered water. Before every meal (*Breakfast, Early Day-snack, Lunch, Late Day-snack, Dinner*) have a 0.2l glass of lightly chilled, filtered water.

Drinking-glass (*no plastic*) filled with 0.2l of filtered water (*nothing added*) on each Bedside-table. Drink during night every time after you visited a toilet & when having a dry throat, drink rest when getting up in the morning.



No-liquid intake. You have 4 days to live!