



The importance of water

People without a food can be alive about one month, without water - only 4-5 days. Water is one of the main life systems : more than $\frac{2}{3}$ parts of human body consist of water. Water makes 65% adult's weight and 80% child's weight, so our organism must get at least 2,5 litre of water every day.

How does water come to our organism?
Human gets 1-1,5 litre water together with food, 0,3 litre water makes when food materials are disintegrated and 1-1,5 litre when we drink different drinks.

In Europe the most part of water is drunk in France, Germany, Belgium, Austria, Italia and Switzerland. Fresh mineral water is the most popular in these countries.

In the West-Europe and in the USA people buy 80% of fresh mineral water, but in Lithuania the most popular drink is soda - water. In Lithuania people buy about 20% fresh mineral water and every year it grows more and more.

The analysis of water

Our country is one of the countries in Europe which uses only groundwater for drink. Therefore the usage of water and its protection must be the main environmental problem in our country. Incoming century there won't be the lack of water resources in Lithuania, but we have to look for the best quality of drinking water. Our country's geological organization determines usable water chemical composition. Oftentimes in natural conditions formed groundwater is iron, there is large amount of manganese or ammonium. Though iron and manganese are indicators and they are put to drinking – water's as organic indicators, which worsen the quality of water, but they don't harm to human's health. They are the most problem for the users of water.

Talking about it , the iron in water increases when the usage of drinking water decreases and good circumstances to iron bacterium reproduction are given by a small flow of water in plumbing system. For these reasons only about a quarter of drinking water quite suits to hygiene demands.

Sometimes the allowable concentration in the underground water is overrun with natural origin of ammonium and fluorine, which removal technology from the water can be a problem.

The quality of water

The quality of underground water is very important in the countryside, where water is in not deep wells and it is polluted. During last years over 950 thousand people use water from the shaft wells. About half of explored wells water is polluted by nitrates and other chemical ingredients.

People must understand that if they pollute atmosphere to protect the underground water will be difficult.

Nowadays the drinking water is expensive but if we didn't protect it drinking water will be more expensive.

The pure water people need every day

What do people need to be alive? A food , oxygen and maybe knowledge? Everything little by little ! But let's return to water. Water is one of the most important part of all alive organisms.

Still learning at school we know that – even 70% human's system is water!

That's why water influences on human's organism. The medical faculty recommends to use 1,5-3 litre drinking-water per day.

So to suppress thirst you have to drink a mineral water. You can drink it even in quantity not doing harm to your health. It is not calorific and does not raise allergy.

Using natural drinking-water you victual your organism of proper liquids and mineral materials.



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H ₁	Li ₃	Na ₁₁	K ₁₉	Rb ₃₇	Cs ₅₅	Fr ₈₇	He ₂	Ne ₁₀	Ar ₁₈	Kr ₃₆	Xe ₅₄	Rn ₈₆				Lr
B ₅	C ₆	N ₇	O ₈	F ₉	Ne ₁₀				He ₂							
Al ₁₃	Si ₁₄	P ₁₅	S ₁₆	Cl ₁₇	Ar ₁₈				Ne ₁₀							
Ga ₃₁	Ge ₃₂	As ₃₃	Se ₃₄	Br ₃₅	Kr ₃₆				Ar ₁₈							
In ₄₉	Sn ₅₀	Sb ₅₁	Te ₅₂	I ₅₃	Xe ₅₄				Kr ₃₆							
Tl ₈₁	Pb ₈₂	Bi ₈₃	Po ₈₄	At ₈₅	Rn ₈₆				Ar ₁₈							
s Elementai																
Tb ₆₅	Dy ₆₆	Ho ₆₇	Er ₆₈	Tm ₆₉	Yb ₇₀	Lu ₇₁										Lr
Bk ₉₇	Cf ₉₈	Es ₉₉	Fm ₁₀₀	Md ₁₀₁	No ₁₀₂	Lr										

SAUGUMO TECHNIKOS TAISYKLES

1. BUKALĮ ĮDĖTI Į VANDENĮ. PUSĮ PUSIŲ DUKTŲ ŽVILGINTI.
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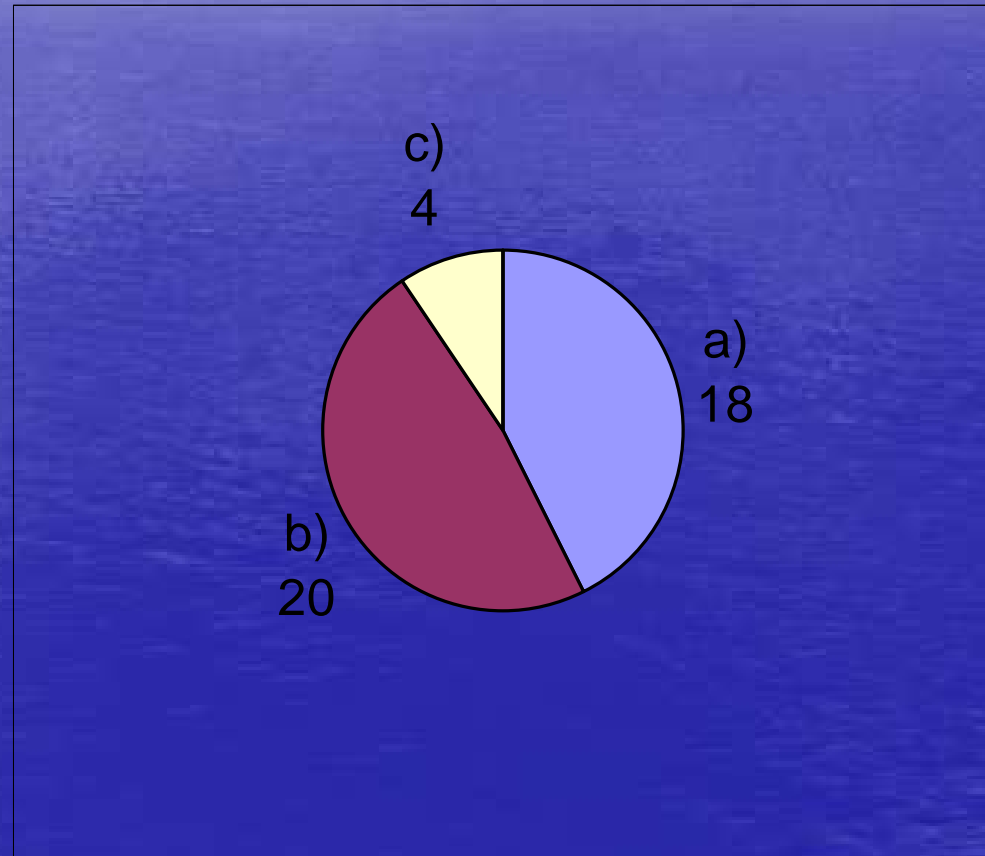
„What people know about water“

Questionare 42 students

Test

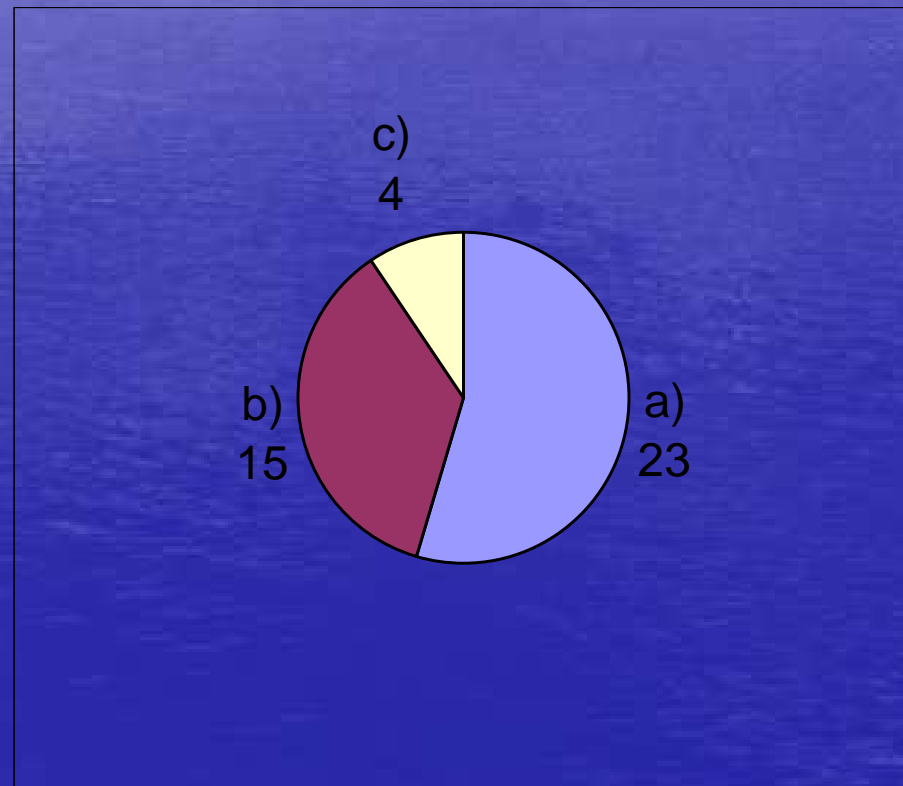
A man without the water can be alive:

- a) 1-2 days
- b) 4-5 days
- c) 6-7 days



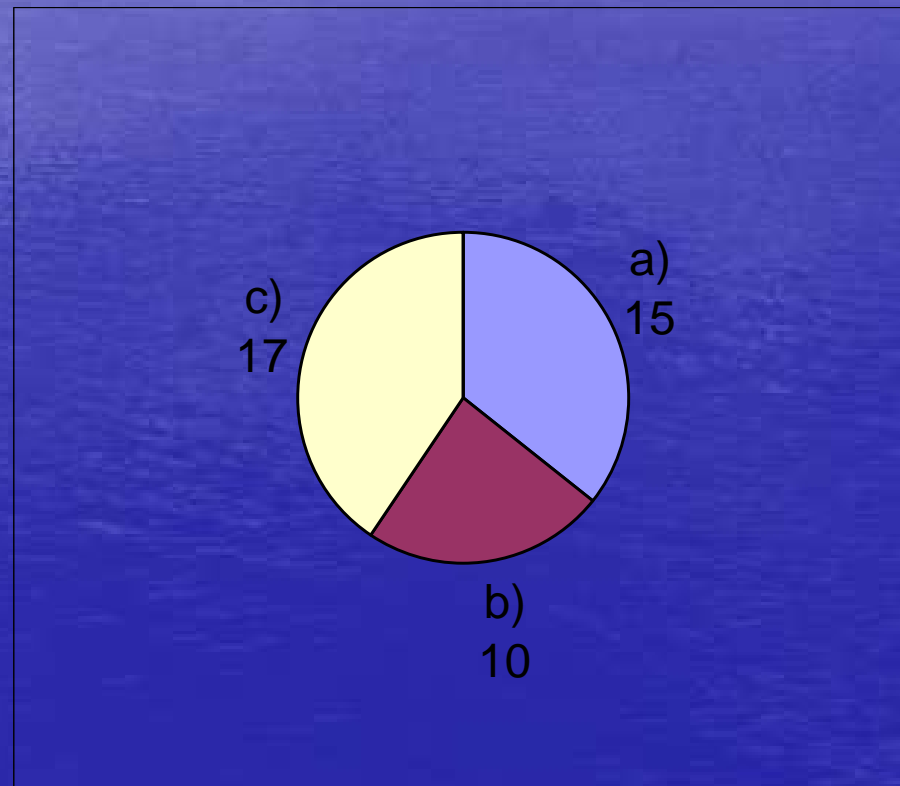
In Lithuania people drink most of all:

- a) Soda-water
- b) Mineral-water
- c) Juice



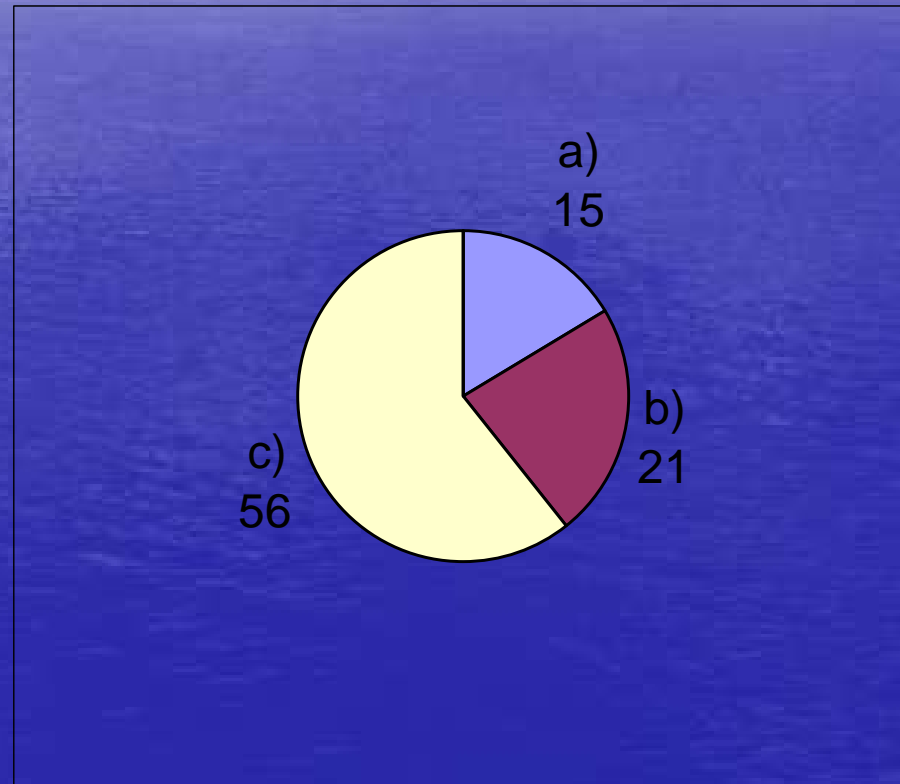
What country in Europe uses to drink only underwater

- a) Lithuania
- b) Germany
- c) Poland



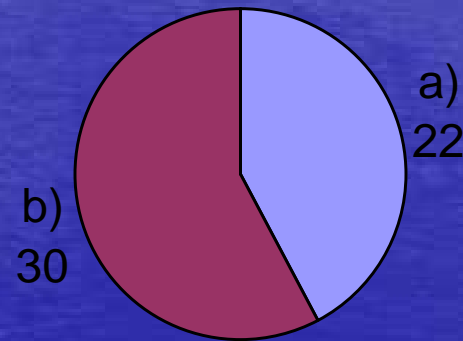
How much water do people have to drink per day ?

- a) 1 litre
- b) 1,5 – 3 litre
- c) 5 litre



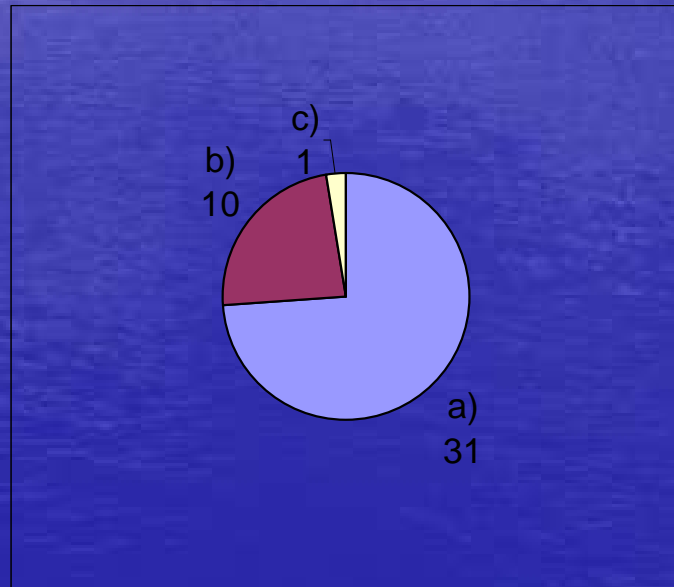
How does organism react to salt ?

- a) Takes it as it is essential material
- b) Concentrate it and harm organism



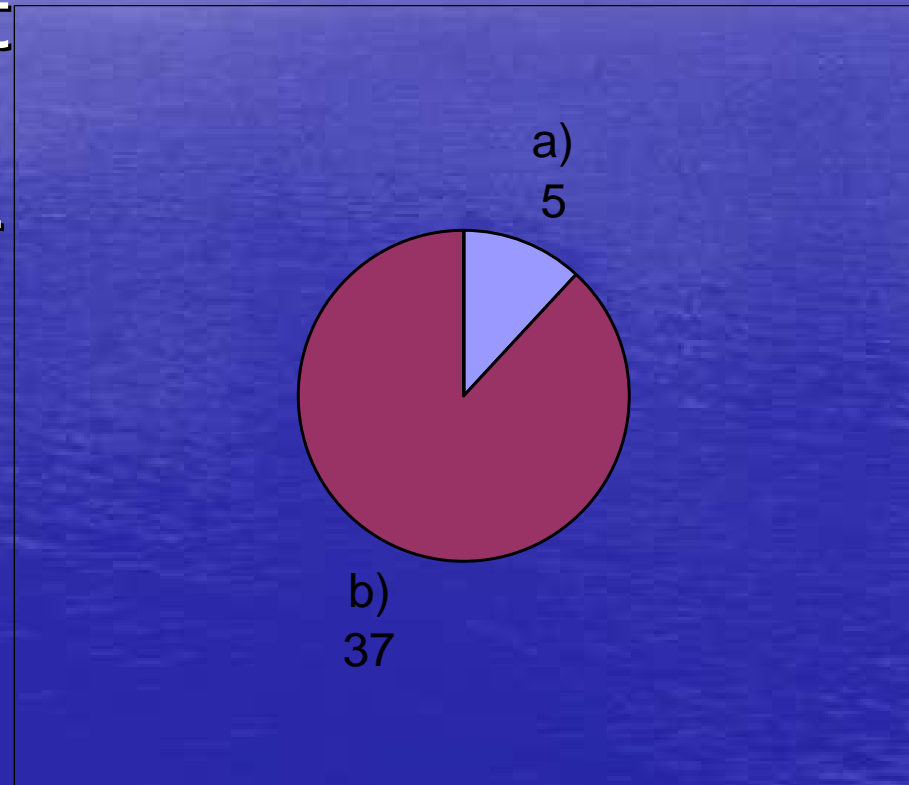
Can we change water into other fluid?

- a) No, we can't
- b) Yes, we can change it to coffee
- c) Yes, we can change it to alcohol drink



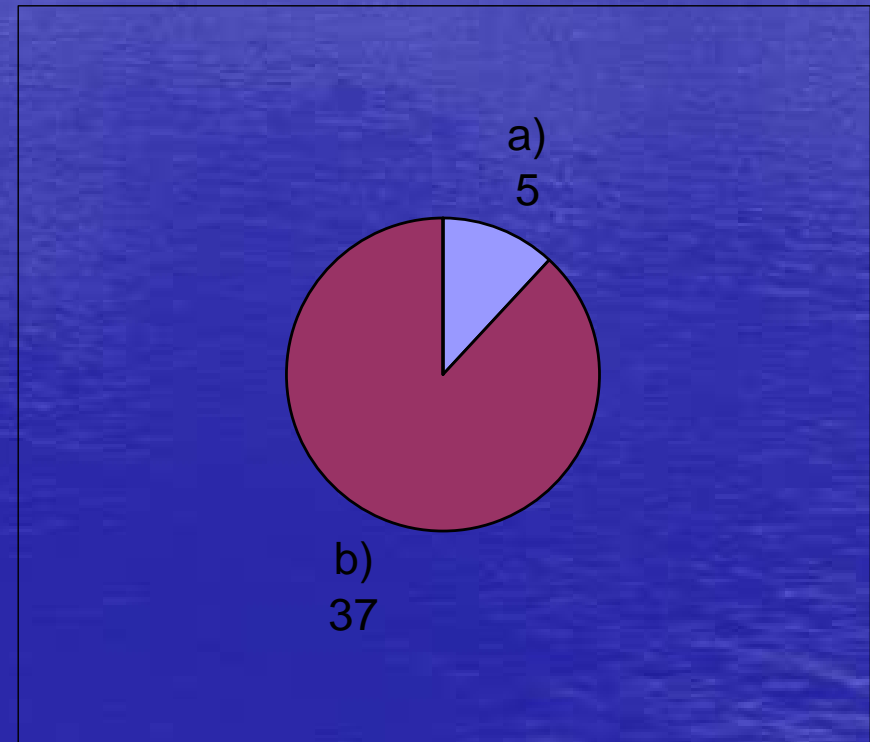
Can we drink water only when we are thirsty?

- a) Yes, and only in that case
- b) Always, regularly per day



Is water from the tap and drinking water the same?

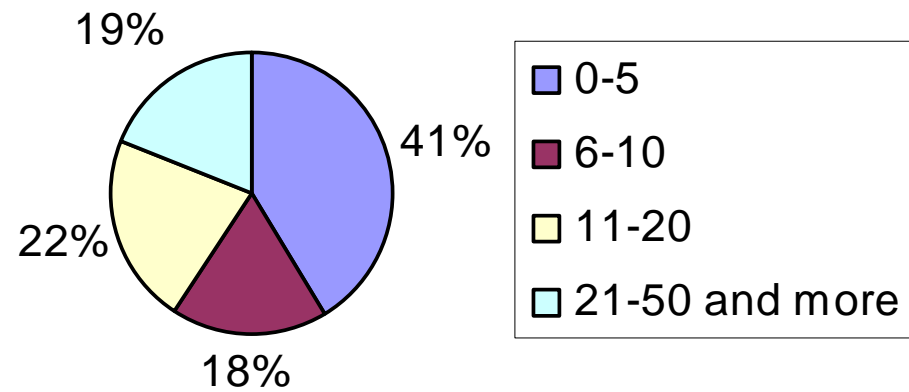
- a) There is no difference
- b) It's different water



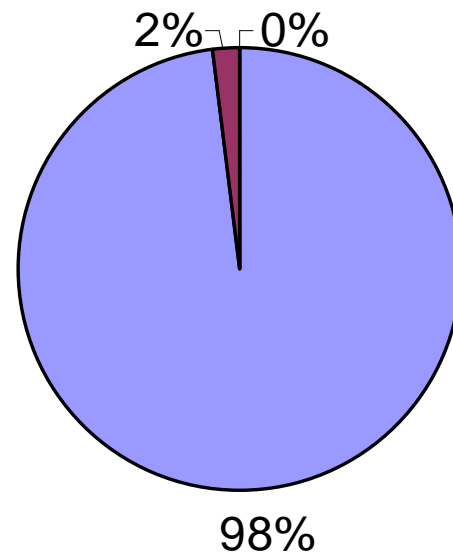


Analysis of water quality in wells in Joniškis

Nitrate stock mg/l

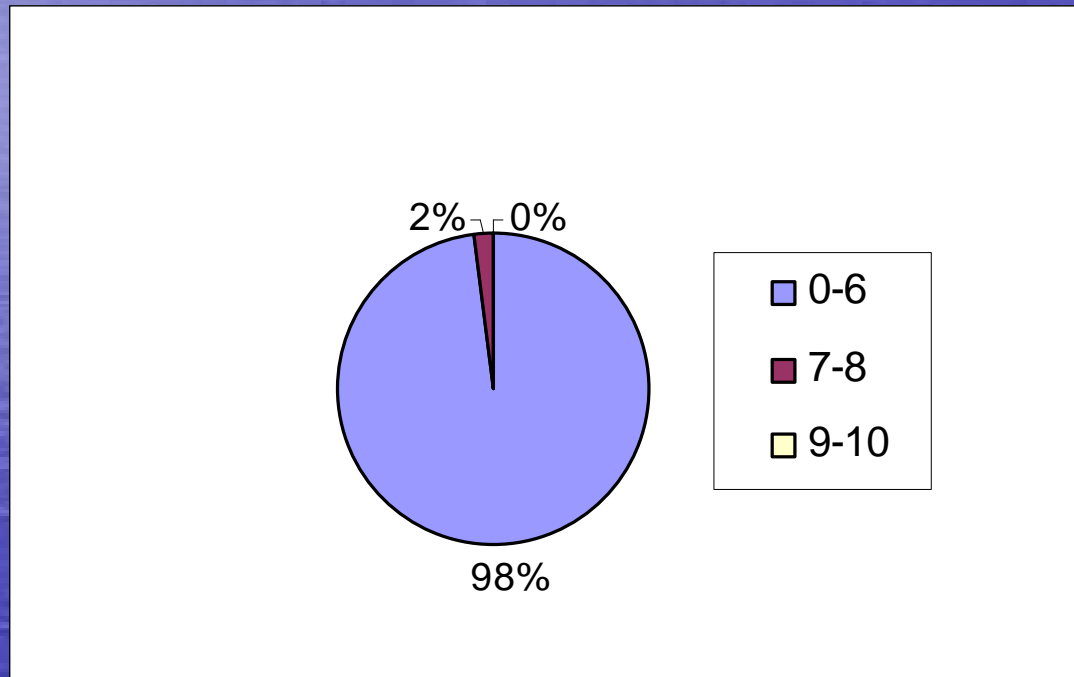


Nitrite stock mg/l

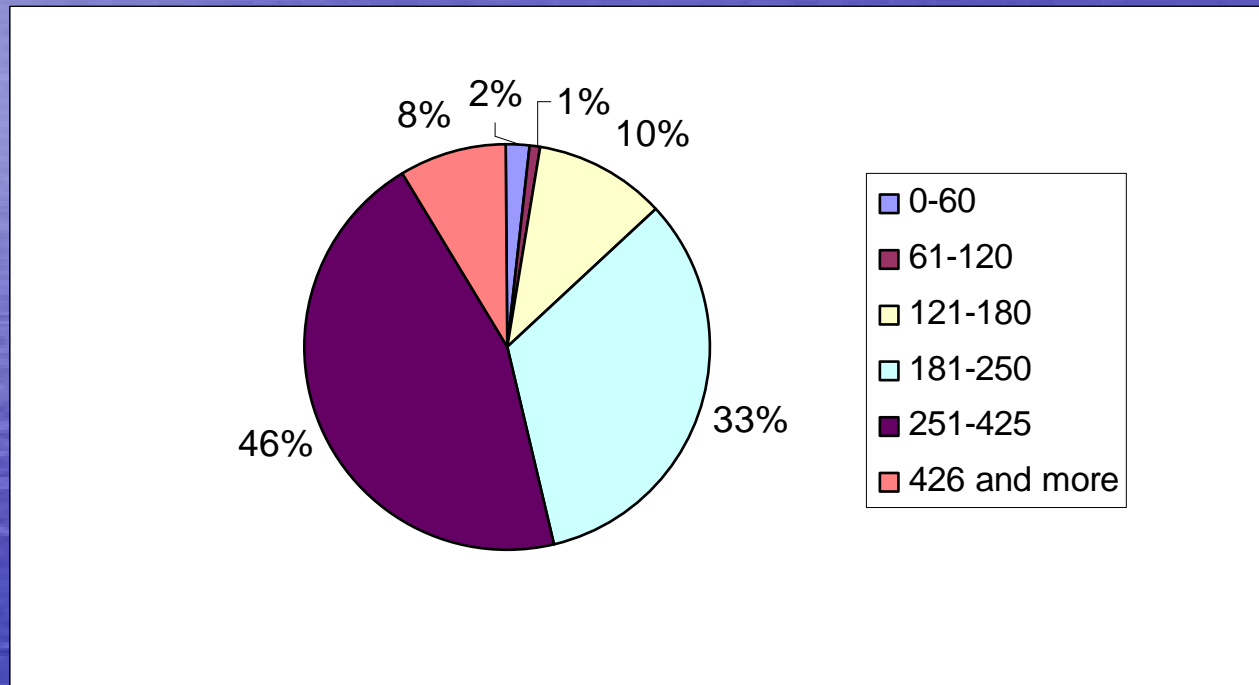


- 0-1
- 2-3
- 3 and more

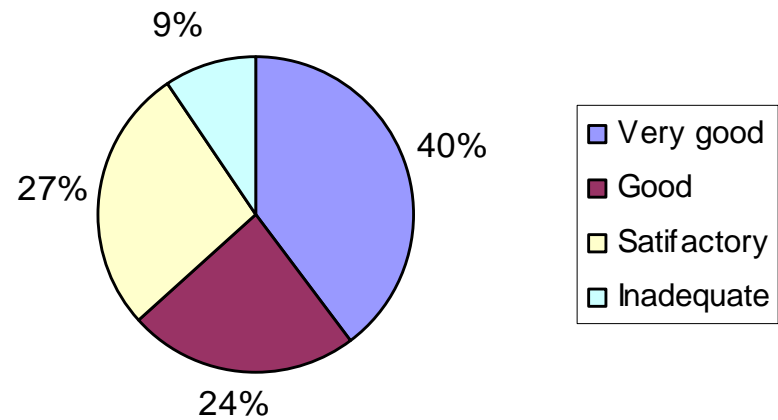
Water alkalinity (pH)



Total water hardness mg/l



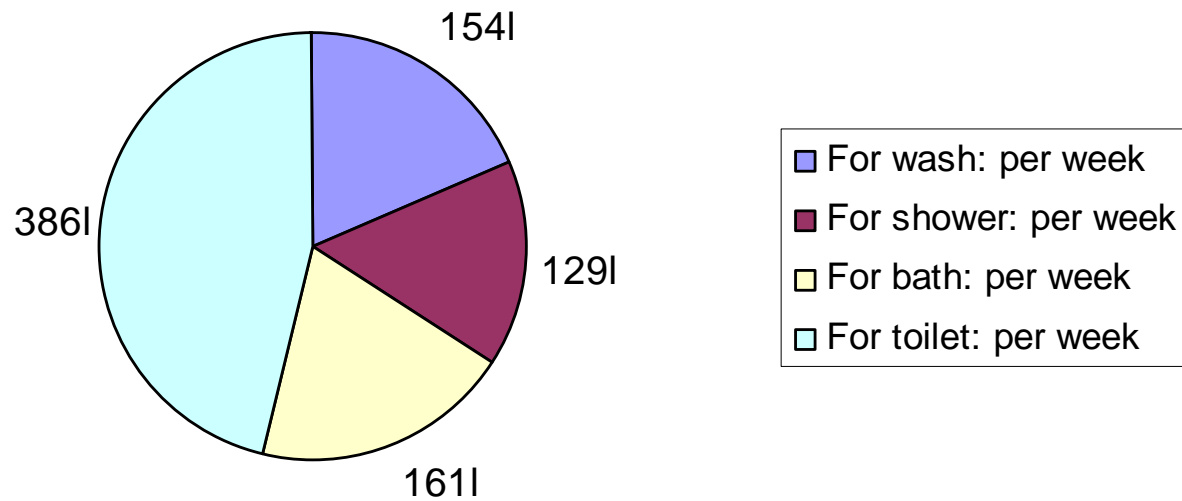
Usable water quality



Survey of water usage on average of one family

Questionnaire of 35 students'

One family consumption of water per week: 830 l



Mainly family consumption per one day: 118 litre

Mainly consumption per day: I

