

Do you agree or disagree with the following statement? The most important ways to improve the people's health is to clean the environment.

What has made the planet earth a better place to live ~~is~~ owes-owed to the advancements in health-related issues. As humans have a mutual relationship with their surrounding environment, their health status is intertwined with the cleanliness of the area they live in. While some believe that there are other main factors that should be considered to enhance people's health, I think that having a clean environment is the best way because it can prevent diseases from spreading, is necessary for a healthy food chain and also has mental advantages.

First of all, it is an indisputable fact that unhygienic conditions prepare a base for diseases to be spread. For example, ~~the~~ Black Death led to a huge catastrophe, killing many people who were living in insanitary conditions. But improvements in people's living environment and the discovery of antibiotics decreased its contagiousness. Besides, one of the main challenges that many countries are still facing is how to get rid of their hospital waste which can be a serious threat for those whose house is located near the area and are more prone to be affected. The more people have access to live in a clean environment, the more their health is guaranteed. Therefore, those who benefit from a standard living condition their general wellbeing would increase.

Moreover, as animals and plants are humans' 's main food source, having ~~a~~-contaminated soil and water could lead to dire consequences. When crops are irrigated with dirt water supplies, their pollution is spread through the food chain, endangering everyone's health whose survival depends on this cycle. Polluted air which contains harmful particles sits /is poised on the crops and grasses that are the main food for animals. When cattle graze in polluted fields, all the products that humans obtain from these creatures become dangerous to their health. As a consequence, in short time people may suffer from infectious disease and even deadly ones such as cancer in the long run.

Finally, not only does a healthy environment improve ~~s~~ humans' physical health, but also it can boost ~~s~~ their mental health as well. Being in ~~a~~-clean nature could act as a therapeutic intervention for those whose life is overwhelmed by daily stresses. When people's surrounding area is a mess, they may feel anxious and ~~less-lose~~ their focus to perform efficiently. As a result, by having a clean environment people would have a peaceful mind.

To sum up, I believe that the main focus should be on preserving human's living environment dirt-free. I suggest that governments impose a penalty ~~for-on~~ the organizations whose acts has adverse consequences in contaminating the environment because in this way there would be a better welfare in ~~the~~-society, people are immune from illnesses and feel more relaxed.