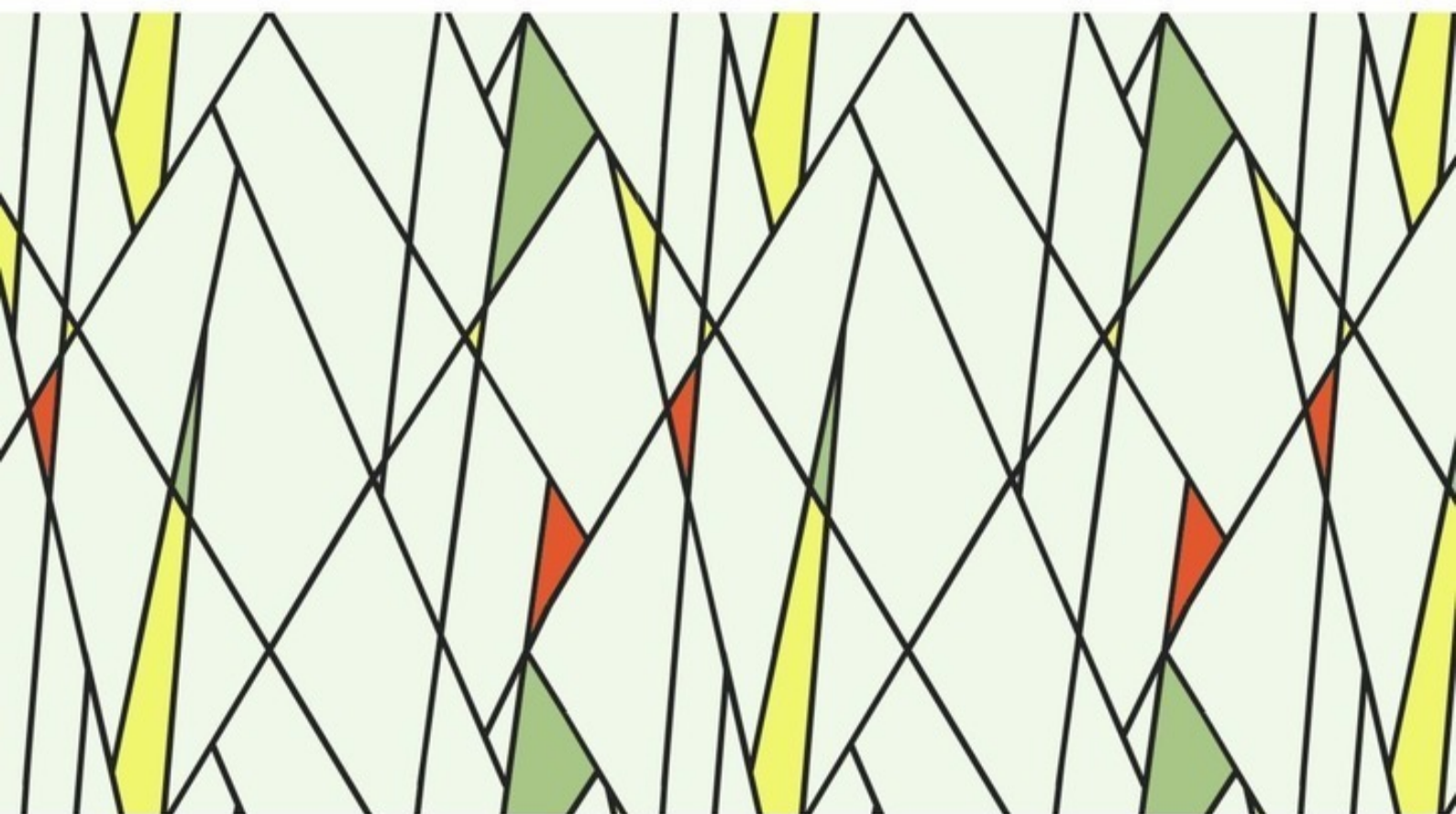


Dauren Dembayev



**GLOBAL ECONOMY
OR 500 TIPS HOW
TO HELP SAVE THE
WORLD
(EVERY LITTLE HELP)**

PART 1

Dauren Dembayev

**Global economy or 500 tips
how to help save the world
(every little help). Part 1**

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This book about everyday economy for all people! The book contains 503 tips of economy and not hard for everyday using. And I think, each tip can help to save the world.

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Part 1

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INTRODUCTION

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Hello, dear readers!

In our time of rapid progress of science and technology, the growth of production and population consumption of all kinds of resources increases exponentially. There is a ruthless deforestation, we often hear in the media about the illegal fishing rare species. There is a strong depletion of soil through land development and planting. And what does hunting wild animals lead to when they are killed not only for food, but also for valuable fur and horns? Today, this kind of pastime is not accepted by everyone, but there are those who want to show their skills. Today, hunting wild animals, as a rule, is unnecessary fun, which causes irreplaceable damage to nature and man.

The reserves of land, seas and oceans are becoming poorer, many species of flora and fauna are irretrievably disappearing, and the Red book is constantly updated with new species.

The growth of the world's population requires an increase in the consumption of everything on the planet: from food and water to minerals and agricultural products. And let humanity choking in smog, and let some people starve and die from the lack of clean drinking water, consumption is still increasing, as the world's population is growing, so the increase in consumption cannot be stopped. Humanity needs food and water, clothing and entertainment more and more.

Increased consumption also worsens the global environment. Sinkholes, water pollution, increased morbidity and much more – that's what we have today.

Certainly, on a global scale, much is being done to improve the environmental situation and meet the growing demand for resources: trees, shrubs, ornamental green spaces are planted, water is purified, animals, birds and fish are bred on the verge of extinction. Scientists and inventors are fighting for environmentally friendly production and alternative energy sources.

However, we must admit that all our attempts to restore resources do not give significant results, we do not keep up with the growth of consumption. And consumption as never high today, it will be even higher tomorrow!

In addition, I know that every person on the planet would like and most importantly – can help to preserve the wealth of our Earth, regardless of what he is doing, whether he is already saving the planet or not. But I think everyone would like to contribute to saving our planet from exhaustion.

And we can make it happen!

I am absolutely sure that we will be able not only to save millions of everything, but also to save hundreds of species of animals without any special skills and knowledge, but only by care, responsibility for the future of generations and precision.

You ask how this can be achieved? In my book I will try to explain in a simple way.

Many people are already doing this, often without even knowing, moreover, they clearly show, tell and prove it all on their life experience.

In this book I only tried to collect and generalize that already do thousands of people, probably, I will add something new, my own...

So, where was I?

First of all, about individual saving of each of us, living on the planet Earth. I am talking about individual savings, when state programs and controls are not needed; when the forces of the government, large companies and international associations are neither needed.

So what is individual savings?

Look around and you will see how literally in every detail we can save the resources of the planet, leaving the opportunity for future generations to use them. And future generations, our children, looking at us, will also save, without making special efforts for this. Our children and grandchildren will do it easily, as their parents taught them.

If everyone will take into account and use at least some of the tips in this book, it is safe to say that the result will not be long in coming.

Believe me, if we multiply the individual savings of a single person by the number of inhabitants of the Earth, the savings will take a planetary scale. All together we can so much money and resources that we will be amazed how effective it is!

For example, take the average data. From 1 tree of are produced 11 855 sheets of paper. That is, if 11,855 people save 1 sheet of paper, and office workers are able to do it in 1 day, we will save the whole tree in a day. And if each of them for the whole life will save 1 000 sheets of paper, which is only 2 packs of office paper, then they will save from cutting down 1 000 trees! As you know, there are more than 7 billion of us on the planet, so it is easy to calculate how many trees will survive, if we save only 1 sheet of paper. The number will be overwhelming-590 468 trees!

You have the right to ask what was my motivation to write this book, what led me to do this?

For some time, I suddenly began to pay attention to how I use certain things or products. What I noticed is that in the refrigerator was spoiled a pack of milk, kilogram of fish had an expiration date, my computer was switched on in vain about a week; during 4 days I twice took full hot bath by adding sea salt; I accidentally printed the document of 20 sheets of blank paper.

Further, the memory of my computer was filled so that I had to buy 2 removable hard drives, and all because I considered each file very important and did not pay attention to the fact that half of the documents on the computer I simply do not need, they are outdated. Thus, it was enough to clean the computer from unnecessary documents without purchasing additional equipment.

It turns out that if I was neater, thrifty and attentive, in each of my actions there was the possibility to save.

Therefore, dear readers, after reading this book with due attention, you will be amazed how much you can save! And given that saving resources saves your money, more pleasant it will be to follow the advice of this book.

It is also necessary to remember that even if you buy an environmentally friendly product, for example, natural shampoo or fresh milk, which do not harm the environment, the production itself, including the production of packaging, labels, is often **extremely harmful** for nature (the use of chemicals for cleaning, packaging production, the use of wood for the production of labels and so on).

Even if the manufacturer tries to minimize the harmful effects on the environment (for example, he uses secondary raw materials to create labels, solar energy for the operation of mechanisms), environmental damage is still caused. Because production is increasing, we occupy large areas for solar panels, and for their production we increase, in particular, the production of silicon, but not only it. We transport the products using cars, consume gasoline, wear out tires and road surface. You know that many roads need regular repair, which includes oil in large volumes.

Even if we grow potatoes manually, without the use of tractors and chemicals, we still harm the nature, occupying the land area and taking away the water originally intended for wildlife. We buy tools for land cultivation, use chemicals against pests, then we carry the harvested potatoes to agricultural fairs and shops, spending gasoline, wearing out tires. And so on.

Giving such examples, I want to say that any human activity, no matter how harmless it may seem, harms the ecology of the Earth as a whole.

I don't force humanity to become ascetic and clingy, but attentiveness will help us all save easily, as it is possible to save on what we don't really need, which we can live without.

So read the book, follow the advice, save our planet and become richer!

From myself I want to add: I will certainly keep a record of books sold to find out how many trees I "cut down", instead of which I will plant new ones in order to restore the environment affected by my writings!

In conclusion, I would like to note that the decisive factors in saving supplies are care and precision!

This book was the result of many months of effort, and there are people who deserve special thanks for help in creation of this book.

I want to express my sincere gratitude to my wife, Baymakhanova Aisha, who believes in me and in this book, encouraging me to make it a reality. She supported me in the most difficult times of my life, her love and confidence helped me to keep the head up. Without her there would be no this book!

Thanks to my parents, brothers, teachers and colleagues who took the time to talk to me about the progress of the work and convinced me that I was doing everything right.

Special thanks to my teacher of the gymnasium №40 in Taraz city, Osipova Tatyana, for the help in the creation of this book.

For professionalism and support in my work I want to say words of gratitude to Safinov Kanatbek Beysenbekovich. My gratitude to everyone who helped in the work on the book!

Health, sports and global events

1. Quit Smoking! You will save not only your health, but also the health of others, protecting the environment from smoke. Resources spent on cleaning and recycling cigarette butts will be saved. Because every pack of cigarettes and paper for it is piece of our forests.

2. If you just cannot quit right away, smoke less!

3. If people stop Smoking, the fields occupied by tobacco can be sown with other necessary crops.

4. Smile more and enjoy life! Negative emotions spoil your health, which will eventually lead to the need for treatment and purchase of drugs.



5. Stop drinking alcohol that is harmful to your health. Among other things, the production of such drinks in large quantities is very expensive.

6. Dry your hair naturally, without a hair dryer. This is the safest way. So the hair will be healthier, and you can save electricity.

7. Take care of your health, regularly undergo a medical examination. Poor health or late detection of the disease will require much more than the cost of timely treatment or prevention.

8. It is necessary to hold the movement “Earth Hour” not once a year, but as often as possible. For example, before every worldwide event or holiday.

9. If the purpose of buying a new form is to support your favorite club financially, find out if it is possible to transfer funds to the account of your favorite club directly. This is better than buying a form on which the resources of the planet are spent.

10. If the desire to update the form every year is irresistible, however you do not collect it, give the old form to the boy from the next street, chasing the ball down the street and cheering for the same club as you. So you will not accumulate things at home, and the boy will not have to spend money on the form.

11. When doing sports, buy liquids in large containers. Better to buy one-liter bottle of water than two by 0.5 liters. Of course, drinking from such bottles is not very convenient, but you use less plastic.

12. It will be even better if you buy a reusable bottle that can be refilled with clean water before each workout

13. Another advice to tennis players is instead of breaking the racket, give it to one of the fans – he will be happy.

14. Do you already have the uniform of your favorite club, and it is in good condition? Do not rush to buy a new one every football season. Usually football clubs produce new equipment every year, before the start of a new season. Of course, following the club and the players suggests that you financially support your favorites, but think about how wasteful it is.

15. What if your child has grown up and sports equipment has become small, but is in good condition? Give it to someone who is younger and who is engaged in sports. At least, propose the equipment on sale.

16. Boots or sneakers with torn stitches can be sewn up and continue to be worn.

17. Did the strings break on the tennis racket? Do not buy a new racket, just restring them.

18. Athletes! If making private agreements with sponsors cannot be avoided, sell your old kits or gift the fans. Don't let the clothes lay in vain!

19. Today, popular athletes make a large number of sponsorship agreements, according to which sponsors require them to wear a uniform with the logo of the sponsor or drive a car from the sponsor. My advice to athletes: sign long-term contracts that allow you to wear one uniform for a longer period or drive a car from a sponsor for longer.

20. Dear tennis players! If you have a bad day and even the game is not glued, please restrain emotions, do not break the racket.

21. If the players emotions must be released, I advise you have old or broken racket of slapping on the floor or stomp feet.

22. Buy a sports water bottle, fill it at home and carry it with you. This is a better solution than the daily purchase of water in plastic bottles in the store. As a result less plastic consumption and money saving!

23. On a global scale, the transition and use of one international language is a huge step towards saving resources, as there is no need to create electronic dictionaries and phrasebooks in the publication of paper dictionaries, in the production of translation systems for seminars and conferences, and more.

24. Moreover, knowledge of popular languages will certainly help people worldwide. This is an opportunity not to spend money on translators and dictionaries or phrasebooks.

25. It is better to hold events at stadiums during the day. Then you will not need to spend a large amount of energy on lighting, including huge spotlights.

26. The use of several national or official languages by one country is highly commendable, but at the same time costly. As, it is necessary to specify all official information (for example, indexes and so on) in all state languages. It is better if all citizens of the state know one of the official languages that can be used for writing on signs and plates.

27. The use of bio installations for energy production, for example, from animal waste or biological waste, gives a good economy of resources.

28. Nowadays, when garbage accumulates in tons and pollutes the environment, thus its recycling is mandatory.

29. The shorter the names of companies and organizations in cities and countries, the more economical it is. This also applies to the production of billboards and stands. In this case, both resources and time for their writing or printing are saved.

30. Small handwriting is more economical than large and sprawling. Although, in our time of computer technology, this problem is less urgent.

31. Summits and various international meetings should preferably be held in the places closest to the location of the participating countries. For example, if the participating countries are representatives of one continent, it is better to hold the event within that continent.

32. Auto or motorcycle races are usually held to honor various occasions. It is important to remember that such events are resource-demanding!

33. Before the start of sport or entertainment events, it is not necessary to show advertising on the monitors of stadiums, as it is not effective: not all spectators gathered, and energy consumption is very high.

34. There are still cities where most residents use bottled gas for cooking. Every day hundreds of cars deliver it to people and pollute the atmosphere. The ideal solution to the problem of air pollution is the gasification or electrification of such megapolises.

35. Birth control is an absolutely unpopular tool, sometimes used in some countries to slow or reduce population growth.

36. Perhaps it is time to replace the Eternal fires to some economical lights or tape? So it is possible to reduce burning the fuel or gas.

37. I would like to ask supermarkets not to throw away products that have a short shelf life. Put them on shop window with an indication "for the poor." I am sure that in any city there are people who need these products.

38. Well- timed funding also saves significant resources. Take, for example, buildings and structures, which in the absence of proper investment become unusable without the possibility of recovery.

39. Rebels, strikes, clashes between protestors and guards, when water cannons, smoke bombs are involved, when the transfer of troops and police is carried out. All of this requires certain costs, all these activities are detrimental to the resources of the planet.

40. War is one of the most terrible enemies of economy. Since the war is based on the production and use of weapons, the destruction of nature, the death of people.

41. The use of things from recycled waste or objects is preferable to products made from natural raw materials.

42. It is important to remember that rust is a dangerous enemy of metal. Therefore, it is necessary to deal with it in a timely manner.

43. When visiting historical places, buildings and structures, wonders of the world be extremely careful and attentive not to damage them.

44. In places where almost no man has gone before, try to walk without using a vehicle. But if transport is necessary, choose the least harmful types, such as bicycles, electric scooters, quads or the electric cars.

45. There are very resource-demanding and harmful kinds of sport. These include auto and motorcycle racing. There are more environmentally friendly sports – cycling or volleyball. You get to choose!

46. Meditation is very friendly towards the resources of the planet. Besides all, a person is improving himself.

47. Athletes should be extremely careful during trainings and performances. Recovery from injuries is very expensive financially and resource-demanding.

48. Do manicure and pedicure less often!

49. It is necessary to stop the testing of nuclear weapons. It is extremely thoughtless to do this today, when the environmental situation on the planet is lamentable.

50. Equally terrible for the planet is the dumping of nuclear waste.

51. Launching satellites into orbit is a huge expense. If research satellites are necessary for humanity, the military satellites are a waste of resources.

52. In the world, all sorts of military activities, including military parades or exercises, are extremely wasteful.

53. An excellent resource saving way is barter, meaning, things for things, food for food. Here, the turnover of money is excluded, and the parties of the exchange directly receive what they need.

54. Those involved in mining should be doubly responsible. If the extraction of minerals requires cutting down trees, plant them twice more after finishing mining process or plant elsewhere.

55. Gas and oil companies must **constantly** improve technologies that reduce the harmful impact on the environment during production process.

56. Rebranding is an unfavorable phenomenon for the planet's resources.

Transport

57. Drive slowly! Aggressive driving increases fuel or energy consumption.

58. Wash transport only as it gets dirty! If the interior is clean but the body is dirty, wash only the body. Conversely, if the interior is dirty and the body is clean, it is enough to clean the cabin.

59. If you live in a cold climate, change the winter tires for summer in time and vice versa. Winter tires in warm seasons wear out faster, and summer in cold weather slips on the ice, increasing engine speed and fuel consumption. Moreover, when tires are out of the season, it is a threat to your life!

60. Use navigation equipment to determine the shortest path or the path without traffic jams. Sometimes a short way, but in traffic jams, may require more fuel or energy of your transport.

61. Use the tires to the recommended level of wear. Do not change it before the deadline, if the protector and rubber are not damaged!

62. Learn maps since, a good knowledge of urban routes and terrain allows you to find a shorter path and choose to drive the road in the best condition.

63. Use the tent when you plan to leave vehicle on the street for a long time, protecting it from damage, caused by heat, dust, rain or snow. The tent will also save your transport from burning the paint coating.

64. Do you leave your car under the sun for a short time? Then use reflective protective cover for the panel and interior. If transport in the open air for a long time, and there is no possibility to put transport in the garage or in the indoor parking lot, then reflective protective covering is preferable.

65. If you do not have reflective protective capes, you can use towels or pieces of old fabric that are in every house.

66. In the warmer months the battery can be disconnected during vehicle idle time.

67. If transport is not used for long time in below zero temperature, it is desirable to keep the battery warm-so it will last longer. If the battery is not very heavy, it can be disconnected and put in a warm place.

68. Do not hide on the vehicle from the police! Fuel or energy consumption increases significantly due to high speed and the number of cars. At the same time, if one police car is unable to catch disturber, the number of police cars increases. Sometimes it comes to helicopters.

69. If you live in country with warm or hot climate, you can protect the interior of the vehicle from the sun with tinting.

70. Transport with applied aerography looks great, but it is wasteful, given that before airbrushing the vehicle is already painted.

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