**Lab1**

**Code: Disain HTML page.**

<!DOCTYPE html>

<head>

<title>The Importance of Water</title>

</head>

<body>

<p>

Water is <b>essential for life</b>, playing a <strong>vital role</strong>

in numerous bodily functions and supporting all living organisms.

It acts as a <i>solvent</i>, <em>lubricant</em>, and

<u>temperature regulator</u>, and is crucial for digestion, nutrient

absorption, and waste removal. Without sufficient water intake,

<mark>dehydration</mark> can lead to <del>minor health issues</del> and

<ins>serious health complications</ins>.

(Remember the chemical formula is H<sub>2</sub>O, not H<sup>2</sup>O).

<br><br>

Here's a more detailed look at the importance of water:

</p>

<p>

<tt>For the Human Body:</tt>

<br>

<strong>Essential for bodily functions:</strong>

Water is a vital component of blood, saliva, and other bodily fluids, playing a key role in nutrient transport, digestion, and waste removal.

<br>

<strong>Regulates body temperature:</strong>

Water helps maintain a stable body temperature through sweating, preventing overheating.

</p>

<img src="https://placehold.co/600x300/3498db/FFFFFF?text=Water+is+Life" alt="A placeholder image with the text 'Water is Life'">

<p>

You can <a href="https://en.wikipedia.org/wiki/Water" title="Learn more about water on Wikipedia">read more about water on Wikipedia</a>.

</p>

</body>

</html>

Output:

