What’s the most useful action for people to help protect the environment?

1. Travel by bike or walk to destination. (√)
2. Reuse and recycle waste materials.
3. Purchase local organic food.

Nowadays, as people are realizing the importance of natural environment and its close connection to our human beings, the idea of environmental protection has penetrated into our daily. As a result, it is always a hot topic about what is the most effective and useful way to protect the environment. From my perspective, to travel by bike or walk to destinations is the best choice.

First, travelling by bike or walking can improve the air quality. The popularization of cars has greatly harmed the environment, especially the air quality, as the exhaust emission of cars contains many kinds of air pollutants/toxic chemicals, which can directly or indirectly lead to major environmental issues such as global warming and acid rain and scientists have proved that travelling by bike or walk is an effective way to improve this problem. Take Chengdu, a city of China, for instance. Since biking became a popular habit of the citizens, the city has significantly reduced its carbon emissions, which was over 68 thousand tons within 2017, and accordingly brought about 3 million dollars’ economic benefit in return. What’s more, the haze days has significantly declined due to the improved air quality, thus ameliorating the visibility on the road and decreasing the morbidity of lung diseases by 46%. Seen from this perspective, to travel by bike or walk can reduce the exhaust emissions and improve the air quality.

Besides, to ride bikes is a relatively convenient way for every one to help protect the environment. To be specific, when travelling by bike or walking to the destination, no other preparation is required. one can simply tie the shoes or unlock your bike and set off. What’s more, the popularization of shared bike has further simplified the process. A few clicks on the smartphone will provide you with a nearby nice bike. Take Mobike, a shared bike company, for instance. In 2017, this company has distributed more than 5 million shared bikes to about 100 cities all over China, and the average use of riding those bikes per day was about twenty million times. In many major cities in China, we can find a Mobike within three minutes’ walk, and unlock the bike within 15 seconds. So, it’s clear to see that to traveling by bike or walk is a convenient and accessible way to protect the environment.

Indeed, some people believe that reusing and recycling waste materials is the most useful way to protect the environment, as by doing so, the resources can be better taken advantage of; those who think that purchasing local organic food is the best way may insist that such a practice would directly inhibit farmers’ use of fertilizers. However, they both ignore a fact that such actions require a complicated background knowledge, such as how to recycle the waste or how to tell the organic food from other food, which makes those actions less accessible and impractical to many ordinary people.

In a nutshell, from my perspective, travelling by bike or walking is the most useful action for people to help protect the environment.