



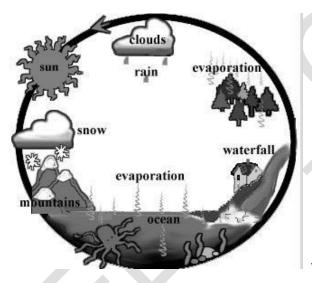
The picture shows the information about the process of maintaining 100% wellbeing/health.

Firstly, if we have sufficient food nutrition, it will have positive impact on physical activity.

Secondly, if we have enough exercises, it will have positive change on relaxation & stress management. That's because exercise makes us tired enough to sleep well.

Finally, good sleep has positive contribution to absorb nutrition well.

In conclusion, these are the three components of supporting the 100% wellbeing/health.



water cycle

The picture shows the water cycle in nature.

Firstly, with the help of sunshine, there is evaporation from the ocean & forests.

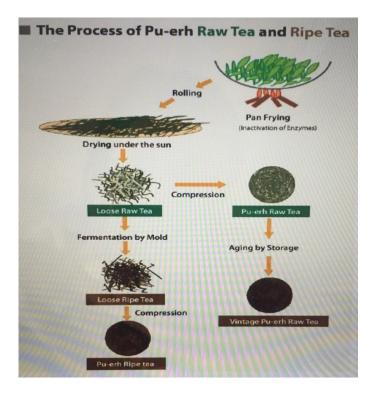
Then, the water will become steam and go into the air.

After that, the steam will get cold and condensate, becoming liquid in clouds.

When the clouds cannot hold so much water, there is precipitation, such as snow and rain.

Together with the melting snow and rain, water will flow back into the ocean of forests.

And then the cycle starts again.



The picture shows the process of producing pu-erh raw tea and ripe tea.

Both types of tea have a pan frying process, a rolling process and a process of sun drying. After these steps, loose pu-erh is produced.

To produce pu-erh raw tea, loose pu-erh needs to be compressed to a particular shape, aging by storage to form vintage pu-erh raw tea.

But for producing pu-erh ripe tea, a fermentation of loose pu-erh process needs to be applied before compressing the tea.



The picture shows the process of paper making from plantation to paper.

We can see from the graph that there are 5 stages in the process.

The 1st stage is to gather material from somewhere and it is called radiate pine thinnings.

The second step is to trim unwanted part off the material by a de-barking drum.

After that, the processed material will be sent to a chipper, and then thermomechanical refiner, and then at this stage, water is added to finalize the product.

In conclusion, the process of paper making is complex.



The picture shows the information about the process of downloading music from Tesco Extra website.

We can see from the picture that there are 4 stages in the process.

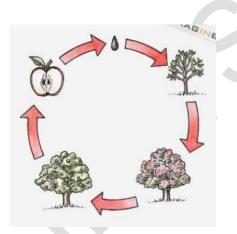
The first step is to search on the website to find out what you want to buy.

The second stage is to add the music you found to the shopping cart and make your purchase.

After that, you are able to download the music from the site.

Finally, you can play and enjoy your songs and music.

In conclusion, the process of downloading music from Tesco website is not so complex.

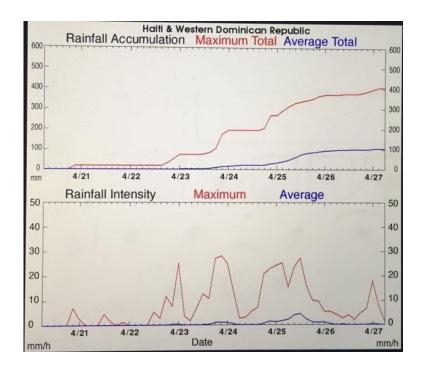


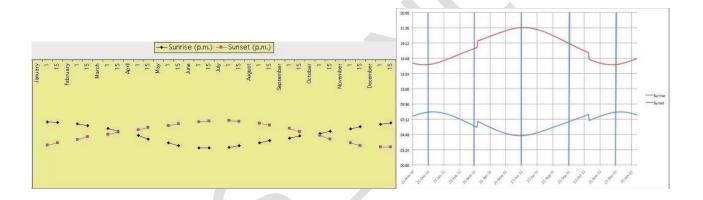
The picture shows the process of planting apples. We can see that there are 5 stages.

The first step is to cut down the middle of an apple, and then take out the seed and plant it into soil.

The seed will take some time to sprout and will grow bigger and bigger until it becomes a big apple tree.

Finally, the apple tree will bear fruits, and then the cycle starts again.





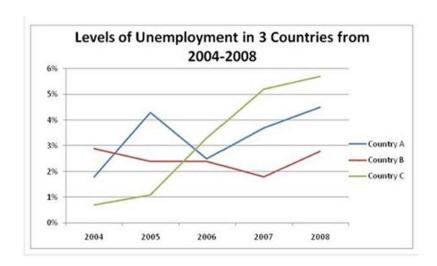
The graph shows the information about the trend of sunrise and sunset in a particular area during the whole year.

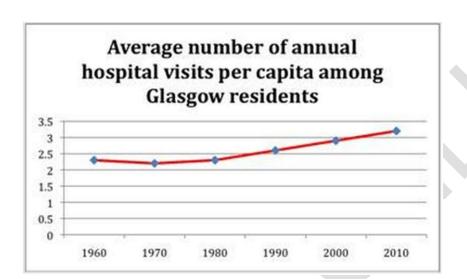
There are 2 lines in comparison, which are in blue and pink.

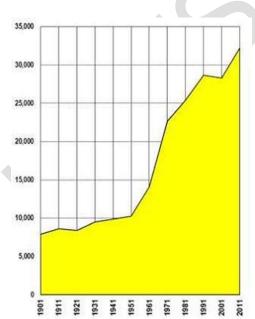
The blue line represents the time of sunrise in the morning, which starts very late in January (at around xx time), getting earlier until July (at around xx time), and then getting late again till December.

The pink line represents the time of sunset in the afternoon, which starts very early in January (at around xx time), getting later until July (at around xx time), and then get back to earlier in December.

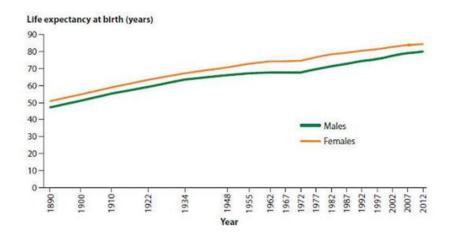
In conclusion, they have negative correlation with each other.

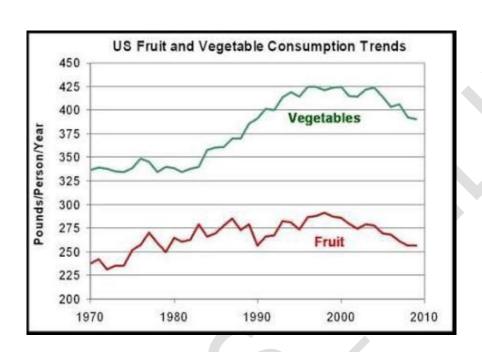


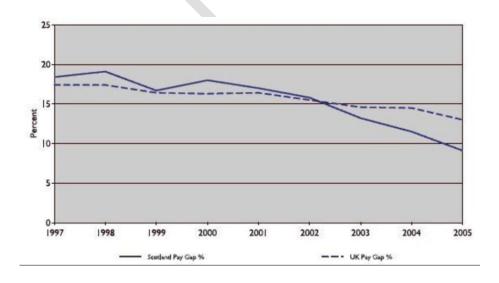


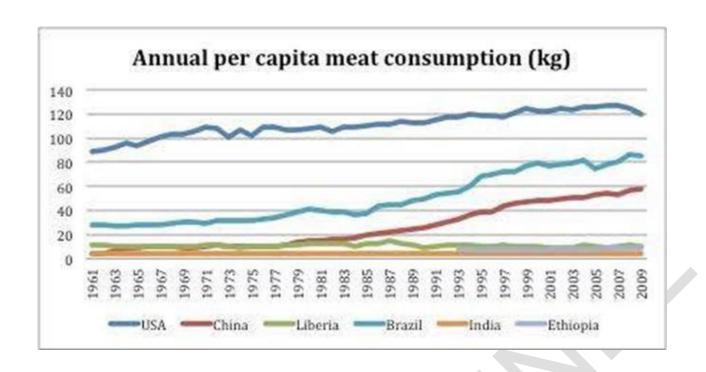


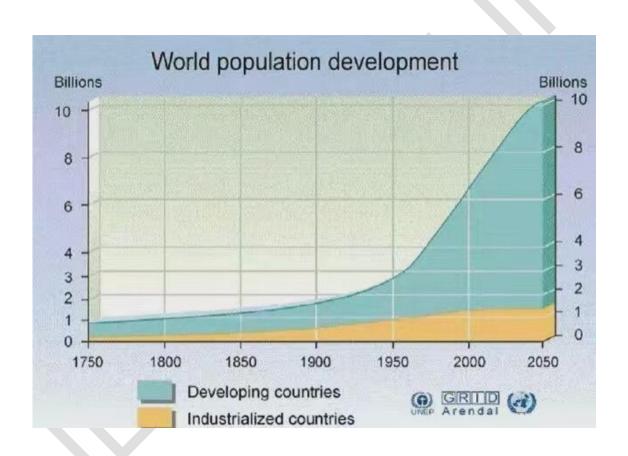
Litchfield city population

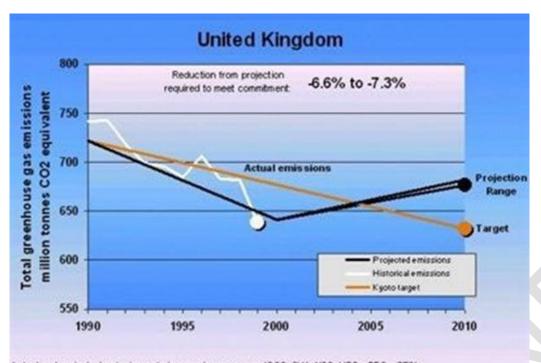








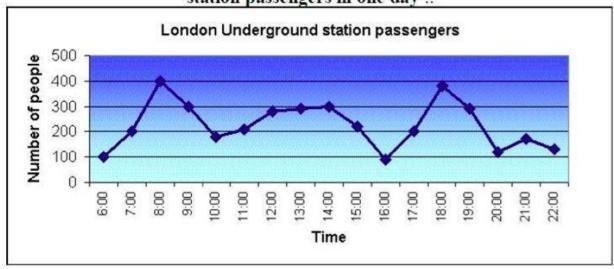


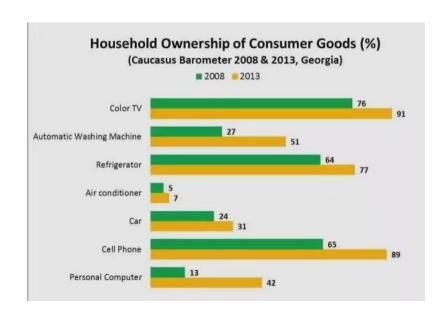


Actual and projected emissions of six greenhouse gases (CO2, CH4, N2O, HFCs, PFCs, SF6)

Sources: Actual emissions UNFCCC/SBI/2000/11 Table B.1. Projected emissions UNFCCC/1998/Add.2 Table C.6.

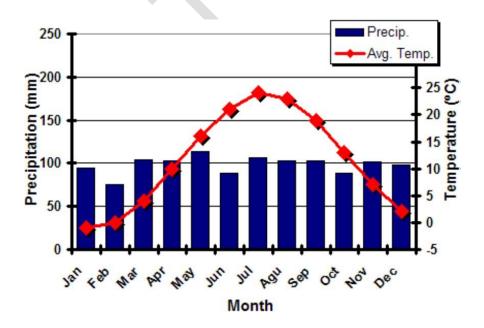
Graph: The graph shows changes in the number of London Underground station passengers in one day::



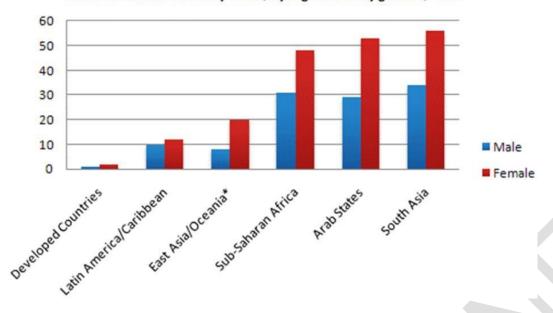


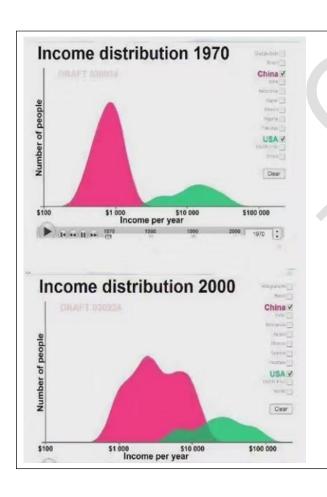
Temperature and Precipitation Chart (Yearly)





Estimated world illiteracy rates, by region and by gender, 2000



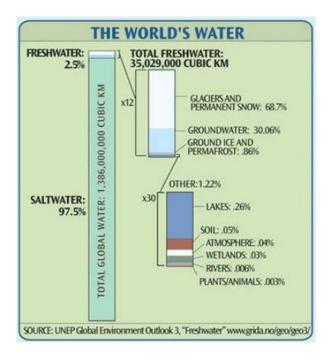


The graph shows the information about annual income distribution in 1970 in the USA and CHINA.

We can see from the graph that the income for the majority of Chinese is tightly closed to \$1000 per year.

But the income for the US citizens is loosely distributed form over \$1000 to nearly \$100,000.

In conclusion, the income of the US people is much higher than that of Chinese.



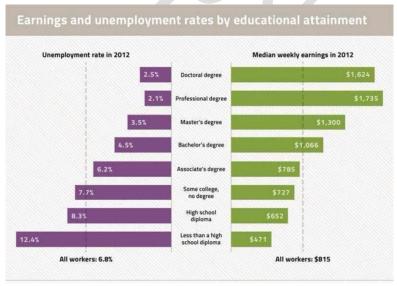
The picture shows the information about the world's water composition.

It is taken from UNEP Global Environment Outlook 3 Freshwater.

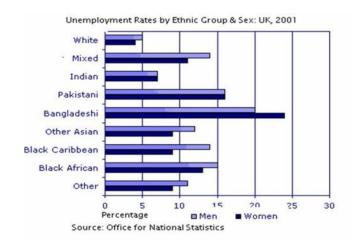
We can see that the largest proportion of the world's water comes from saltwater, which is nearly 98%, while the least proportion comes from freshwater, which is only 2.5%.

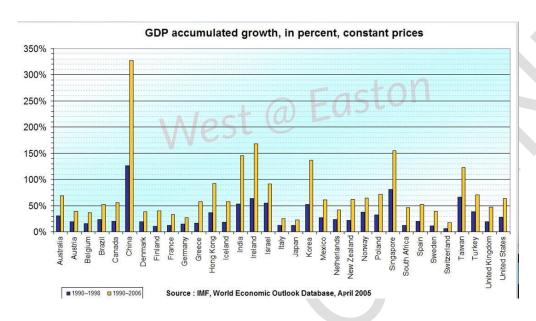
And out of the freshwater, the largest proportion comes from glaciers and permanent snow, which account for nearly 69%.

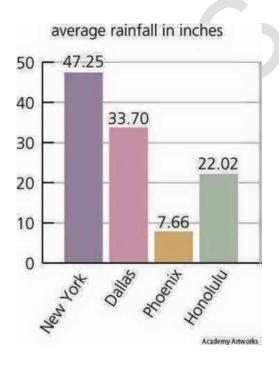
In conclusion, freshwater is a very precious resource, we need to whatever we can to protect it.

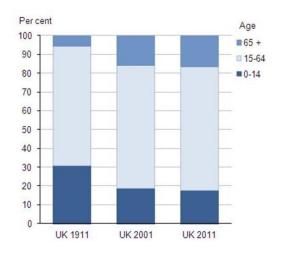


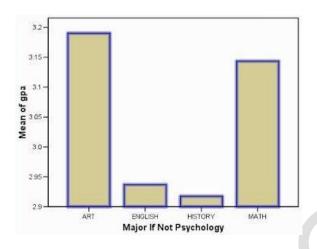
Data from: Bureau of Labor Statistics, Current Population Survey. http://www.bis.gov/emp/ep_chart_001.htm

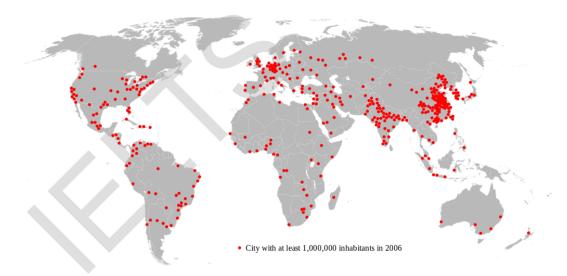












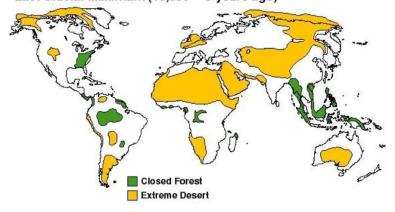
The map shows the information about city with at least 1 million inhabitants around the world in 2006.

One red point represents a city having at least 1 million inhabitants.

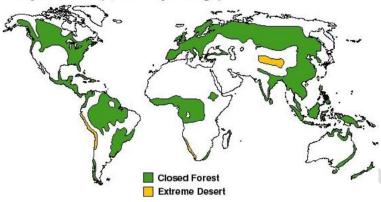
We can see from that map that, in Asia, such mega cities are mostly located at eastern and northern area, but in Europe, the mega cities are located in the middle of the continent.

In America, Africa and Australia, mega cities are located at the edges of these continents.

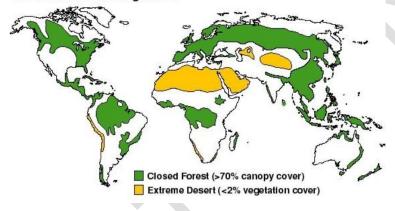
Last Glacial Maximum (18,000 ¹⁴C years ago)

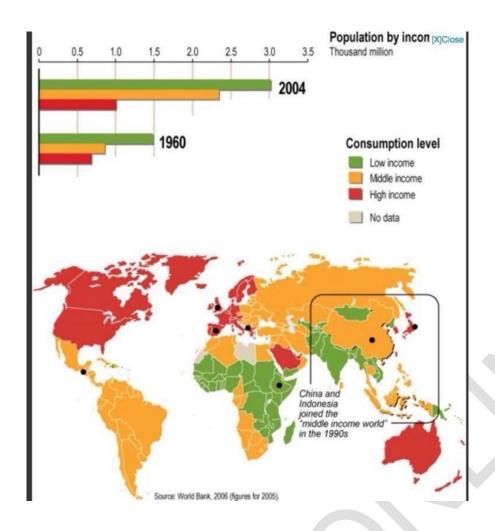


Early Holocene (8,000 ¹⁴C years ago)



Present Potential Vegetation



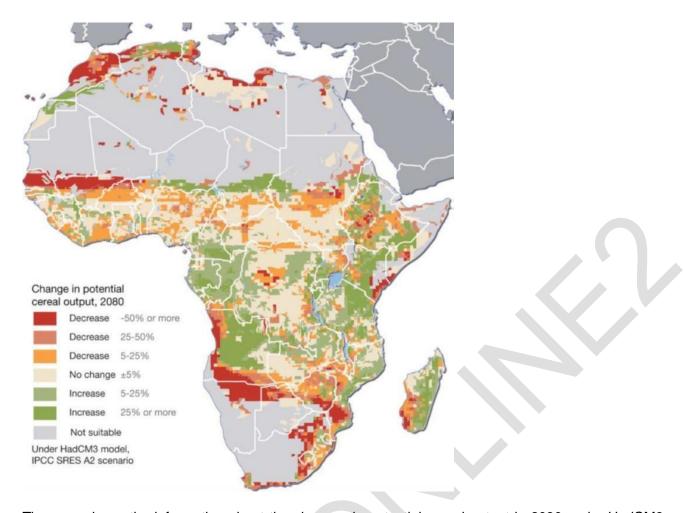


The bar chart shows the information about the population by income level in 1960 and 2004, while the map shows the consumption level around the world.

It is taken form world bank 2006, but the figures are for 2005.

We can see from the bar chart that all levels of income population increased over the period, and the largest increase comes from the middle income population, which was around 1.5 thousand million in 1960 and increase to just over 3 in 2004.

For the map, we can see that china and Indonesia joined the "middle income world" in the 1990s, and high consumption level population is mostly located in North America and Australia.

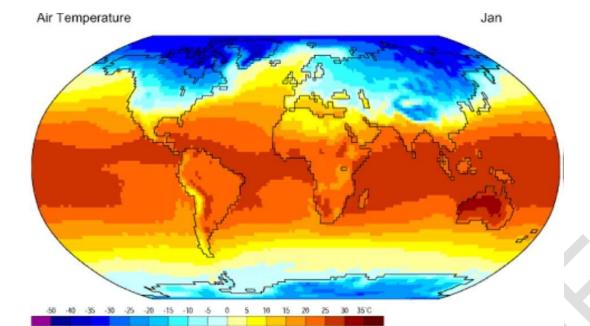


The map shows the information about the changes in potential cereal output in 2080 under HadCM3 model.

We can see from the map that there are 7 categories in comparison, which includes decrease in 3 levels, increase in 2 levels, no change and not suitable.

The major part of North and South Africa are not suitable for cereal production, but the edges of these areas will decrease in cereal production

In central Africa, most of the areas will be no change or increase in their production of cereal.



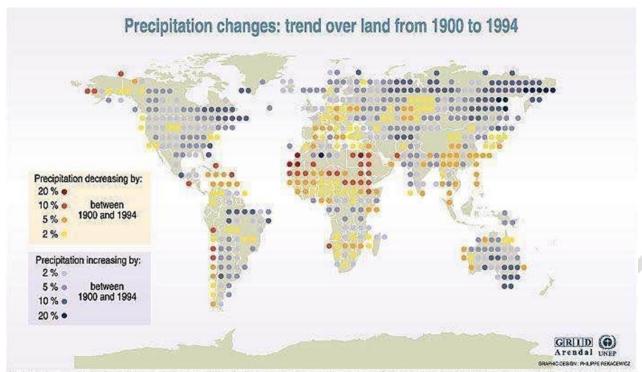
Data: NCEP/NCAR Reanalysis Project, 1959-1997 Climatologies

The map shows the information about the air temperature around the world in January.

We can see from the map that it is mostly occupied by orange and red, which represent temperature from 15 to 35 Degree Celsius, and you can find them around the equator.

The map is second mostly occupied by blue and navy blue, which represents temperature from 0 to -25 Degree Celsius, and you can find them around the north and south poles.

In conclusion, in the middle of the earth, it's hot, but at the two poles, it's cold.

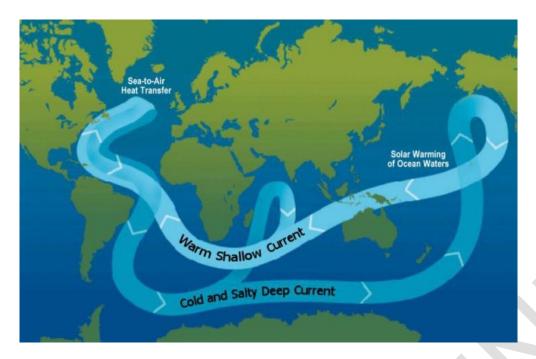


Sources: Climate change 1995, The science of climate change, contribution of working group 1 to the second assessment report of the intergovernmental panel on climate change, UNEP and WMO, Cambridge press university. 1996: Humo et al., 1991 and 1994; Global Historical Climate Network (GHCN). Vose et al., 1995 and Eischeid et al., 1995.

The map shows the information about the trend of precipitation change over land from 1900 to 1994.

The red and yellow dots represent decreasing of precipitation ranging from 2% to 20%, and you can find them mainly in North Africa, South Asia and Middle East.

The grey and blue dots represent increasing of precipitation ranging from 2% to 20%, and you can find them mainly in north and south Americas, North Asia and Australia.



The map shows the information about the ocean current around the world.

We can see that there are 2 streams current, one is the warm shallow current, and the other one is cold and salty deep current.

We also can see from the map that there is a sea-to-air heat transfer happens in the Atlantic ocean, and on the other side, the solar warming of ocean waters is occurring in the pacific ocean.

Moreover, in the India Ocean, the cold and salty deep current splits into 2 streams again, one rejoin the warm shallow current, while the other one continues to pacific ocean.

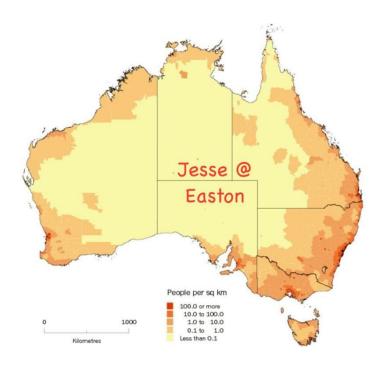
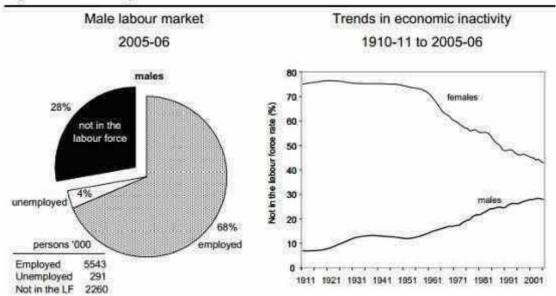
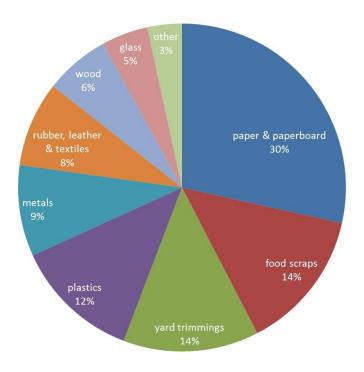
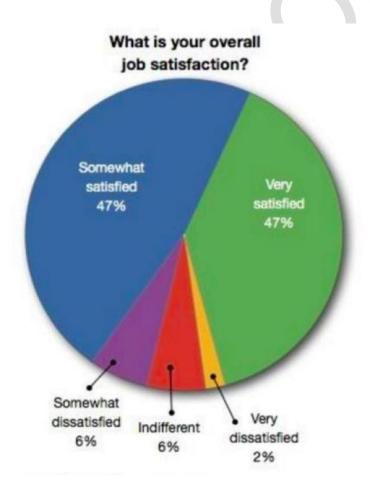


Figure 1 Many men are outside the labour force



2010 Total MSW Generation (by Material) 250 Million Tons (Before Recycling)





Highest Mountain Peaks of the World

The following table lists the highest mountain peaks of the world including mountain name, mountain range, vertical height, and location, according to the National Geographic Society.

See Named Summits in the U.S. Over 14,000 Feet Above Sea Level for U.S. Peaks.

See also Climbing the World's 14 8,000-meter Peaks, The Seven Summits, Mortals on Mount Olympus: A History of Climbing Everest, and the Everest Almanac.

			Height	
Mountain peak	Range	Location	ft.	m
Everest ¹	Himalayas	Nepal/Tibet	29,035	8,850
K2 (Godwin Austen)	Karakoram	Pakistan/China	28,250	8,611
Kanchenjunga	Himalayas	India/Nepal	28,169	8,586
Lhotse I	Himalayas	Nepal/Tibet	27,940	8,516
Makalu I	Himalayas	Nepal/Tibet	27,766	8,463

The table shows the five highest mountain peaks in the world, which are Everest, K2, Kangchenjunga, Lhotse and Makalu.

The heights of these peaks range from nearly 28,000 feet to around 29,000 feet. That is from nearly 8,500 meters to around 8,900 meters.

Except for K2, the other four peaks are located in the Himalayas mountain range.

Among them, Everest, Lhotse and Makalu are on the border between Nepal and Tibet.

Year	Population	
1650	550,000,000	
1750	725,000,000	
1850	1,175,000,000	
1900	1,600,000,000	
1950	2,556,000,000	
1980	4,458,000,000	
2000	6,080,000,000	

Source: The World Almanac and Book of Facts

The table shows information about the world population from 1650 to 2000.

It is taken from "the world Almanac and book of facts."

The population was 550 million in 1650 and increased to around 60 billion in 2000.

We can tell that the world population increased dramatically over the period.

I think this is because of the improvement of medical services and living standard.

Annual income of Bachelor degree holders in different fields

	2001	2011	
Business	\$104,230	\$178,370	2
Education	\$78,780	\$94,360	ė.

The table shows the information about annual income of Bachelor degree holders in different fields in 2001 and 2011.

There are 2 fields in comparison, which are business and education.

For business degree holders, their annual income increased from around 100,000 dollars to around 180,000 dollars during the period.

For education degree holders, their annual income increased from around 79,000 dollars to around 94,000 dollars during the period.

In conclusion, the income of business degree holders is always higher than that of education degree holders, and they all have an increasing trend.

Table of Baby sleep hours

Table made by Issa @ Easton

Age	Nighttime sleep	Daytime sleep*	Total sleep
1 month	8.5	7(3)	15.5
6 months	10	3.5 (2)	13.5
18 months	11.25	1.25 (1)	12.5

^{*}Note: Number of naps in the parentheses.

The table shows information about sleep hours of babies aged 1 month, 6 months and 18 months.

Their nighttime sleep increase as age increase, from 8.5 hours to 11.25 hours, while the daytime seep decrease as age increase, from 7 hours to only 1.25 hours, so does the number of naps.

And the total sleep time decrease as baby grows, from 15.5 hours to 12.5 hours.

The table compares modes of transport used in three countries

Picture made by Issa @ Easton

Journey made by	Germany	America	Canada
Car	73%	85%	91%
Bicycle	2%	1%	1%
Public transport	20%	10%	2%
On foot	2%	3%	5%
Others	3%	1%	1%

The table compares modes of transport used in three countries.

The three countries are Germany, America and Canada.

There are 5 types of transports in comparison, which are car, bicycle, public transport, on foot and others.

We can see from the table that car is the most used transport in the three countries, which is 73% in Germany, 85% in America and 91% in Canada.

And for Germany and America, public transport is the second most used.