**Air pollution, pollution of the future**

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Bobby (1974) claimed that “The only solution to pollution is a people’s humane revolution”. But is his statement still relevant? Air pollution is one of the most widespread problems on earth, and it is still developing and destroying the lives of people, animals, and all living beings. A few decades ago, that problem did not have such a large size as it is now. At that time, we could observe air pollution only in such densely populated countries as China or India. But nowadays, thanks to technologies, air pollution has acquired the status of a global issue. It is very important to understand the vitality of the problem because it harms the state of humanity the environment, and as a result, it may happen that living things will have nothing to breathe. This essay examines the main causes of the development of air pollution, the importance of which should be realized and solutions that will partially eliminate of the issue, and you will understand how “small” actions can lead to significant consequences.

Nowadays it is becoming increasingly difficult to maintain your health, largely due to air pollution. Barry (2015) suggests that "Exposure to fine particulate air pollution contributes to cardiovascular disease and acute heart attacks”. His suggestions say that slowly but surely air pollution leads to a deterioration of the people’s hearts. Although attempts have been made to prevent this problem, it has not been overcome. According to the World Health Organization (2013), in 2012 about 7 million people died – one in eight of the total number of deaths in the world - due to air pollution. These numbers seem very large, should not it encourage us to fight air pollution? Air pollution greatly contributes to the deterioration of people's health and situation. Lack of awareness of how much the environment and health are dear to us can lead us to irreversible consequences. Therefore, people should be aware of this and be wary.

People have begun to understand that the reason of most of the problems associated with the ozone layer and ultraviolet radiation on our earth is air pollution. An increase in the level of carbon dioxide leads to the destruction of the ozone layer, and the destruction of the ozone layer in turn leads to an increase in radiation on earth (Richard, 1997). The ozone layer is a vital part of the seven parts of the sky that protects us from ultraviolet radiation. Ozone layer absorbs the bulk of ultraviolet light in the range of 290-315 nm, and if our layer becomes small in size, or disappears altogether, then all living beings may come to an end. The size of this problem is growing every day, I think that people can find a solution to this, but it's still worth understanding your actions, because it can lead to irreversible consequences.

To tackle the issues associated with the impact of polluted air on the human cardiovascular system, and in general on the state of health, people should adhere to proper nutrition, and make nutrition diets. This may be unattractive to most people, because they prefer harmful, but delicious food. Beneficial nutrients like omega-3 can mitigate the health effects of air pollution (Peter, 2015). It is a well-known fact that our life depends on our nutrition and, in general, on our mode. By the way Harvard statistics claims that people who eat healthy food, have more energy and happier than those who eat junk food. The general condition of a person is also very important, is not it? Adhering to a proper diet will help people feel and live better, as it reduces the risk of heart disease, lung disease from air pollution.

To stop releasing planes, ships and cars that release toxic gases can help in the fight against the destruction of the ozone layer. This may be the most effective solution, because oxide gases are the main cause of ozone depletion. Rowland (1987) asserts that “In addition to toxic gases, freon gases that we use every day are also affected, freons are far from the ozone layer, but freons have been detected in the stratosphere, which means that harmful gases on earth also contribute to ozone destruction”. The problems of the ozone layer were relevant in the 1980s and 1990s, at that time many experiments were done, and even managed to greatly reduce the risk of ozone depletion. At that time, there were supersonic planes that pierced ozone and left toxic gases there, but they stopped being released. But still, technology does not stand still, and the same actions need to be taken now. And also pollute the air less, because oxygen is very closely related to the stratosphere. To stop the development of toxic gases, and transports that can pierce ozone, can permanently remove worries about ozone depletion, this is the key to a safe life.

In this essay, the main causes of the development of air pollution and ways to solve them are described, and that "small" actions lead to big consequences. Air pollution occupies a significant place in our lives. This problem is not one specific one, and it contributes to the emergence of other problems, such as the destruction of the ozone layer, a bad impact on health and the environment. If there was more time, it would also be possible to study other minor problems that could later become global. From my point of view, the further research should be conducted in the field of chemical elements that can pollute the air. We need to be aware that this poses a danger to our organisms. If we do not pay attention to this problem, it can lead to the disappearance of air, and, accordingly, the disappearance of all life on earth.

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