



EY
Building a better
working world

EDITOR'S WORD



The environment can be described as the place where we live. We cannot describe the environment without talking about its surroundings. Things found in our environment include animals and plants.

It is our responsibility to keep our environment through draining all stagnant water, cutting bushes around us, mopping the house, washing utensils early so that they dry up and sweeping our surroundings including the house and compound.

It is everyone's responsibility to keep the environment clean. Do not leave the responsibility to adults such as the househelps at home and parents only.

I wish you a blessed and healthy week.

Lydia Amongwisha

LINE

Developing Young Readers

MONDAY, JULY 17, 2017
Daily Monitor
www.monitor.co.ug

news minute

Eat slowly to keep healthy

Some people prefer to eat fast finish quickly. But this is wrong. Eating slowly leads to better digestion, better hydration and great satisfaction of our meals. On the other hand, eating quickly leads to poor digestion, increased weight gain, and lower satisfaction. Slow down your eating pace and enjoy improved health and well-being.



Keep the environment and surroundings clean

Sweeping is one way the environment can be kept clean. PHOTOS BY GODFREY LUGAJU

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Environment is a place where humans, plants and animals live.

It should be kept clean so that people can live harmoniously and healthy. When the environment is kept clean, people get fresh air and people enjoy living a comfortable life in a place free of litter.

The diseases that are got when the environment is left dirty include dysentery, diarrhoea, cholera and malaria which come due to failure to dispose of containers which store stagnant water in which mosquitoes breed.

Children should avoid littering carelessly and instead drop rubbish in the right places such as dustbins or any other designated rubbish pit.

Also sweeping the class and the school compound should be given priority. In case you are always conflicting with your siblings or classmates on who is doing what, it is best to always have a roster that apportions responsibility. Eventually, your environment will be kept clean. Also when it is your turn to clean, do not wait to be reminded rather, take it upon yourself to do what is required of you.

For example, if you

find litter in the compound, pick it and drop it in the right place.

A clean environment makes learning enjoyable and conducive because when the school is clean, you will be safe and not catch diseases to make you miss school. According to Thomas Otim, a P.7 pupil at Tekulu Primary School, Amuru District,

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your letters

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