



МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ
КАФЕДРА ІНОЗЕМНИХ МОВ
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР

МАТЕРІАЛИ

**XIV ВСЕУКРАЇНСЬКОЇ
НАУКОВО-ПРАКТИЧНОЇ КОНФЕРЕНЦІЇ
СТУДЕНТІВ, АСПІРАНТІВ ТА ВИКЛАДАЧІВ
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ
КАФЕДРИ ІНОЗЕМНИХ МОВ**

«TO MAKE THE WORLD SMARTER AND SAFER»

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Сумський державний університет
(вул. Римського-Корсакова, 2, м. Суми, Сумська обл., 40007)

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Drinking a certain amount of water every day the norm of which is different for each person can reduce the risk of a heart attack. For many years US scientists have been explaining the cause of longevity and they have found that people who drink five or more glasses of water can reduce their risk of heart attack.

3) No headache

The headache that bothers us as we often think for no reason really is caused by dehydration of our body. Most often if you have a headache, the most possible reason for it is the lack of water.

I want to conclude that enough water in our organism is one of the main conditions to implement our desire to have a slim body, good mood and healthy internal organs.

HEALTHY ENVIRONMENT FOR OUR FUTURE

Maryna Sadymaka – Sumy State University, group ZT-91
T.V. Pochatko - E L Adviser

"Environmental pollution" is a phrase with sounds almost everyday because this problem is very urgent now. It's the greatest trouble of people of all nations. Our planet must be saved. We must do something to prevent the pollution. But few people worry about our environment. Although the consequences of our indifference are terrible. The life of future generations depends on our decisions.

The sustainability discourse started in the 1970s, and the 1992 UN Conference on the Environment and Development recognized intergenerational equity as central for policymaking that safeguards the future. This principle is now found in the constitutions of many countries. But its implementation in the world policy-making, however, is rare. The World Commission on Environment and Development states, "We borrow environmental capital from future generations with no intention or prospect of repaying. We act as we do because we can get away

with it: future generations do not vote; they have no political or financial power; they cannot challenge our decisions.” [1]

World Health Organization (WHO) reports that 12.6 million people die each year due to environmental pollution. According to the WHO, there is a great impact of harmful environment on certain diseases and injuries. The WHO report "Environmental Disease Prevention - Assessing the Severity of Diseases Caused by the Environment" states that 24% of all diseases in the world originate and develop due to poor environmental conditions. And 33% of all cases are the children diseases[3].

The main sources of environmental pollution are:

- Industry (Environment, Processing)
- Transport (for example, motor transport in the city is a source of about 60-70% of air pollution);
- Agriculture (agrochemicals, fertilizers, various means for combating plant diseases, pests, weeds)
- Household (solid and liquid household waste, combustion products resulting from the operation of heating systems).

Many people think that one plastic bag or plastic cup will change nothing, that only factories and transportation pollute the environment. Partly it is true, metallurgy has a significant impact on the environment. But if each of us does not throw away non-recyclable waste products every week and takes care of nature by greening it, then our environment will be improved significantly.

Therefore, necessary steps for our ecology are:

- increasing the number of appropriate garbage cans and timely removal of garbage;
- sorting the garbage;
- garbage should be placed where it will cause the least harm to people and nature;
- do not incinerate waste;
- carrying out environmental safety activities;

- participation in carrying out sanitary and anti-epidemic measures;
- promote healthy lifestyles, plant trees, flowers, maintain cleanliness near houses, along river banks, ponds, and in parks (so-called health days can be held).[2]

Only working together we will achieve the best results and healthy environment for future generations! Take care of nature, and it will take care of you!

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EFFECT OF STRESS ON THE OCCURRENCE OF CARDIOVASCULAR DISEASE

M. Lobatiuk - Sumy State University, group MC.m-804
Y.Kozachenko -E L Adviser

Every day the modern person is exposed to stressful situations. In transport, at work, coming out of the entrance or even in our own apartment, we constantly feel stress, no matter what the profession of a person in which social and living conditions she lives, the stress accompanies her at every step.

The most stressful thing is affecting the cardiovascular system, the kidneys and the digestive system.

According to WHO, which was announced in the Verkhovna Rada during a roundtable on "Defeating death: key