

FACED WITH FOOD AND ENERGY CRISIS ,HOW CAN SOCIETY IMPROVE ITS WELL-BEING?

Everyone wants sustainable improvement of well-being. Therefore should consider one of the most important aspects of life - HEALTH. According to WHO definition, the health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. We have to unite our body with mind and a soul. However it is not possible to separate any of those components, because a man has a trinitarian nature and has to be determined as entirety. Indisposition one of these elements reflects on the others. In comparison to the whole society, disease of any individual has the world-wide effect. Currently we struggle with the food and energy crisis in the global range. It is not only the matter of the governments' policy, but also a big task for every of us. Actually "healing" the world can take place only if we begin from the level of the individual.

Previous solutions concerning production of energy did not take positive effects. We try more and more to avail renewable energy sources. Few years ago there has been made an unexpected discovery that the nature created small nuclear reactor. Miniature power station is the invention applied for years by the military. We could use them to supply farms. It has already been generated by companies like Toshiba. It is small, greenhouse gases and CO₂ emission free, does not produce coke or dust. Except this, from 1kg of uranium we obtain as much energy as from several dozen tons of coal. The negative aspect is that the construction is disposable and radioactive fall-outs are produced. Commonly they are dug in deep in the ground. Moreover, in comparison to the other resources, mining tip is more reactive than the radiation by the reactor. This way of gaining energy seems to be safe and appropriate.

Also the government's "tactics' changing" have to be taken into account. From an opinion that in the crisis time we should save to: WHERE IS the bigger crisis, the more money for scientific research should be assigned to in order to discover new, unknown technologies. Perfect possibility is to invest in TOKAMAK, the device, in which the energy is possessed from the fusion of light elements . The history of science shows that many revolutionary ideas (e.g. transistor) have been invented in such way.

Revolutionary event was the usage of the energy from a man. Scientists say that the human-being has as much energy as the battery that weights a tonne.

The work of ours muscles we can utilize to produce electric current , for example in gym to supply ventilators, amplification equipment -consume energy resultant during using training equipment

Free, natural and safe energy we can obtain from the piezoelectric phenomenon. Combining it with the renewable resources would appear to be wide-ranging useful. For example the usage of the sea tides energy. Striking waves would cause mechanical pressure on the respectively prepared special crystals located in the rocks. Energy could both be used to power neighbourhood

or be temporarily stored. Similar crystals could be also fitted in the pavements, motorways or even school halls, to generate the energy.

Another innovating idea is to gain energy from nanogenerators. They use various kinds of the mechanical energy (eg. human's movement). In practice, they would be fixed to the shoes' soles or cars' wheels.

Machine-work of people crowd we can convert into electric energy. Floors with a special hydraulic system, in which stresses of human's steps cause fluid's flow, which propels to move microturbines. It can be utilized in public objects: in the entrance to subways or stadium. Produced by this way energy can illuminate these objects or can be used on the other targets.

It is possible to produce energy-generating rucksacks using the energy of the pedestrian motion. Contents of the rucksack is hanging on the spring, which energy is processed to the electricity. It can be used by emergency services where an access to the energy is difficult. That sort of the invention could have wide-ranging use also in daily life.

Whole regions do not know when and where food is available – people in one village may be starving while a nearby village has harvested food with no identified market information. In many nations, much food is lost due to deficits in market information, transport, storage, and packing. If we want to introduce it we have to use new computer programs, which would inform us about places of deficit and abundance and by this way create a program of distribution. It is only possible thanks to good ideas, dedicated people, scientific breakthroughs, new-found resources, political resolve, and moral indignation. Together, we can make major advances in short periods of time if we give the challenge of hunger the priority it deserves.

Although more and more people choose the ecological products in shops, a new problem appears that those products become an exclusive products and most of us can not afford to buy them. In this case we should produce food on own needs (e.g. in pots or beds).

In conclusion, to create the world better is to create the civilisation of love. Maybe for many people this is some kind of an utopia, but that is why they can not see that people can be better and are the only being with the ability of changing anything, thinking and creating. We have a huge power in our hands, the only question is how we will use it. We can also recall word of great human of contemporary times, Mother Teresa: "Do not wait for leaders; do it alone, person to person. "If you can not feed a hundred people, then feed just one".

There are many ways of improving our well-being, which have not been propagated yet. But the clue to change lies first of all in the individual.

SUMMARY

To solve the problem of food and energy crisis, societies should be prepared in advance. Therefore all new, innovative ideas are valuable. In this essay were presented interesting solutions being able to improve our well-being.

