

*Do you have a celebrity
in your family tree?*

Sympatico
m
Ancestry

Sympatico
msn

Lifestyle


E-mail this page | Français | Feed

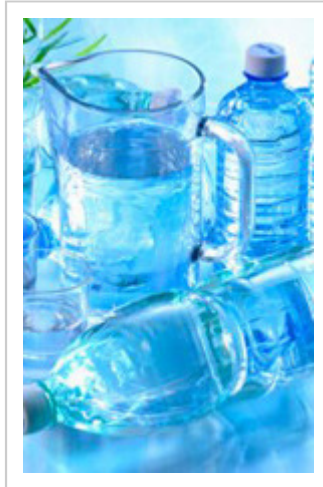
- ▶ Home
- ▶ Fashion & Beauty
- ▶ Relationships
- ▼ Body & Mind
- ▶ Family & Parenting
- ▶ Decorating
- ▶ Recipes
- ▶ Gardening
- ▶ Bride
- ▶ Pets
- ▶ Giving Back
- ▶ Sudoku

4 Things To Hate About Bottled Water

Is bottled water just a money-sucking, energy-wasting, resource-diverting product? Some say 'yes'.

by Stacey Bowman, TheSoko.com

 [Printer-friendly page](#)



My grandmother came to Canada from northern Greece after World War II plunged her country into civil war.

She spent years hiding out in barns and running from village to village where there was no water except what you bucketed for yourself from a stream or well. To her, the kitchen sink at her first home in Toronto miraculously provided clean water, running inside her home, as if by magic!

I wish I could say the way of life my grandmother left behind in Greece was a thing of beauty, but the reality is millions of people die of thirst, malnutrition, and diseases contracted from contaminated water every day, all over

world.

What does it say about western society that we are so rich we consent to buy our water for no reason instead of using our excess wealth to help those suffering without any water at all?

Here are some things to think about before you purchase your next bottle of 'pure spring water'.

It's All Hype

Many bottled water brands would have you believe their water is purer and cleaner than what comes out of your tap. In fact, tap water is scrutinized, tested and regulated for contaminants and harmful substances to a much greater degree than bottled water, which falls under the Food and Drug Administration's jurisdiction.

In Canada, the Food and Drug Act requires bottled water to meet micro-biological standards, which are meant to ensure they're safe to consume. Tap water goes through a much more rigorous process of cleaning, filtering and testing, and it's also infused with fluoride to prevent tooth decay.

When you pop the seal on a bottle of water, you may think you're about to swallow elemental water collected from a glacial waterfall in Alaska. But if the label doesn't specify the product to be 'spring' or 'mineral' water, chances are it comes from a municipal source. You're just drinking tap water in a bottle with a fancy label. Terms like 'de-mineralized', 'distilled' and 'carbonated' don't indicate anything about the water's source.

In recent years, fancy oxygenated waters have been popping up in convenience store fridges, supermarkets, and most notably on the benches of professional sports teams. Now if an NHL team

Advertisement

Great Price & Going Fast



GARMIN STREETPILOT C320 GPS In Car Auto Navigation System

SAVE \$

THE SOURCE
BY CIRCUIT CITY

buys into it, there's got to be something to it, right? Wrong-these are hockey players, not scier

Humans absorb oxygen through the air by taking it into our lungs. We don't obtain it from water isn't absorbed by swallowing. According to the science guys, these waters have no effect on athletic performance beyond that of a placebo.

It's More Expensive

...10,000 times more expensive than simply turning on the kitchen tap. At US\$2.50 per litre, bottled water costs more than gasoline!

Every year the world spends an estimated \$100 billion on extracting, altering, packaging, shipping and consuming bottled water. That money could be building wells and sanitation systems to alleviate shortages in countries where people lack access to clean drinking water. In a country that's blessed with an abundance of fresh, clean water, why pay to have it shipped across the ocean?

It's Wasteful

The plastic to package bottled water ends up in landfills, where it can take up to 1000 years to biodegrade. Excess packaging of any kind, even if it's recyclable, requires huge amounts of energy to make, recycle or dispose of.

If you're concerned about reducing your waste output, think of how much space you'll save in your trashcan or recycling bin by forgoing your dozen 750 ml water bottles each month.

It Sucks Energy

The amount of energy that goes into extracting, packaging and shipping bottled water is mind-boggling.

Consider the fossil fuels (Greenhouse Gas emitting nasties) used to transport bottled water. Nearly a quarter of the stuff crosses national borders to reach consumers (coming to you by way of train, boat and automobile, straight from the French Alps).

The most commonly used plastic for making water bottles is polyethylene terephthalate (PET), derived from crude oil. Americans drank 26 billion litres of bottled water in 2004. To meet that demand, bottled water requires 1.5 million barrels of oil annually, enough to fuel 100,000 cars whole year.

the choice is clear

We as consumers wield formidable power. What we won't buy, manufacturers won't make. Think about the implications of your actions, and you might be less inclined to empty your wallet for a product of no value, which replaces a free resource we should thank our lucky stars we already have.

RELATED ARTICLES

[Water vs. Sports Drinks: What You Need To Know](#)
[5 Substitutes For Your Morning Caffeine Fix](#)

Enhance your Internet experience - Get MSN Premium

[Home](#) | [My Page](#) | [Hotmail](#) | [Shopping](#) | [Finance](#) | [People & Chat](#) | [Search](#)

[Feed](#)

© 2006 Bell Canada, Microsoft Corporation and/or their contributors. All rights reserved. [Terms of Use](#) [Advertise](#) [Privacy Statement](#) [About](#)