

## Significance of water

If we talk about our personal lives, water is the foundation of our existence. The human body needs water for the day to day survival. We may be able to survive without any food for a whole week but without water, we won't even survive for 3 days. Moreover, our body itself comprises of 70% water. This, in turn, helps our body to function normally.

Thus, the lack of sufficient water or consumption of [contaminated water](#) can cause serious health problems for humans. Therefore, the amount and quality of water which we consume is essential for our physical health plus fitness.

Further, our daily activities are incomplete without water. Whether we talk about getting up in the morning to brush or cooking our food, it is equally important. This domestic use of water makes us very dependent on this transparent chemical.

In addition, on a large scale, the industries consume a lot of water. They need water for almost every step of their process. It is essential for the production of the goods we use every day.

If we look beyond human uses, we will realize how water plays a major role in every living beings life. It is the home of aquatic animals. From a tiny insect to a whale, every organism needs water to survive.

Therefore, we see how not only human beings but plants and animals too require water. The earth depends on water to function. We cannot be selfish and use it up for our uses without caring about the environment.