

How Can We Make a Better **CANADA**

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The essay that I wrote about is how we can build a better Canada. The topics that I chose that I think will build a better Canada is pollution prevention, health care, and making new friends.

One thing we can do to make a better Canada is social and emotional things like making friends. Making friends is very important these days because children these days are on their device a lot of hours a day and it can ruin your eyesight pretty bad and then you will have to get glasses with a high power. And research has shown that you are way more happy outside making friends than staying inside and making friends can also improve your social emotional things because you are playing with people, you are interacting with people, and you are also talking with people. Another research has shown that if you are making friends outside in nature it relieves stuff like blood pressure, heart rate, muscle tension, and it reduces the production of stress hormones.

Another thing that we can do to make a better Canada is reducing pollution. The government of Canada has been working on reducing in Canada since 1999. Pollution is very bad for your health because the harmful air can get into your lungs and you may not be able to breathe and you may die from all the gas. Some illness that you can get are asthma attacks, COPD which stands for Chronic Obstructive Pulmonary Disease, stroke, and lung cancer. Stop using the car to transport. Use a bike or walk if it is necessary. Stop littering in the water and on where ever you want on land. And put the garbage in the right bin so all the garbage does not end up in the landfill. Other things you can do to prevent pollution is using environmentally products, compost any yard trimmings, and the last thing you can do is use water based paints. The last thing we can do to build a better Canada is Canada's Health Care. Do you know that Canada is rated that they have the **worst health care in the world**. One problem that is major in Canada's health care

system is mixing up medication. Mixing up medication is very dangerous because you could die because if you get a medication that you do not need it is very bad for your body and it can harm you. Some of medication that is most commonly mixed up is Antipsychotics, Sedatives, Painkillers, Blood Thinners, Antihistamines, and Antidepressants. A solution to this problem is you can use a scanner to verify if it is the right medication for the patient and if it is the same dose as the prescription paper.

In conclusion, to building a better Canada there needs to improvement in the social level, health care level, and environmental level.

(475 words)