

Get Well Soon

Allergies

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A note by Dr R K Pachauri

Human beings have made great progress in recent years. We have been able to produce a large number of goods and services on a huge scale, and have utilized technology in a wide range of activities. However, all this has come at an increasing cost which has often remained concealed or ignored. Our bodies of water have been polluted. The air around us has a large amount of particulate matter and gases that are not only harmful for our health but also affect the climate of the earth. Overall, we have neglected to take care of planet earth which is home to all of us and all other living species.

Economic development is meant to ensure a higher level of human welfare in this generation as well as for others yet to come. But we know from everything we see around us that water borne and air pollution related diseases are increasing. We can conclude that while we try to give our children a better life, we also harm their health in actual fact.

This series takes a look at some of the common ailments children suffer from, such as stomach problems, allergies, injuries, and fever. While these are all part of growing up, they are becoming a cause of concern, to both parents and their children, primarily because pollution has aggravated these maladies. The books not only focus on the science behind the causes of these ailments; they also point out ways to avoid them. Above all, the objective is to take the scary element out of these common maladies and ensure that the growing-up years are full of fun. Those who read these books would learn how to lead healthy and happy lives.



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