

# [Life in the country verse life in the city](https://assignbuster.com/life-in-the-country-verse-life-in-the-city/)

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Life in the City VS. Life in the Country Even though amenities are more accessible when you live in a big city, it is healthier to live in the country because of the differences incultureand the surroundings. It is healthier and safer to live in the country rather than in the city for a number of reasons, one being that there is less congestion out in the country. With congestion and over population of a city brings gangs andviolence. With gangs come drugs, killings, and murders.

People become very territorial when a space is over crowed or congested. It was reported that last year in the first week of summer in Battle Creek, Michigan, there was a total of 13 shootings all related to either gangs or drugs. When you live out in the country there are less people living right on top of each other. There isn’t a large amount of crime and acts of violence, because people have their space and theyrespectothers space as well. They don’t feel as though they have to fight to keep what they have because there is plenty to go around.

With that being said it is my personal opinion that with more space there is less drama that would build up the kinds of animosity that would make someone want to commit murder. Which is why growing up in the country I can’t remember a time when we had to make certain that our doors and windows were locked, that goes for both our home and our vehicles. Not only is there an increase in crime there is also an increase in pest, rodents, and critters. There are more cases of cockroach infestations in a larger city then there is out in the country that is all because of the congestion.

Having to live with cockroaches creates a majorhealthhazard because of the risks posed by cockroach antigens for people who suffer from asthma, also because they carry disease-causing germs. Some of the methods people traditionally use to eliminate them cause additional health hazards. Pesticides are never healthy to breathe in to even ingest. If you put down bate to kill them you risk them tracking it all over your home. If you have pets you have to worry about them consuming it before the cockroaches.

Another way people commonly try to treat a cockroach infestation is to bomb their house. There is a reason you can’t be home for this kind of treatment, and why you need to open all the windows in your home at least an hour before you can return. It is very harmful to breathe in. Cockroach antigens are made up of proteins that can be found in the insect’s saliva, feces, eggs, and shredded cuticles. These antigens can cause allergic reactions and asthmatic episodes when they are inhaled because they are airborne.

According to health house, “ A large study supported by the National Institute of Allergy and Infectious Diseases (NIAID) has demonstrated conclusively that the combination of cockroach allergy and exposure to the insects is an important cause of asthma-related illness and hospitalizations among children in U. S. inner-city areas. ” There is a major difference in the surroundings that can affect a person’s health from living in a larger city versus living in the country. Thefoodthat we consume in a larger city is so full of preservatives and additives. There are morefast foodrestaurants available for a quick meals.

Some of the side effects of eating out and ordering in all of the time include high cholesterol, and clogged arteries. The majority of foods found out in the country are organic, because they are home grown. Living in the country as a child we always had a garden with fresh vegetables. Another difference is the air that we breathe when living in a larger city, because there are so many fast food chains and factories, there is higherpollutionin the air. For extremely larger cities like Chongqing, Beijing, and Shanghai they have smog alerts where you have to wear a protective mask to prevent you from breathing in harmful pollutants.

When you live in the country you’re not at risk of this because there aren’t as many factories creating these pollutants, so the air is crisp and fresh. The worst thing you have to worry about in the country is when farmers lay down the fertilizer for their crops that is an unpleasant smell. One good thing about living in a larger city as opposed to living out in the country would be that there are hospitals. When you live out in the country there aren’t as many hospitals available to you.

Just like with everything else there is so much more open space and less people, which create less reasons and finances to have a hospital, because there are fewer reasons for health risks and that you are less likely to have to rush off to an emergency room, doesn’t mean that there shouldn’t be one close by you never know what might happen. A farmer might get his hand caught in a machine while trying to perform routine maintenance. A child could ingest some sort of chemicals such as pesticides. This would have to be the only down fall I can see about life in the country versus living in a large city.

However for an extreme emergency there is always an option of having an air lift. You can also still call 911 and have an ambulance out to your place maybe even sometimes faster than if you were living in the city just because there is less traffic. There are always going to be things that challenge our health, wellness, and survival; however, the risks are higher living in the city as opposed to living in the country for two main reasons. First when living in the city there is so much more congestion, overcrowding, and diversity that can bring out the worst in people; in this case, the worst of these brought out are drugs and violence.

When you live out in the country you don’t have to worry about these kinds of things as much. The second thing that challenges our health and wellness is what we consume. The air that we breathe to the nourishment we give to our bodies. We are not perfect but the little things that we can change to improve our situation the closer we can come to optimal health and wellness. References americanlungassociation. com battlecreekenquire. com healthhouse. com