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## **THE IMPORTANCE OF BALANCE IN THE RELATIONSHIP BETWEEN MAN AND NATURE**

**Abstract:** This article examines in detail the importance of balance in the relationship between man and nature. Man's attitude towards nature has been analyzed as the most important trait for his survival.

**Key words:** nature, man, ecology, natural disasters, the existence of nature

Since ancient times, man and nature have been closely interconnected. In ancient times, primitive people were completely dependent on the environment. Not understanding the essence of the occurring natural phenomena, people elevated them to the rank of gods. So, fire, and water, and earth, and trees, and air, and thunder and lightning were considered deities. To propitiate them, people performed ritual sacrifices. But time passed, man evolved, his brain improved. People learned how to make fire, build dwellings, create tools. Man not only won his place among other tribes, but also set out to subjugate nature itself.

The issue of interaction with the environment is still relevant today. Having proclaimed himself the king among all living beings, man forgot that he himself is a part of nature, the crown of her creation. And instead of gratitude, he continues to behave very aggressively. It's no secret to anyone how detrimental human activity is today to the world around us. A blasphemous, consumeristic attitude towards the treasures of the planet can have truly catastrophic consequences. Huge areas of forests are cut down every year, and yet forests are the lungs of the planet, moreover, their destruction leads to a decrease, and sometimes to the disappearance of various species of animals and

plants. Where did the pure springs go? Tons of waste are dumped into the water, and it is dangerous not only to drink it, but even just to swim in it.

The air is poisoned by the exhaust of millions of cars, poisonous emissions from factories. There is such a smog over the cities that at night it is sometimes difficult to distinguish stars in the sky. It is comforting that there are still ecologically clean areas untouched by "civilization". For example, when we come to the Askania-Nova nature reserve, we enjoy clean air filled with the intoxicating smell of steppe herbs. A person forgets that the reserves in the bowels of the planet will someday run out, and continues to rapaciously extract minerals. And this despite the fact that scientists have long been talking about the possibility of using the energy of the sun, wind, ebbs and flows.

It seems that everyone has forgotten that man cannot exist outside of nature. After all, he lives on earth, eats its fruits, breathes air, drinks water. And at the same time, he cares so little about the preservation of his habitat!

I would like to recall that in ancient times people were very careful about nature. We can judge this by the fairy tales, myths, legends, songs, proverbs and sayings that have come down to us. It is very important that today's children have the opportunity to join this treasury. And I believe that the family and the school play a leading role in this. In childhood, parents introduce the child to the environment, teach them to take care of it, take care of animals and plants. At school, children learn to love and respect nature in the lessons of natural history and valueology.

We need to remember how much joy the world around us gives us: a blossoming bud, the rustle of rain, the radiance of the sun, the greenery of foliage - how can you not love it? We and nature are one big family and should live together. Somehow, the lines of N.V. Gogol caught my eye: "The entire surface of the earth seemed to be a green-gold ocean, over which millions of different colors splashed ...". Isn't it true, the writer painted an amazingly magical picture. It makes me want to see this beauty with my own eyes.

But let's take a look around now. How few untouched corners of nature remain on earth that have retained their original appearance and have not been subjected to the destructive influence of civilization. The pages of the Red Book open before us a sad picture: the number of inhabitants of the green planet - plants and animals - is inexorably decreasing. How many species have irretrievably disappeared from the face of the earth. But the disappearance of each of them is a significant loss for all mankind. Because they all took their place in the life chain of the planet. And with the loss of one link, the whole chain can break. However, the negative impact of man on nature has increased today so much that even during the lifetime of one generation, the appearance of the Earth is noticeably changing.

It is very sad, but I know places where once there was a beautiful mighty forest with giant trees and dense thickets of grass. How many rare plants could be seen there! This is lily of the valley, and St. John's wort, and Corydalis, which are listed in the Red Book. There were also funny hedgehogs and cowardly hares. A wide river flowed near the forest, in which the locals fished. Numerous birds built their nests along the banks. Now that place resembles a huge clearing with many ugly stumps, with scorched grass and trees and shrubs growing here and there. And in the river they wash cars, throw all kinds of garbage into it. As a result, the river became shallow, fish ceased to be found in it, birds no longer fly to its banks. And this example, unfortunately, is not the only one. It is even scary to imagine what will happen to our nature if people do not stop treating it so cruelly and soullessly, destroying it so ruthlessly.

Just think: to hear the singing of a lark, to see how feather grass shimmers in the steppe with moonlight silver, to inhale the aromas of a forest or a flowering meadow, to press your lips against a fresh cool spring - is this not the greatest joy in human life, the greatest gift that nature gives us. And how pleasant it is to relax in the evening under the open starry sky, on the fresh, cool

grass. And around - only a lot of sparks sparkling from the darkness - fireflies. But every day such an opportunity appears less and less. And not because of our ever-increasing employment, but because there are fewer and fewer places on earth where this beauty has been preserved.

But if you are still lucky enough to get into such a rare corner of pristine nature, remember: do not pick a beautiful flower - let it bloom for everyone. Carry it in your soul. Do not look into the nests of birds - these are their homes. Frightened, the bird can leave the nest, leaving helpless chicks without maternal care. Do not make too much noise, do not take tape recorders with you to nature, you can successfully listen to them at home. And it is not necessary to talk to each other for the whole forest: enjoy that brief communication with nature that fate has given you. And the forest, and animals, and birds, and even the tiniest flower will be grateful to you for your care and attention.

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