

Save Birds, Save Environment

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Abstract – Earth... The unique planet that is rested on the sooth of "everything is connected to everything else at the heart for life". Conceding that humankind is not the only good -will ambassador of the global ecosystem as they are not the sole living beings, we ought to reckon and realize the tangible values of other beings for natural requisite of equipoise for our creation and all existence. And one of these living beings is indubitably birds which are the possessors of intrinsic merit for the ecological balance. Birds have a pervasive impact on environmental soundness and human welfare. Notwithstanding, humankind's short-term welfare more often furnishes an unjustified motive to transmogrify nature that can lead to unprecedented displeasing consequences in the name of the order in nature such as habitat loss or detriment to biodiversity. This mal-intrusion can be either intentional or unintentional. Asserting comprehensibly, an act of kindness or a goodwill gesture may cause unpalatable outcomes. A clear sample of this is misfeeding and malnourishment of birds by people who are aiming at just doing some courtesy and good turn in aid of other beings. Undernourishment of birds which we are going to be discussing in this very research article is vigorously crucial to bring to the limelight in regard to stimulate bird conservation. The paper does not present just the problem itself, but also probable solutions and directions which are based on absolute reliable and reputable resources.

Keywords – Ecosystem, Equipoise, Human Beings, Birds, Malnourishment, Loss of Biodiversity, Probable Solutions.

I. INTRODUCTION

Man and nature... There is an indissoluble correlation between these two. An existence of man removed from nature is beyond the bounds of possibility. And this existence is vigorously affiliated with the utmost harmony that leads to ecological balance and the equilibrium of our universe. Nevertheless, over the past centuries, the congruous mutual relationship and coexistence between humankind and nature have been confronted by incredibly solemn challenges due to mankind's failure to respect nature's morals. Human being takes the lead to sustain ecological balance since they possess an ultimate thinking capacity in comparison with other living organisms. However, in consequence of his impulsive actions, the underlying order in nature and dharma - the natural duty of all beings are getting disturbed, and if things keep going such way, the whole mankind is in for a monumental catastrophe.

Referring to the aforementioned content above, we should also mention that there are some moments where we make matters worse while intending and trying to be benevolent on behalf of sustenance for all beings. Being articulate, an act of kindness or a goodwill gesture may cause unpalatable consequences because of a deficiency of awareness as maintaining harmony with nature requires an

utmost extent of human knowledge. A clear sample of this is misfeeding and malnourishment of birds by people who are aiming at just doing some courtesy and good turn in aid of other beings. Whilst trying to not waste, be economical, save our leftovers and offer them an alternative food in support of other living things such as birds, we might not always take into account of the diverse digestive system of each bird and also the quantity, potential toxicity and the nutrition level of the food we treat. Without caution and care, we might draw on several health problems on birds such as unbalanced diet, heart damage, feather deformation, respiratory difficulty, arrhythmia, obesity, kidney failure, coronary artery disease, and unending other issues, and all these eventually lead to the fatality of these beautiful creatures that are a joy to behold in any garden. Birds play a vital role in keeping balance within an ecosystem and unobtrusive intentional or unintentional harm by our side to these charming and amiable living beings may turn nature's boons into curses. Making a transition from poetic to practical talking, the overall major goal, and objective of this article to apprise people of the current state of the concerning issue and the possible ways to resolve it, raise awareness, help the people to make the right decisions and embark on the right course of actions.

II. WHAT TO FEED BIRDS: MYTHS AND TRUTHS

• *Feeding Bread to Birds: Is Bread Good for Birds?*

Well, it is exceedingly a vague question of whether bread is good or bad for a bird's health. It ought to be made mention of that there are immense myths and facts related to feeding bread to birds. Justifying or contradicting these facts and myths require extensive and prevailing scrutiny into the case. Thence, we are going to take an exalted and deeper look at the content.

First and foremost, we should indicate that as it is with human beings, birds are also in need of a balanced diet. It is frank enough to contemplate that humankind would not do well of just bread and water and this appeals to birds as well. An occasional piece of bread is perfectly fine and harmless to treat birds, however, try to imagine how many people put out bread for birds every day at the precise same vicinity when they pass by. These benevolent intentions may cause unpleasant consequences for birds as they will fill up with easy and quick food and pursue their living based on a steady diet in lieu of a balanced one.

As it is well-acknowledged, birds need a quite amount of protein in their food since they stand in need of developing their muscles and feathers. Whereas the nutritional value of bread is comparatively low and it is predominantly a carbohydrate. Presume bread as a candy since sweets like candy largely contain no nutrients with empty calories

which contribute to health problems. Thence, bread is not inclusive of the fat birds require for energy and a bird on a diet of only bread can be subject to severe vitamin deficiencies, or starve. Typically, sandwich bread or sliced white bread is a poor food alternative for birds as it is abundantly possessed preservations and chemicals. In addition, some bread molds are toxic to birds, because rotten or moldy bread will lead to some serious health problems, even an eventual decease. And also putting out more bread than birds will eat make the bread to mold swiftly. When the bread is eaten excessively, it will give a way to infinite health issues such as malnutrition, avian obesity, unhealthy fledgling and plenty of others. A tiny amount of bread may be non-objectionable instead of in large quantities. By putting an amount of bread that birds are going to eat in a day, we can give a special and rare treat to birds. Moreover, while rendering crumbled bread, it is for the best to make it assured that the bread is not stale and also put it in small quantities and soaked as dry chunks of bread might choke baby bird.

Despite small-scale nutrition value, bread can be offered healthier as an intermittent treat for wild birds by making "sandwich". By "sandwich" we do not reckon a common human sandwich that includes items like meat products, salt, soft cheese or any sugar high foodstuff such as honey and others. But a "sandwich" that is furnished with additional nutrition with minimal preservations such as multi-grain bread, bird seeds, apple, pear or orange slices, raisins and other dried berry fruits, melon, pumpkin, squash or black oil sunflower seeds (either hulled or unhulled), mealworms, softened suet made with less fat (as many backyard and wild birds are carnivorous), eggs or eggshells (an important source of calcium for nesting), some vegetables like peas, corns or baked potatoes, cooked rice or pasta (without any supplementary or preservatives like sources and other additional), pet food (needs to be moistened or crushed before treating), and a great deal of other stuff.

Furthermore, it needs to be noted down that plenty hinges on which birds we are proffering the bread to. As it is with other animals, each species of bird has got a manifold digestive system that is adapted to particular foods. A food that is decent and good for one animal may not be fine for another.

- *How to Feed Birds throughout the Seasons?*

Feeding birds continuously might not be as good as we believed. Regardless of our well-intentioned action, constantly putting food out for birds can have a negative impact in the long run. The majority are of opinion that birds reap benefits from the feeders in the course of certain times of the year. Notwithstanding, birds can take prominent advantages and supply their extra needs by the treated food throughout the whole year. A lot depends on what kind of food we offer in accordance with each season and make sure that a moment's pleasure will not turn into a junk food addiction. Thence, the followings are intended to deliver a more extensive and explicit glance at the content for the readers.

As we have already mentioned above, bread is a type of food that should not be offered regularly to birds as our

bona fides may have some paradoxical outcomes as it does not contain enough protein that birds need (if the birds are on a steady bread diet). Correspondingly offering an excessive amount of bread to birds during the winter months will not provide them to survive cold temperature and harsh tempests. Not only bread scraps but also crackers, cookies, pretzels, chips, bagels, buns and anything related is not ideal to offer throughout winter, spring and early summer. Particularly, in spring and early summer - parent birds feed their nestlings. In the late summer and autumn when natural food resources are plenteous, birds are less likely to eat bread related scraps. The most suitable time to feed bread to birds is at the height of summer especially after young birds have grown and fledged. In winter, when natural food sources are scarce, we can offer bread based scraps by making a "bird sandwich" (above-stated for more details).

It ought to be taken into consideration that there is no much need to put superfluous food out there for birds during the seasons when natural food sources are overly abundant as this food can get spoiled and rotten rapidly and become unappetizing food.

By comprehending the needs birds have per each season and how to compensate those needs with utmost nutritious foods, each season can be a rewarding one for birds. Let's start from the favorite season of birds - summer. We can split summertime into three parts - early summer, mid-summer, and late summer. During early summer is the time of the year that birds are already back from migration and numerous birds are nesting and accordingly they are more discreet. Mid-summer is the time when baby birds are growing and older birds are enjoying their time with plentiful food sources and warm weather. During late summer, birds are enjoying the last days of the summer and preparing for their next upcoming exodus. In general, during the summer months, birds are very satisfied with the natural food sources such as fruits or insects, notwithstanding, treating extra proteins and calcium to them is not the best idea as it can be a great help during their nesting and breeding time. Apart from natural summer fruits, we can also offer some sliced fruits as well like banana slices, apple or pear chunks or orange halves. Birdseeds enriched with peanuts (opulent with calcium, iron, potassium, and magnesium), melon, pumpkin and squash seeds and also black oil sunflower seeds (hulled or unhulled) are also highly acceptable. Try not to put some types of foods that can get melted or rotten so easily under the heat of hot summer days (These kinds of food include soft cheese, soft suet blends, peanut butter, nectar and others). Thence, while offering food, it is for the best to put it in a shadowy place for protection from the heats of the sun. Furthermore, spoiled food can attract other living beings rather than birds like mice, rats or raccoons. Another thing we need to mention related to bird feeding for the hot summer days is to ensure that birds have enough water supply apart from food. For a freshwater source, adding a bird bath would be tremendously auspicious.

Fall is the time of the year that a fair amount of birds are migrating towards the south in search of warmer weather and more potential natural food sources. Consequently,

birds necessitate refueling their energy along the way of their migration and so they do need foods with proteins and calcium to get enough calories for reinforcing their muscles and feathers. Therefore, bird seeds augmented with peanuts (opulent with calcium, iron, potassium, and magnesium), melon, pumpkin, and squash seeds and also black oil sunflower seeds (hulled or unhulled) would be sufficient to replenish them throughout their exceptional marathon flights.

Winter is not the best-loved season of birds by virtue of its harsh and severe conditions. During the aforementioned season, there are no sufficient natural food resources around and hence, it is the most pertinent time to feed the residual birds. As previously brought up, the bread itself alone is unquestionably not a food choice to treat birds during this time of the year as it does not contain an ample nutritious capacity for birds to survive intense and tempestuous winter days. Hence, in the course of scarce when natural food sources, we can tender bread based scraps by making a "bird sandwich" (above-stated for more details) enriched with suet which is a high-fat content, and over again bird seeds augmented with peanuts (opulent with calcium, iron, potassium and magnesium), melon, pumpkin and squash seeds and also black oil sunflower seeds (hulled or unhulled).

Spring... The time when mother nature livens up and revives. During this time, we witness abundant flocks of birds returning home and most markedly, birds start nesting in spring. Accordingly, throughout the nesting season, birds require a much more wholesome and stronger food source to keep their physical well-being and stay healthy for themselves and also supplying their offsprings with fundamental nutrients for proper development and growth. Apart from natural food sources such as insects, we may offer birds some fruits like banana slices, apple chunks or orange halves (if trees have not fructified yet), bird seeds supplemented with melon, pumpkin and squash seeds and also black oil sunflower seeds (hulled or unhulled), suet (at the beginning of spring - if the weather is not warm yet), and nectar.

In a nutshell, it is a must and immensely significant to remind that with a suitable bird buffet that we tender each season can be an unprecedented rewarding one for birds.

III. TOXIC FOODS BIRDS SHOULD NEVER BE OFFERED

It is inconceivable to imagine cataclysmic and grievous consequences that we possibly might encounter as a result of exterminating our - mankind's harmonious relationship with mother nature by virtue of our intentional or unwitting iniquitous actions. Feeding birds amiss is also an immensely pertinent issue as they play a vital balance keeper role within ecosystem by maintaining plant reproduction, perpetuating sustainable population levels of their prey and predator species and boundless other indispensable motives. Hence, let's have a profound and immense overlook at the content and comprehend perspicuously that what kinds of foods are toxic and not palatable for birds.

Exceptionally detailed guidance related to bread's acceptability or unsuitability for birds' nutrition (above-stated for more details). Moreover, opportune and apposite food sources for birds have also already been touched upon throughout the whole article (above-stated for more details). Hence, we are going to have an excessive and explicit look at the food sources we ought to avoid to treat birds with.

Salt – is a great substance and have a grand significance to human and animal health (the right consistency of it), notwithstanding, A food that is decent for one animal may not be good for another. Birds are practically impotent to metabolize salt. In high quantities, salt is toxic for birds and it resentfully has an effect on their nervous system. Into the wild, birds are unseemly to take large and harmful amounts of salt. Although some common backyard birds can process tiny amounts of salt without strain, desist from putting out salted food for birds and not attempt to make a salt bath for birds for keeping water ice-free during the winter.

Milk – birds are unable to digest huge quantities of milk as they are predominantly lactose intolerant. Therefore, it is for the best to steer clear of treating birds any dairy product that is high in milk (like milk directly or soft cheese). Even though birds can digest a tiny bit amount of milk and some species get crop milk from their parents, however, it is still a poor food choice to tender.

Raw meat – is normally detrimental for birds, nevertheless, in lieu of raw meat itself we can put out fat from unsalted cuts of meat for birds. Some birds are capable of removing morsels from meat. It has to be mentioned that some wild birds are carnivorous but it might be tough for them to tackle meat for human taste. Furthermore, while offering suet for birds, it ought to be assured that it has chopped finely (for a wider variety of birds) and it is not overly hot outside.

Cookies – as it is with bread, scraps of cookies, cakes, pies, and plentiful other sweet baked goods do not contain a sufficient nutritious capacity that birds are looking for (above-stated for more details).

Pesticides – treating birds any seed or fruit with potentially toxic chemicals is abundantly not a great idea. Any food with herbicides and pesticides can lead to food poisoning and subsequently fatality for birds. These kinds of foods might also cause several breeding issues and it could be contagious by passing along to young bird. Hence, it is the best for both parties to be cautious about the food that we treat birds with.

Above and beyond, some pastry with high volume actual fats, honey (organic one can nestle bacteria and outgrow mold which is ultimately fatal to birds), spoiled bird seeds (if it is unsuitably stored and in substandard conditions it can get rotten swiftly and bacteria, mold, and bugs can induce disease to birds. To avoid this situation, we should change seed if we see they are soaked), old nectar and multitudinous others. Moreover, while offering food for birds humidity and heat should be taken into account for preventing food from spoiling and welcoming pests such as rodents. It is also noteworthy to not down that the right season bird feeding techniques are profoundly prominent as well concerning feeding birds confidently.



IV. CONCLUSION

An existence without an entity of birds would be an out-right utopian life. Birds' services for the order in the ecosystem and our welfare are going on ad infinitum. Thence, it is our aesthetic and noble duty to take care of birds by leastways not intruding into their perfectly functioning system. If we want to lend our helping hand for a good turn, then our steps and actions should be conscious and filled with awareness. Failure to respect nature's morals as a result of our utilitarian actions can turn its grace and endowment into a curse for the entire mankind. With enough caution and care, efficient knowledge of what we are doing, raising awareness among others, by trying our utmost zeal, we can keep dharma as it has always been. Yet again, if we save birds, we save the whole ecosystem.

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