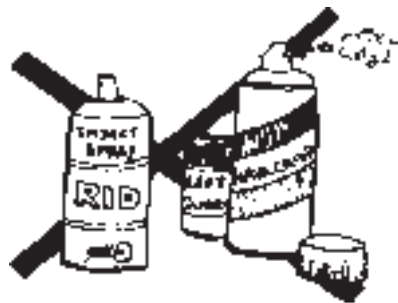


## POLLUTION

There are two kinds of pollution. The pollution other people cause and the kind of pollution you cause. If everyone took care of their own pollution, think what that could do for the air you and your children and your children's children breathe.

### Inside Pollution

Homes are better insulated. We think we live in a controlled environment but what about heating devices that produce carbon monoxide, foam or plastic insulation, formaldehyde in furniture, rugs and draperies, gas ranges, self-cleaning ovens, people who smoke, indoor hobbies using lacquers, paint thinners or chemicals found in arts and crafts, and on and on?



Did you know that air may linger more than five hours in a room allowing pollutants to dangerously accumulate? There are many things you can do to decrease the amount of polluted air in your inside environment.

Convenient aerosol sprays are great for deodorants, hair sprays, room fresheners, furniture polish, oven cleaners. . . or are they? Aerosol sprays linger in the air long after the odor has dissipated, thus, compounding the pollution prob-

lem. You may substitute every aerosol in your home for safer and often less expensive products which can be rubbed or poured. This is an easy form of pollution control.

Good ventilation is important in your home. Changing air conditioning/heating filters monthly and using an exhaust fan when cooking cuts down on pollution. Use a damp cloth when dusting and a wet mop on floors for this prevents raising dust. If you must be in a place where there is a lot of dust, wear a scarf or handkerchief over your nose and mouth, or buy surgical or pollen masks at the drugstore.

You may spend many extra hours in the bedroom aside from sleeping; so, do not neglect this area for possible hazards. The bedroom may have even less ventilation because people seldom open bedroom windows. Pillows should be made of synthetic fiber fill and washed regularly or replaced once a year. Foam rubber pillows absorb moisture and molds. If you are extremely allergic, you may even consider encasing the mattress in an air tight plastic cover.

Humid areas have higher levels of molds and mildew to which you may be allergic. Air conditioners, filtering systems attached to heat and air units, room de-humidifiers and the "ion generator" may all help in your constant battle for cleaner air. Marvelous claims have been attributed to these generators. They produce negatively charged ions which act like magnets on various pollutants. Although there has been much debate as to the overall effectiveness of the ion generators, many people have found them helpful.

Scientists are continually researching in order to find solutions to this rapidly increasing health hazard. An environmental scientist for NASA may have one solution that is quite attractive. It was discovered that one spider plant per room (more if the room is over-sized) would help to cut down the buildup of pollution caused by formaldehyde, synthetic products, etc. It is not known why these plants have the ability to assimilate noxious gases at a phenomenal rate; but, enough of these attractive plants may very well save the air you breathe.

## **Outside Pollution**

While you do not personally have the control of the outside environment, you should realize the outside factors that can affect your respiratory system: air pollution, temperature, wind velocity, barometric pressure, humidity, ionization.

Air pollution is defined as the atmospheric accumulation of foreign airborne substances that are harmful to man. There are two types, industrial and photochemical. Both types may be found virtually everywhere.

Industrial pollution is made up of one or a combination of the following: Sulfur dioxide; which increases airway resistance; sulfuric acid, which is potentially more dangerous than sulfur dioxide; carbon monoxide, which is derived from the exhaust of internal combustion vehicles which interferes with the psychomotor performance and oxygen uptake in the lungs; and lastly, particulate matter, which comes from industrial and home furnaces which may actually act as a catalyst or vehicle for the other industrial pollutants.

Extreme changes in temperature and humidity result in more problems in some people than in others. It is known, too, that the frequency of asthmatic attacks increase with the onset of cold weather and sudden drops in barometric pressure, especially associated with cold air, cause increased respiratory problems.

As you realize, pollutants are easily trapped in the air. Early morning air has fewer floating particles in it since dust settles during the night. You may therefore find the morning a good time to do outside activities if the humidity, which is often greater in the morning, does not hinder your breathing. Climate fluctuates tremendously; therefore, it must be your decision as when to venture outside. Be sensible; life does go on.

## Smoking

Cigarettes were thought to pollute only the smoker. Now, it has been shown that second-hand smoke is dangerous to everyone. It is especially noxious to people allergic to smoke.

If you smoke, you must quit. Unfortunately there are no sure techniques offered which guarantee you will stop smoking. Until you have decided to stop smoking, you are going to have a problem. If one attempt to quit smoking doesn't work, try another, until it does. Some cost money, others don't; but, even if you must pay for help, quit! In all honesty, you cannot say that the pleasure of smoking out weights the menace to your health and the ones around you. If you are a smoker, you probably feel smoking gives you a great deal of satisfaction. You need to find another way to fulfill this need. This may require time and help, perhaps from professionals. There is such a thing as nicotine withdrawal in which you may experience any or all of the following: intense craving for nicotine, depression, anxiety, irritability, sleeplessness, constipation, diarrhea or impaired performance. Smoking clinics and many hospitals can help you with a variety of methods: cold turkey, diet, group therapy, mind control, hypnosis, acupuncture. . . Seek help today!

