



Environment



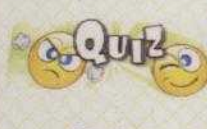
Hygiene



Health



Wild Life



Quiz



Plants To Detoxify Interiors.

There are firms and offices which advice clients of the best way to get help from plants. Some are conducting further research to press home the advantage. It has been experimented and concluded that by a knowledgeable mix of the plant varieties pollutants could be reduced by as much as 87%. Money plant is one such plant which has been found to inhale toxic gases.

Common indoor plants may provide a valuable weapon in the fight against rising levels of indoor air pollution. Those plants in your office or home are not only decorative, but NASA scientists are finding them to be surprisingly useful in absorbing potentially

harmful gases and cleaning the air inside modern buildings.

When NASA planned to send men into space, it wanted to ensure that the environment within the spaceship was maintained in a pure state to protect astronauts from the ill effects of the toxic gases released in minute quantities by the many materials used in the construction of the space crafts interiors. For example plastic, paint, rubber, foam, pharmaceuticals. dyes, adhesives etc. Although in minute quantities but enough to cause itchy eyes, head ,stomach aches, blocked nose and such ailments that upset the equilibrium of a person.

Dr.Bill Wolverton was asked

to tackle this problem. He reasoned that if forests could act as the earth's air conditioners not only maintaining temperatures but also purifying the atmosphere absorbing gases like carbon dioxide. It would be worthwhile to investigate whether trees and plants could absorb other pollutants as well. Therefore he introduced pollutants released by everyday objects around the house such as benzene, carbon monoxide into sealed chambers which had some predetermined house plants. The experiments were of two to twenty four hours duration. The result was total detoxification and the plants lived happily ever after.



Now if you look at the culprits of pollution, you would find that most of them are in every home and office. And they could for all you know be the source of some of your own sufferings, minor

ailments and illness. Now that your interest has been created you would want to know how dense the plants should be inside your house or room and of course the kind of plants that help clear the air in

your home. About eight plants around the average house should be just fine to ensure a pollutant free atmosphere.

In this article on indoor plants we have furnished all the required details.

House Plants.



Plants are considered important in today's living. They make the

home environment closer to nature and add beauty to the house. Here are a few of them practical experiences for the upkeep and maintenance of your plants.

1. Selection of healthy plants.



Always select strong and robust plants.

See that the leaves are not broken, damaged or have holes.

Always select plants with healthy green leaves.

Be careful to notice that there is no infestation of pest or diseases.

2. After Care of Plants.

A. Location of plants:



All green plants require light in order to grow properly, and light is an important factor controlling quality of plants. Keep plants facing a southern side window at home as it receives maximum morning sunlight. Always avoid scorching afternoon sun.

B. Watering:



House plants should not be watered daily, only when required

watering should be done preferably in the evening. This enables the plant to absorb water throughout the night making the cells turgid and armoured to face the heat the next day. Water should also be sprayed on the leaves. Once a week use any mild detergent (Surf/Teepol) half teaspoon in one litre water and sprayed on the leaves.

C. Wiping:



Leaves of plants (esp. large leaves) should be wiped with a wet cloth or

sponge which helps remove the dirt/pollutants.

3. Fertilizer Application.



Fertilization directly influences growth and appearances of plants. Use as far as possible

FYM (Farm Yard Manure), also called as cowdung, which should be well decomposed. Use of chemical fertilizers should be avoided, unless necessary on recommendations only.

4. Potting and Repotting:



All pots should have drainage hole at the bottom, new clay pots should be soaked in water before use. Potting should be done at the onset of monsoons. If done during summer, extra care should be taken to see that the plant does not wither due to moisture loss. During winter growth of plants is less, so try not to repot at that time.



Some Useful Tips

to have a more eco friendly Christmas and a Happy New Year.



- Rather than buying a real tree that's been cut down, transported and then thrown away, purchase a large potted plant or small tree that can be used each year as your evergreen Christmas tree.
- You could always purchase an artificial tree that can be reused for many years.

Christmas Decorations

• If you have evergreen shrubs and trees - to make sure you have an annual supply of eco-friendly Christmas decorations why not do some of your pruning just before Christmas and use the choice bits for inside? If you have not got any evergreens but have a garden ask for some of these plants as Christmas presents. They may take a few years to grow but then all you will need to do is harvest in

December and be as creative as you like.

- Make a homemade wreath using branches trimmed from your garden or somebody else's.
- Purchase handmade decor made from recycled or eco-friendly materials. If possible by Fair trade as well, as they are a great way to support the disadvantaged. While some of these crafts may not be from recycled materials they provide much needed income to needy individuals.
- Ivy is good to drape around pictures, windows and the base of Christmas trees, it will hide the wires of the tree lights. There may be no substitute for electric fairy lights but as they last for years and use very little power, their impact is relatively low and they do look great.
- One of the advantages of using

natural decorations is that after Christmas they do not need to go in the bin they can enter your normal garden waste on the compost heap.

Christmas tree ornaments

- Make homemade ornaments from (painted) pinecones, painted eggshells, crushed (colored) aluminum foil, paper chains, paper snowflakes, old CDs and more!
- Decorate a doll as an angel.
- Do an online search for recycled or homemade tree ornaments for numerous ideas or purchase these recycled or eco-friendly tree ornaments if you can't be bothered to make them.



5. Types of soil and manure to be used.

Soil plays an important

role in the successful growth of house plants. The potting medium used to grow plants depends on the organic matter present in them. The key factor in selecting potting media include, aeration, moisture retention, and nutrient status. For potting use good

soil available at the nursery close to you and well decomposed manure. Three parts of soil and one part of manure would be ideal. If the soil clays, a portion of sand is to be added to make it porous. Peat moss is also advisable as a potting media, but it is expensive.

6. Cultural Operations.

Soil in the pot has to be raked lightly once a week, with a small garden fork, as this will increase aeration in the soil and also improve the water holding capacity of the soil.

All yellow and injured leaves to be cut, this reduces transpiration loss.

All apical shoots to be pinched so as to allow side shoots to grow and produce more branches.

Talk to your plants.

These tips suggest that temperature, sunlight and water are the important factors which determine the health of your plants, and if we can control these then having a green thumb is not out of our reach.



Tips for staying healthy this winter

- Make sure you keep warm. Simple, but often overlooked. If it is cold, wear socks and a sweater.
- Drink plenty of water, and maybe try some herbal teas instead of coffee and tea.
- Eat a wide variety of foods, including plenty of fresh and seasonal fruit, vegetables, nuts and seeds.
- Minimise junk food, takeaways, saturated fats and processed foods, which we tend to crave during the cold months.
- Keep up the exercise during winter, but make sure you keep warm during and after the exercise. And if you do feel ill, either stop or decrease the amount of exercise.
- Keep up with (or start) stretching. This will help to keep you loose and supple, increase

flexibility, increase blood circulation, kick start your metabolism and keep your body warm.

- Reduce or minimise the stress in your life. Winter is often the time that the body finally gives up and says enough is enough. Stress also depresses your immune system.
- Avoid smoking and passive smoke (and pollution) as this irritates the respiratory system and in winter is more likely to lead to a cold or flu.
- Have some fun! Staying happy and smiling is known to scare off the bugs.
- If you don't mind taking supplements, consider taking a B complex, Zinc and Vitamin C. Or find a good multivitamin/mineral. For doses contact a competent health care or nutrition professional.

QuizTime

1.Plants can reduce indoor pollution by almost.....

- a.52%.
- b.61%
- c.87%
- d.75%.

2.Always select strong and.....plants.

- a.leafy.
- b.robust.
- c.thorny.
- d.flowery.

3.Farm Yard Manure is also called as.....

- a.fertilizer.
- b.pesticides.
- c.cow dung.
- d.rich manure.

4.....is good to hide the wires of Christmas tree lights.

- a.Angel dolls.
- b.Gift wrappers.
- c.Christmas balls.
- d.Ivy.

Answer the quiz and mail it to us with all your contact details by 30th December 2009 at admin@burhanifoundationindia.org or you could even mail it on the following address and the lucky winner will receive exciting prizes.

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