

Spring brings allergies homeward

Thousands of Canadians are allergy sufferers and what some don't know is that they're reacting to conditions right in their own homes. While antihistamines may lessen the sniffing and sneezing, they won't make symptoms go away altogether. And antihistamine use may mean coping with unpleasant side effects.

For many, the Spring season—especially May, which is National Allergy Month—is the worst time of year.

A recent study conducted by the Environmental Protection Agency (EPA) revealed that people are more likely to get sick from pollution in the home or office than from pollution in the air outdoors: "Everyone is exposed to some form of indoor air pollution and we believe indoor air pollution is a serious problem." The EPA's Indoor Air Division is re-evaluating the role the federal government has in indoor air quality.

In the meantime, allergy sufferers can do something to rid their homes of indoor air pollutants, thereby improving the quality of air they breathe.

Professional indoor cleaning of carpet, furniture, drapery, hard surfaces and air ducts reduces the incidence of allergies, respiratory and other health-related conditions, by removing the source of the problem. Researchers report that home dust is the major cause of allergies.

"Studies show that our air duct cleaning inhibits unpleasant odors and can remove 82 per cent of contaminants, such as mold and mildew, from a home's central air conditioning and heating system," said Dave Manes of Halton Peel Steamatic. "This air system provides the ideal environment for mold, mildew, fungus and bacteria growth, and the spread of dust mite waste through the air." Halton Peel Steamatic also provides a full line of access doors for hard-to-reach areas in the air duct system, simplifying future cleaning, inspection and maintenance.

"One out of every six people who suffer from allergies are

allergic to the fungi and bacteria in air duct systems," said Manes.

Homeowners should make sure companies that offer air duct cleaning are legitimate, according to Manes. Some key questions homeowners should ask when calling about air duct cleaning services are: Can you reduce the dust in the air? Will I be allergic to the chemicals you use? Will air duct cleaning improve the stale, musty odor in my home? How is

this service performed, and how often do I need it done?

For homeowners who have allergies, or even unexplained illnesses in their families, Manes recommends a few remedies to help improve the air quality of the home:

***Reduce the Use of Chemicals Where Possible:** Store gasoline and chemicals outside the home, and discourage smoking indoors.

***Perform proper maintenance:** Replace filters with more efficient electrostatic filters, and change or clean them monthly. Follow other manufacturer-recommended procedures regularly.

***Use air cleaners:** Place room HEPA filtration units in the bedrooms of allergic individuals.

For more information call (519) 853-4451 or (416) 873-3469 Halton Peel Steamatic.

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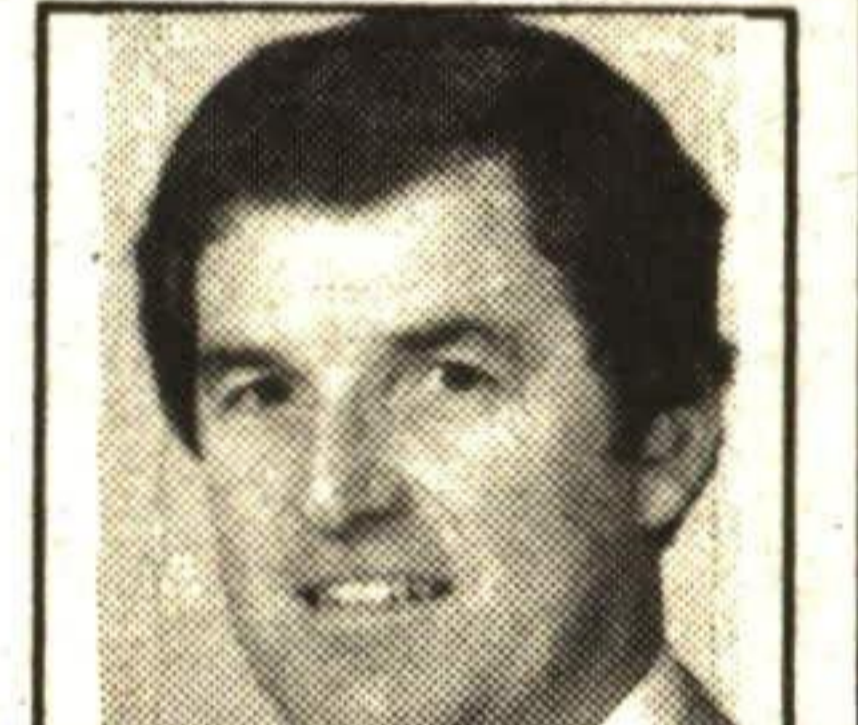
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\$36,000 down. Upgraded 3 bedroom brick. Two fireplaces in antique brick. Main floor laundry, huge family room, games room, 3 baths - all on 1/2 acre estate lot. Call Larry Barnstaple*.



JUST NORTH OF TOWN

\$189,900. 1-1/2 acres with bubbling brook, charming 4 bedroom, main floor family room with stone fireplace, country kitchen. Call Larry Barnstaple*.



OVERLOOKING THE PARK

\$159,900 asking for this immaculate 3 bedroom home. Extra large fenced lot, beautiful decor, main floor family room, close to lake and "GO" train. Call Larry Barnstaple*.



BUILDERS OWN

Almost new 3 bedroom on country lot one minute from town. Family room with fireplace, gleaming hardwood floors. Spacious entrance with ceramic tile, 3 baths. Call Larry Barnstaple*.



VICTORIAN CHARM

Located in old Georgetown Park District with its tree lined streets; this 12 room 2 1/2 storey home is loaded with potential. The third floor has recently been renovated and the main floor kitchen with walkout is nearing completion, two staircases to 2nd floor, covered veranda for summer nights. Asking \$269,900. Call Larry Barnstaple*.



REDUCED

INNER BEAUTY

\$13,900 down, spacious 6 room home with detached garage. Many improvements, charming French doors and plate rails, good financing. Call Larry Barnstaple*.



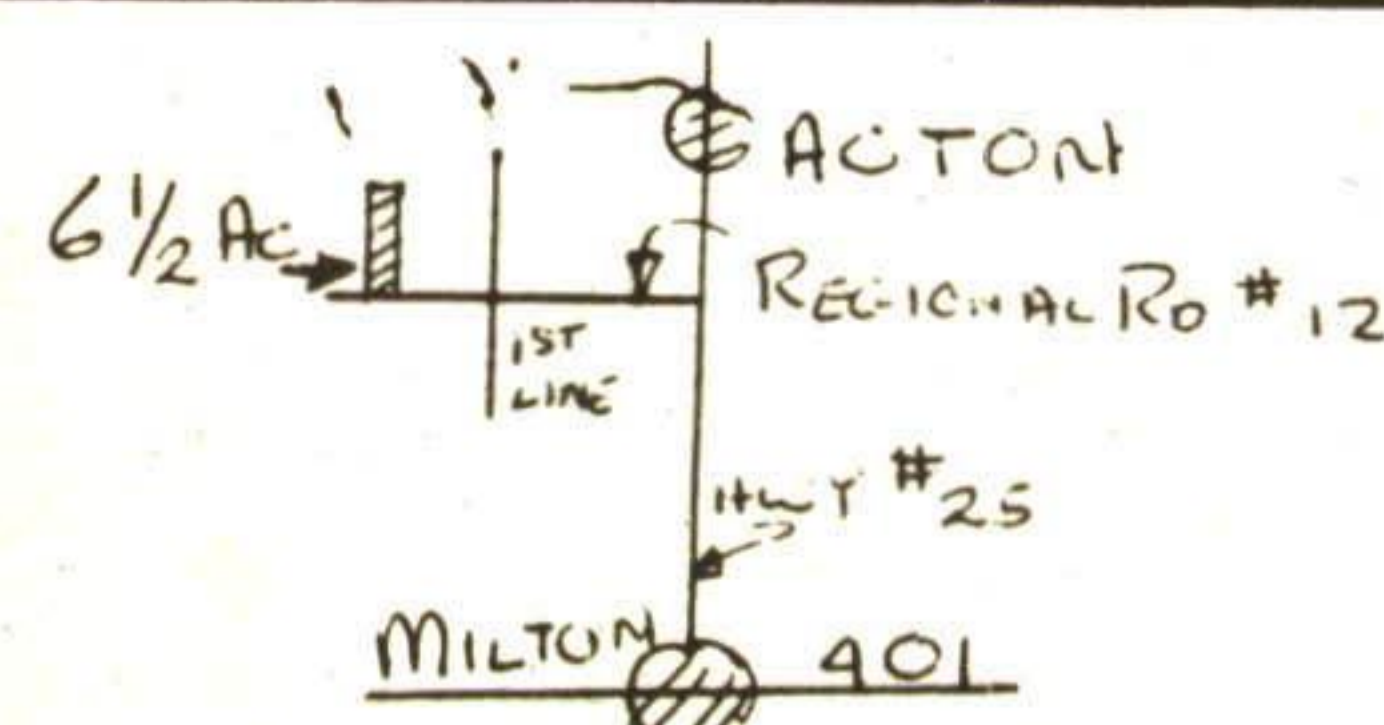
BOLTON BEAUTY

\$229,000 Asking. 9 room brick on landscaped lot backing onto park. Large eat-in kitchen with walkout deck, family room with walkout to patio, log burning fireplace, large laundry area plus office. Call Larry Barnstaple*.



PARKLIKE

\$16,700 down, quality 3 bedroom on fenced landscaped lot, gleaming hardwood, main floor laundry, oak trim, rec. room with fireplace, lots of extras. Call Larry Barnstaple*.



EXCEPTIONAL VALUE

North of Milton and 401 - 6 1/2 acre building lot on paved road, workshop included, lots of trees. Asking \$159,900. Vendor says to try an offer! It's got to go. Call Larry Barnstaple*.



WORK AT HOME

This 4 bedroom sits on 1/2 acre lot at the edge of town, 900 sq. ft. workshop with 900 sq. ft. apt. above, inground pool with cabana. Don't wait. Call Larry Barnstaple*.

KNOW WHAT THE EARLY BIRD GETS?



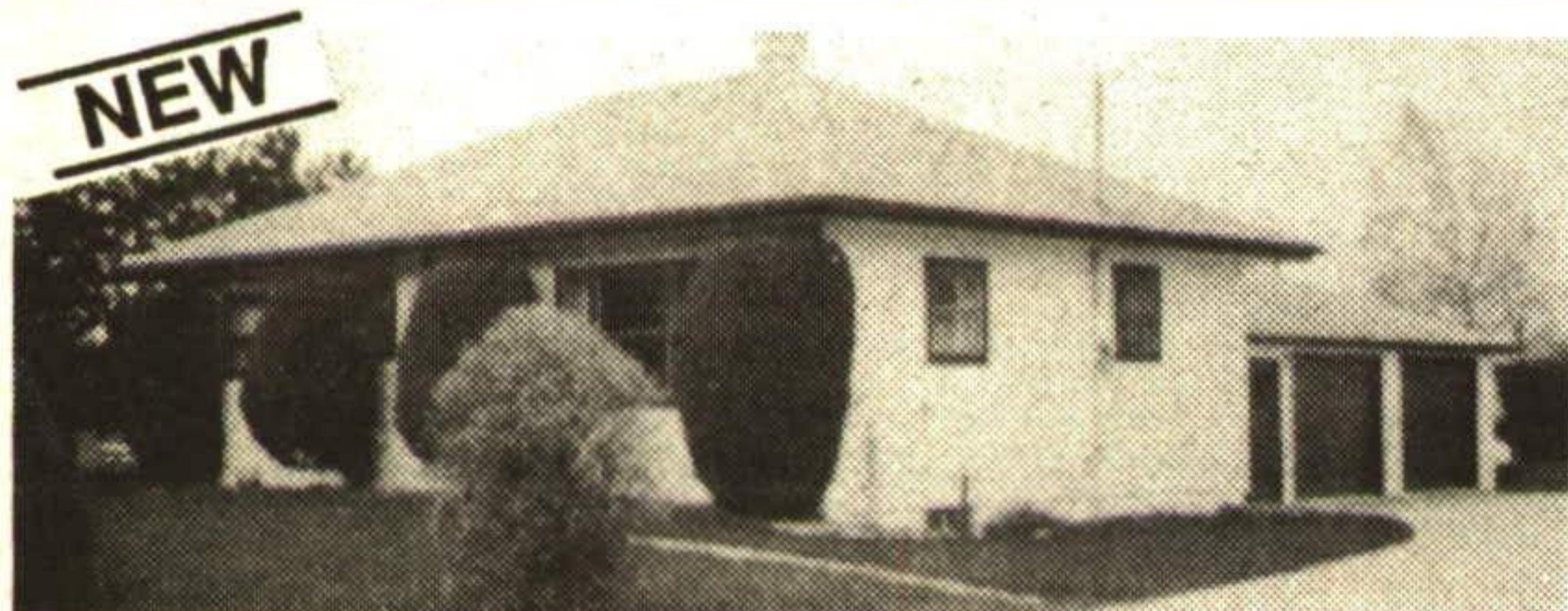
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HOT NEW LISTING!

LOOKING FOR: Huge double garage? Private half acre not too far from things? Cute & cozy 3 bedroom bungalow? Priced in the \$170's? WELL, LOOK NO MORE...We've got it -- \$175,000. Hurry, call Dora MacKinnon** before it's gone. CW91-125



GREAT BEGINNINGS \$159,000

Start here with not much left to finish. This charming older 2 storey has been re-finished from the "outside-in". Large country kitchen features beamed ceiling, Oak cupboards and wood cooking range. Main floor laundry, new bath, roof resingled, aluminum exterior. Big, deep lot in Erin village. Come see for yourself with Dora MacKinnon**.



10 ACRES + 10+ HOME

* Convenient location minutes to 401 * Spacious 4 bedrooms
* Lovely decor, quality broadloom, hardwood
* 3 baths - oak staircase, fireplace * Main floor family room & laundry
* Huge country kitchen * Perfect for horse lovers who need to commute.
Must Be Seen - \$359,900 Call Dora MacKinnon** CW90-170



SUPER LOCATION AT EDGE OF GEORGETOWN

-- Beautifully landscaped 3/4 acre lot -- Lovely 12 year old 3 bedroom rancher with garage -- Maintenance free exterior -- Sunshine family room with stove -- Pool with deck -- Heat pump, air cleaner, intercom. A bargain at \$239,000. DON'T MISS OUT. Call Dora MacKinnon** today. CW91-091