

# Colorful walls help us respond more positively to life's ups and downs

Have you ever visited someone's home and thought to yourself that you could never live with that blue sofa, or those mauve walls? Yet the owner obviously liked them enough to select them. That's because everyone responds to their own favorite colors and is affected by them in different ways.

That's also why, with so much doom and gloom in the world, it's increasingly important to be surrounded in our homes with colors that will make us feel positive about ourselves and give us the greatest feeling of well-being.

"Luckily, color is the easiest and cheapest form of change in the home, especially when you think in terms of paint, which today comes in literally every color of the rainbow," says David Beech, Manager - Colour and Design, Para Inc., manufacturer of paints and coatings. The local Para dealer is Bergsma's Paint and Wallpaper, Guelph St., Georgetown.

Color has the power to make one feel happy and cheerful, or calm and relaxed. There are colors that are welcoming, and colors that stimulate. Colors can also

make you feel gloomy or sad and really drag you down. What we associate with a color often affects our reaction to it as much as its appearance, and this may be cultural or religious.

Red, for instance, covers a wide range of associations: aggressive, revolutionary, a warning; and strong sexual and religious overtones - red light district, lady in red, blood, wine. The Chinese consider red a very lucky color. In the home, it can be welcoming in a traditional hallway with dark furniture, or soft and

feminine in the lighter shades of pink. Yellow has great symbolism - sunlight, growth, gold - a stimulating color that adds warmth to north or east exposures. But it also has negatives: i.e. cowardice, jaundice, yellow journalism. "Green, today, goes without saying," states David Beech. "It represents nature and the environment, tranquility, peace and relaxation, also health and luck (four leaf clover). But it also has its negatives, as in green with envy, and the association many people have with the ubiquitous post war 'hospital' green. However, it's

very popular in interiors today in all shades." Blue has lots of both positives and negatives - blue skies, sailing the ocean blue, but also singing the blues, blue mood. etc. Blue, especially when used with white, will effectively cool a south facing room, and it is great as an accent color.

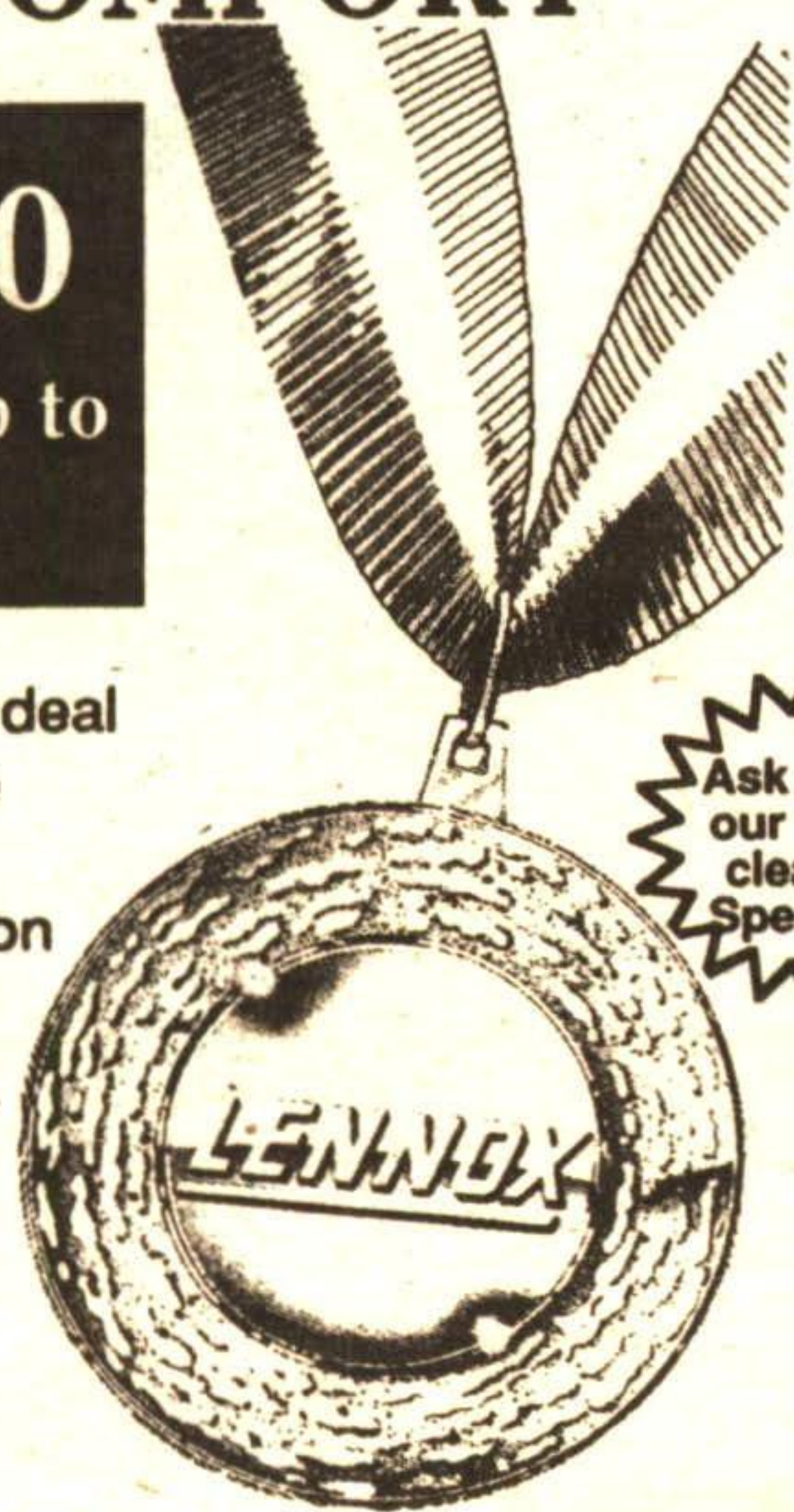
So look around your home and see how you respond to different rooms. If you feel somewhat gloomy in your dark wood kitchen, think about painting or restaining the cabinets in a lighter, more cheerful shade.

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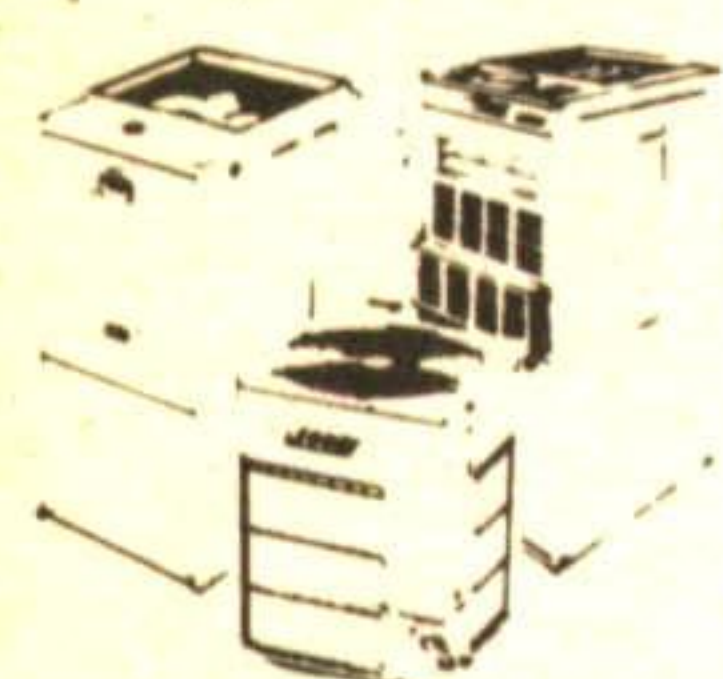
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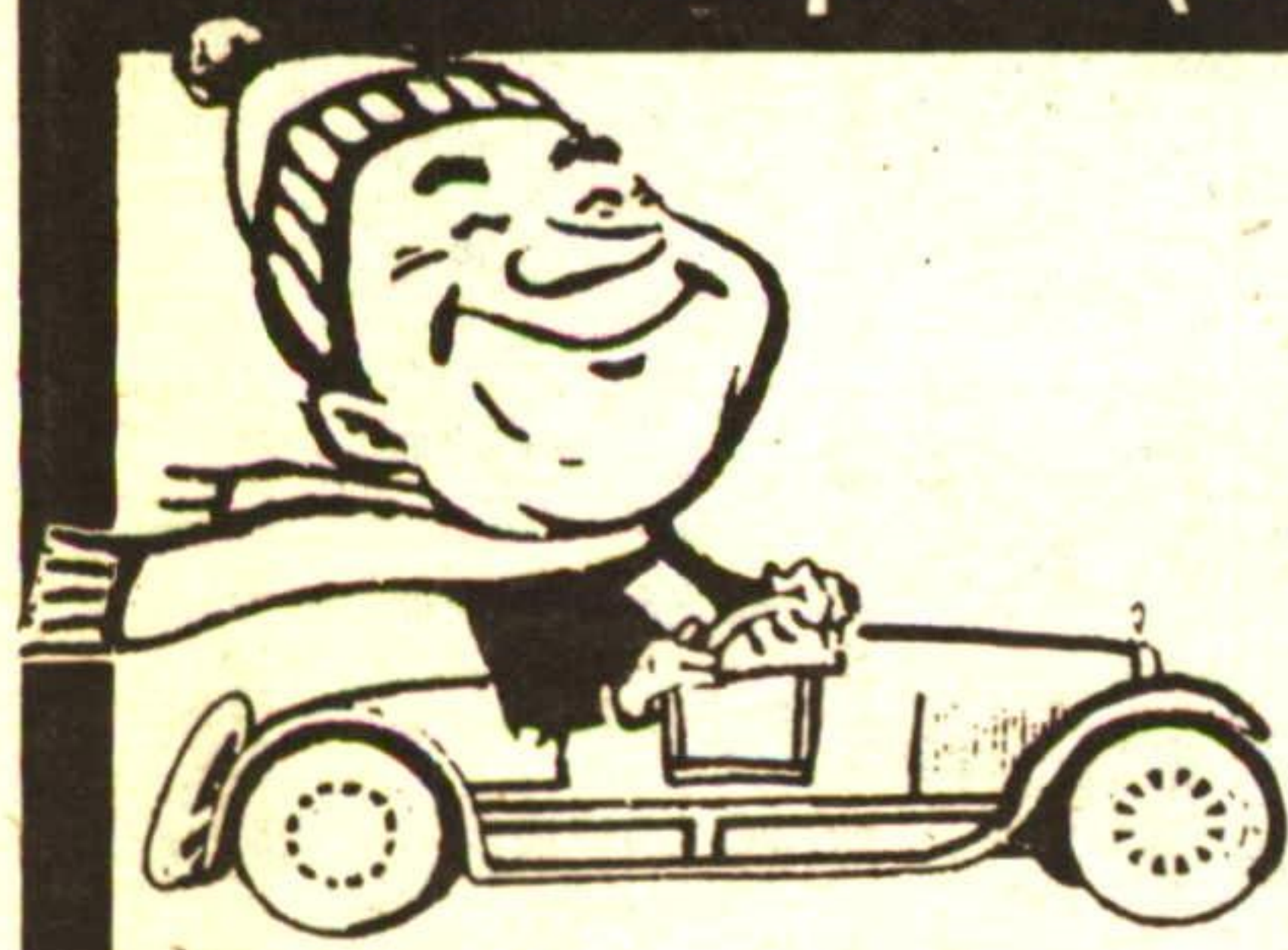
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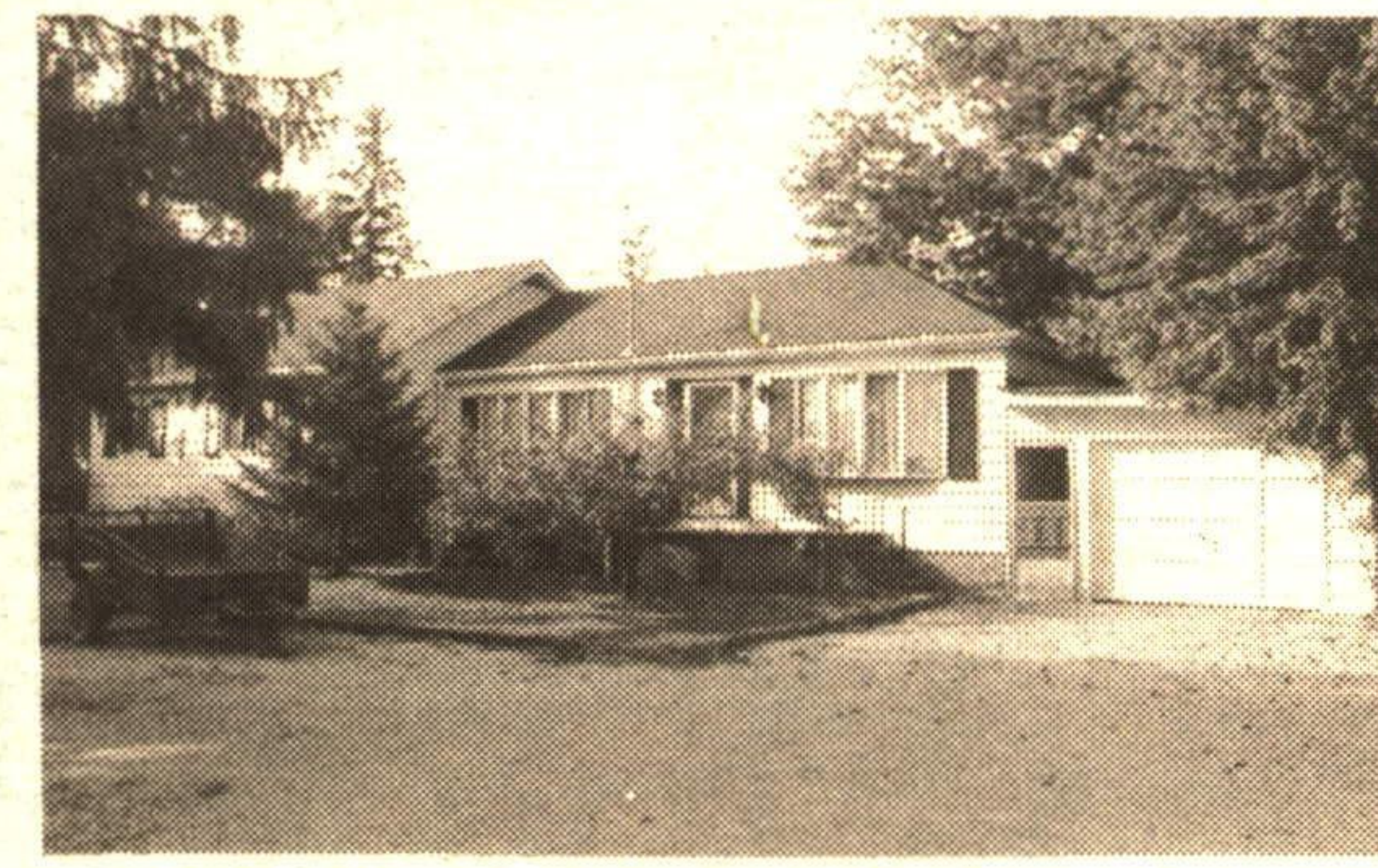
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