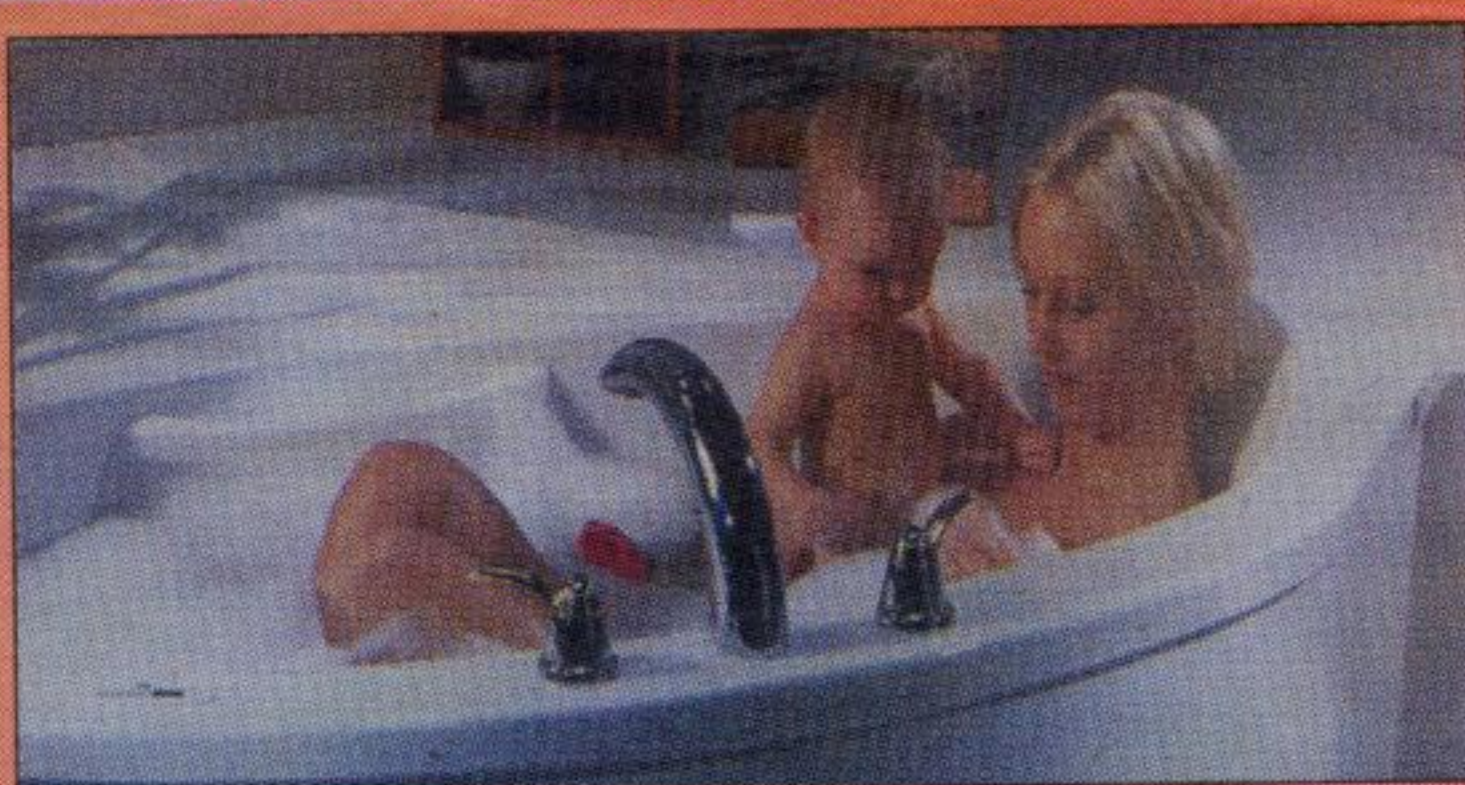


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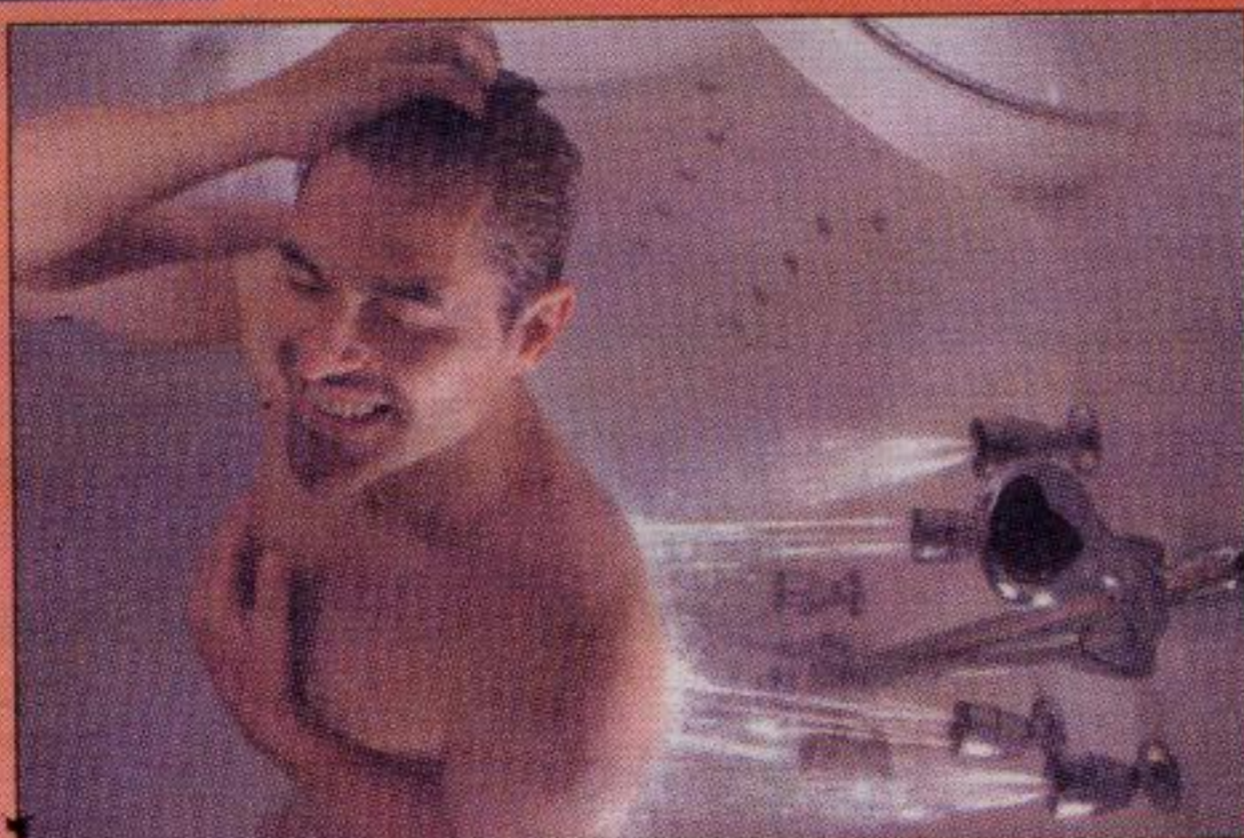


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Window mould can make you ill

You are probably doing everything right to keep healthy: good nutrition, impeccable hygiene, regular exercise—and yet it could be your windows, of all things, that will make you sick.

Ignoring mould growth in window units—as many homeowners do—could lead to allergic reactions, as well as rhinitis, skin rashes and respiratory distress. It is imperative therefore to prevent mould growth before it starts by keeping window condensation to a minimum.

“Health professionals report that people do not have to come in direct contact with mould to suffer the adverse effects,” says Jim Plavecsky, spokesperson for insulating glass spacer manufacturer, Edgetech. “Toxins are transported through the air, then inhaled, or absorbed through the skin and through the mucous membranes.”

Health Canada also warns homeowners about keeping tight control of indoor humidity levels and window condensation. For the healthiest indoor environment, the federal government recommends wintertime relative humidity levels of 30 to 55 percent, depending on personal requirements. Humidity levels too low aggravate skin conditions and respiratory infections, while levels too high—indicated by window condensation— increase the spread of mould, mites, bacteria and viruses. Dust mites in particular, increase significantly at humidity levels over 50 percent. Homeowners, however, find

it difficult to maintain a humidity level above 20 percent before condensation appears. The better quality windows however are now constructed for both energy-efficiency and for their ability to maintain a constant thermal balance between the temperatures indoors and out.

Choose foam

The solution to mould growth is to keep moisture off the glass and this is achieved by sustaining the warmest overall surface temperature. The window unit will fall short however, if any components are made of metal.

“When making window purchasing decisions, avoid glass spacers containing steel or aluminium, even if they claim to provide a warm edge,” Plavecsky said. “Ask instead about foam edging. If windows are constructed with Super Spacer for example—which is made of 100 percent polymer structural foam— these windows will achieve the highest thermal performance in the industry.”

In a 1993 report, Canadian and Swiss government scientists concluded that this all-foam spacer scored the highest in “edge-of-glass temperature trials”, offering maximum resistance to condensation. Even in the coldest winters and high indoor humidity levels, condensation in double-pane windows is substantially reduced.

More information on the most beneficial features for windows is available online at www.healthsmartwindows.com.

—News Canada

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Come meet Karl Lohnes Interior Designer

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“THIS SMALL SPACE”



Karl Lohnes is quickly becoming one of North America's best-loved interior decorators. His casual and practical decorating advice makes him a highly sought-after presence at consumer events and on television.

Karl hosts “Stylish Solutions,” a segment that appears weekly on HGTV's hit series *This Small Space*. Each week, Karl dishes out no-nonsense decorating advice and solutions for small space living to over 60 million households throughout North America.

He is also the Style Editor for *Style at Home* magazine, Canada's largest-selling home decor publication. His “Ask Us” column is the most widely read decorating advice column in the country. How can a home look stylish and yet work for a busy family? Karl's got the answers!

Consumers can meet Karl live at one of the many home shows he appears at with **AskUsLive**. Visitors to the home shows are invited to bring photos, swatches and floorplans in order to meet Karl and receive a free one-on-one consultation. Some enthusiastic fans have been known to drive over 600 miles or have waited in lineups for up to two hours to have their decorating questions answered by him.

Professionally, Karl's decorating work has appeared in many home decor magazines including *Style At Home*, *House Beautiful*, *Canadian Living*, *Homemakers* and *Victoria* magazines. He most recently completed corporate design assignments with Home Depot, The Hudson Bay Company, Kohler and Hunter Douglas. He lives in Toronto and is professionally involved with a number of non-profit organizations throughout the year.



TIMES

11 am - 2 pm,
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Oct. 19/02

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