

Home, Lawn & Garden

The price you pay for pesticide use:

Why you should consider the alternatives for a healthier yard

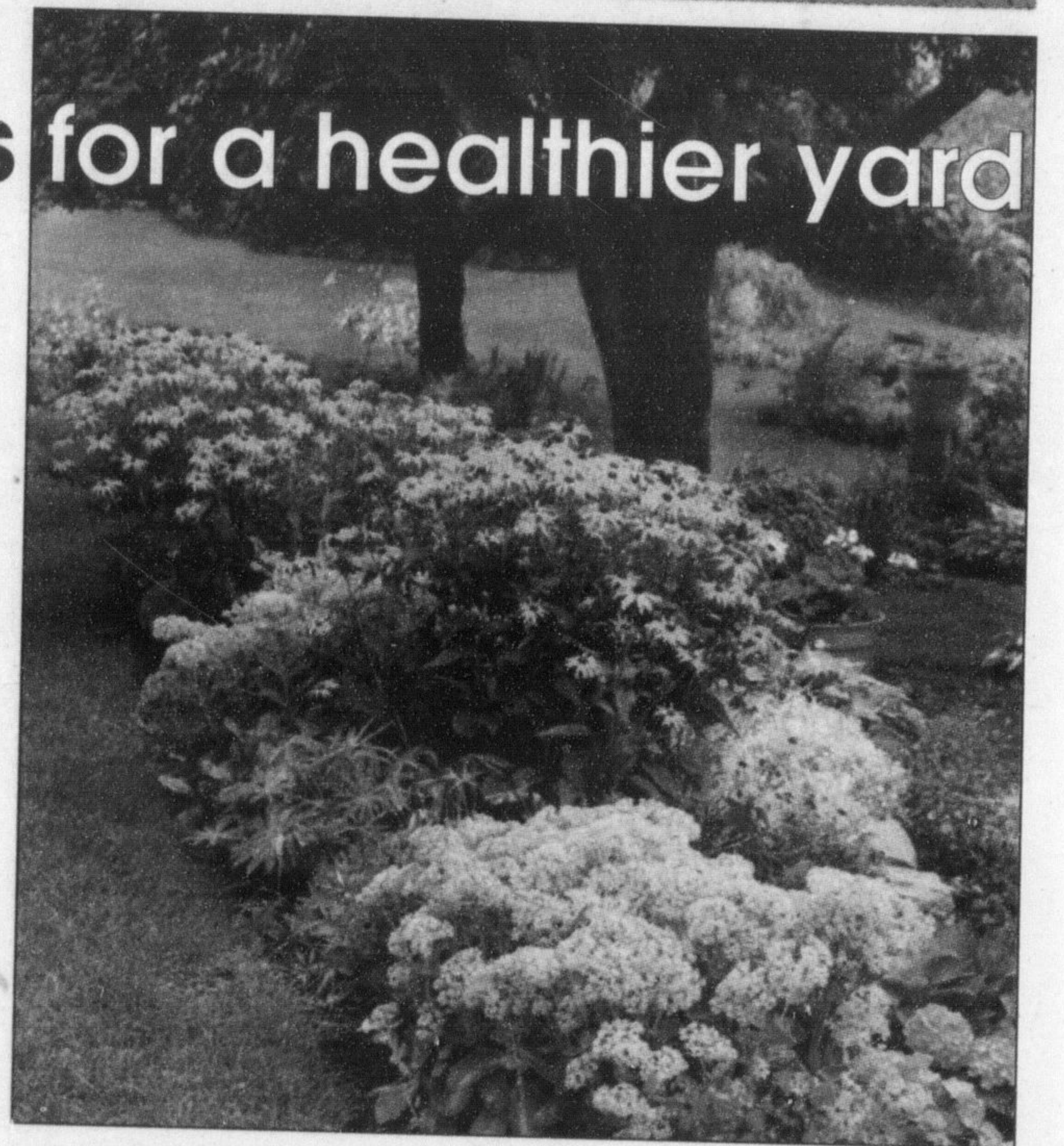
(NC)—How much would you pay for the perfect lush, green lawn? \$50? \$100? More? Before you pull out your wallet, you may want to consider the cost to you and your family's health.

Commonly used to make lawns greener and bug-free, pesticides are poisons designed to kill insects, rodents, weeds and fungi. Because they are meant to destroy living organisms, they can also be harmful to humans. Some have been linked to a variety of illnesses, including cancer. Young children are particularly at risk, as their immune systems are still underdeveloped. For these reasons alone, the Canadian Cancer Society encourages healthier alternatives for Canada's green thumbs.

The Society is not the only one concerned about the negative effects that ornamental pesticides may have on people's health. Many cities across Canada have already taken steps to limit or ban them altogether.

There are many ways you can achieve a beautiful yard. Here are just a few:

- Dig out weeds by hand instead of using weed killer.
 - Use a spray of water from the garden hose to remove insects from plants and trees.
 - Do not over water your lawn. Two centimetres is all that is needed, so put a container on the grass when you water it to help you measure.
 - Make your own mild insecticide by mixing 2 tablespoons of soap flakes with a litre of water and lightly spraying plant leaves.
 - Gently break up the soil in your lawn to allow moisture and nutrients to reach the roots.
 - Talk to your gardening supply store about natural alternatives to pesticides, such as companion plants, which help fend off insects that affect other plants.
- For more information on pesticides and cancer, contact a Canadian Cancer Society Information Specialist at 1 888 939-3333 or visit www.cancer.ca.



Tips for a healthy home this summer

Tips for a healthy home this summer (NC)—During summer, smog conditions come into focus as the leading air quality concern. However, indoor air quality is very important and easily managed, especially for those with allergies and breathing disorders, such as asthma and chronic lung disease.

While we all should do our part to help reduce smog levels, there are many indoor air pollutants everyone should know about and learn how to reduce or eliminate them altogether.

The Lung Association offers these top tips for summer:

Open up

Open your screened windows and let the fresh air in! Indoor contaminants can build up and get trapped indoors.

Get a hold of mould

Sure the basement might be the coolest place to be on a hot summer day, but do you smell musty or earthy odours when you head down there? Look for condensation on windows, white powdery stains on exposed concrete walls, discoloration on walls, ceilings or floors. Adequate ventilation along with a dehumidifier can help to reduce excess humidity levels indoors. Kitchens and bathrooms are also good hide-

outs for dampness and mould.

Bye, bye bunnies

If you have started naming your dust bunnies, it's time to consider a new family pet.

Dust is a combination of both chemical and biological substances that can make breathing difficult for people with allergies and asthma. Here are a few tips:

- Use a central vacuum system to remove dust to a sealed canister outside of the living area.
- Use a damp cloth and work from the top down in every room.
- Use a high efficiency pleated furnace filter. This can help remove many of the smaller particles from the air; be sure to check the filter regularly and replace it at least every three months.

No butts about it

The only way to control secondhand smoke is by not allowing anyone to smoke in your home. Breathing secondhand smoke exposes you to harmful chemicals long after the cigarette ends since they are absorbed by curtains, linens, furniture and clothes.

Out and About

Take a walk around the outside of your home to look for standing water. Top up the gardens with extra soil to absorb spring rains, and slope it away from the

house to let the water drain away from the foundation. Check garden hoses and taps for dripping. Take a good look at the roof and eaves troughs for any sign of winter damage. When working in the yard or even in the garage, a well-fitted respiratory mask can reduce exposure to allergens and contaminants.

Mission: emissions

When getting your home in tip-top shape, use vinegar, baking soda and vegetable oil. These are great non-toxic alternatives to household cleaning products.

Appliance compliance

In the kitchen, refrigerator drip pans and coils need to be checked for build up of biological contaminants and dust. Also, be sure to clean the coils on your air conditioner and check for mould.

Radon Alert

Check for foundation cracks and seal foundations appropriately. Radon, a radioactive component of soil, can enter your home through the cracks in basement walls and foundations and is linked to lung cancer. Anyone interested in learning more about ways to improve the air quality throughout your home, should visit The Lung Association's at www.YourHealthyHome.ca or call 1-888-566-5864 for the Healthy Home Audit guide, which gives helpful room-by-room tips.

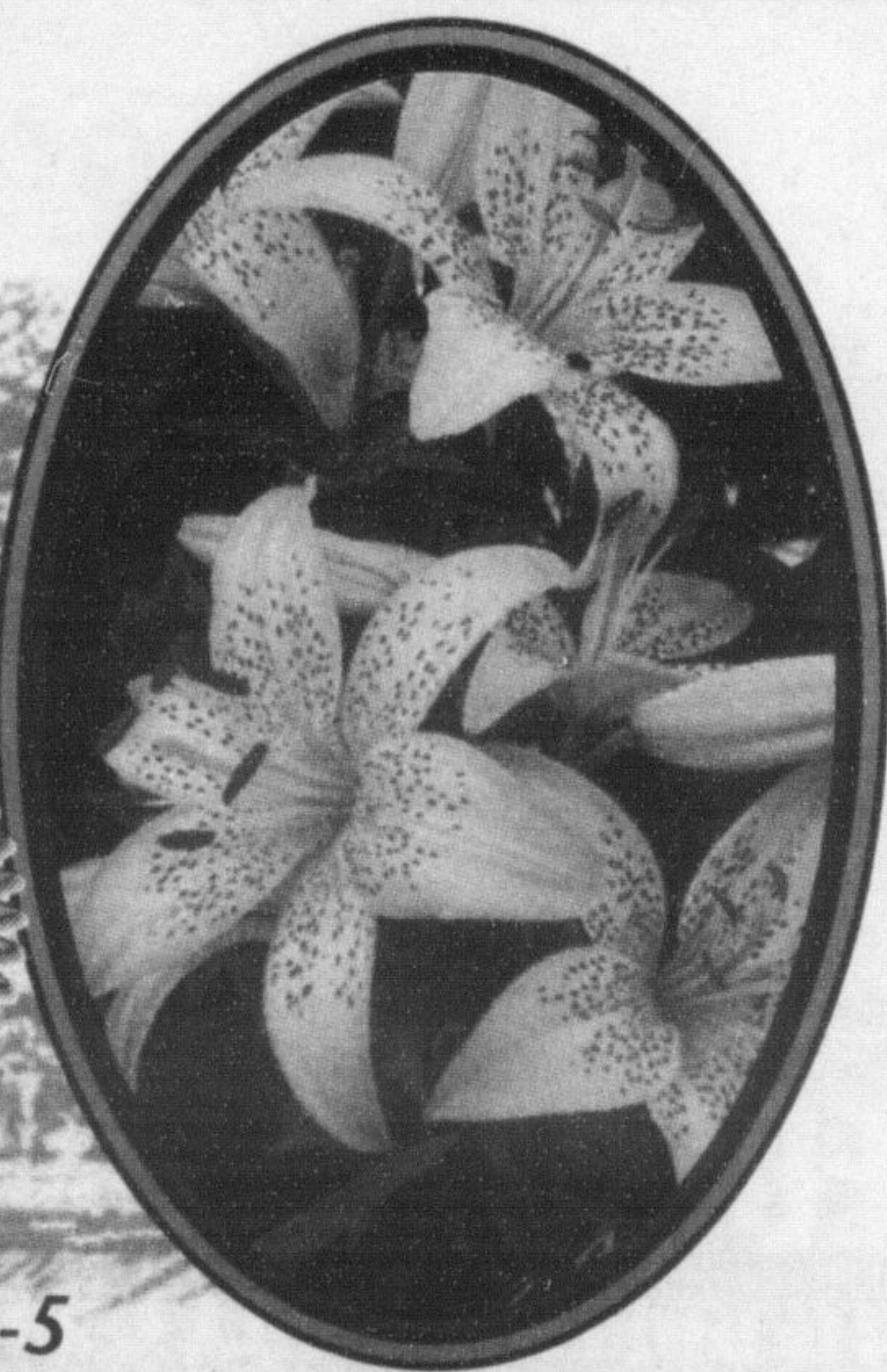
Taylor Nursery

7429 Fifth Line, Milton
Right at the east end of Main Street

905-876-4100

Summer Hours - Mon-Fri 9-6 • Sat 9-5 • Sun 10-5

Your Town and Country Gardening Centre



Summer Clearance Sale!

30 TO 50% OFF
SELECTED ITEMS including...

TREES -- Large selection for every location in your yard

SHRUBS -- Choose from evergreens, deciduous, flowering, variegated and more...

PERENNIALS -- Sun or shade; spring, summer or fall flowering

Check our sale board for weekly specials!

