



Wild Life



Hygiene



Health



Quiz/Jokes



Environment, Wellness, Lifestyle monthly magazine

“ Save Energy – Save our World ”



Think about what would happen if there wasn't enough energy...there would be no light to turn on when it got dark... there would not be any hot water for the shower or cold air to keep you cool... no fuel to drive to work...so there are lots of reasons we should save energy. Now it's high time to take action, as the world is facing serious shortage of energy.

Here are some simple things you can do at home:

Household Appliances and electronics really add up on your electricity bills. When shopping for new appliances and electronics insist on buying **BEE** certified energy efficient star rated electrical appliances.

Always keep your air conditioner at 24 degree centigrade the optimum temperature to keep cool.

In an average home, 75% of the electricity used to power home electronics is consumed while the products are turned off. Switch off the appliances from the plug point when not in use.

Unplug battery chargers when the batteries are fully charged or the chargers are not in use. Many chargers draw power continuously, even when the device is not plugged into the charger.

Don't leave the refrigerator door open. Decide what you want before you open the door.



Run your washing machine or dryer with full loads. Drying smaller loads uses just as much energy.

Check your furnace or air conditioner filter regularly. Dirty filters block air flow through your heating and cooling systems, increasing the amount of energy used.

Only heat or cool the rooms you need. Close vents and doors of unused rooms.

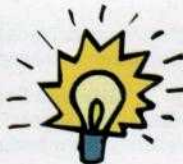
Seal and weather strip your windows and doors to ensure that you're not wasting energy on heating or air conditioning that escapes through leaks.

Energy efficient lighting

Don't unnecessarily use artificial lights. Use natural light when you can.

Replace incandescent bulbs with Compact Fluorescent Lights (CFLs), which use only about one-third of the electricity. CFLs' also generate less heat and last upto 10 times longer. (10,000 MW of power would be saved if CFLs were used for lighting homes in India.)

Switch off AC, lights & fans when leaving a room.

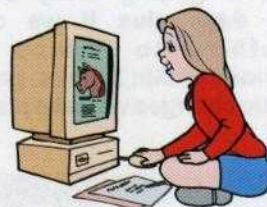


If you know of a light that everyone forgets to turn off, make a sticker and hang it next to the switch that says "Lights Out!" or "Don't Forget."

Used stairs instead of the elevator when you have to walk up one floor or walk down three floors.

Take heed Computer users!

Switch off the computer when not in use, or when idle for more than two hours. Do you know that a computer switched on for an hour consumes as much energy as a 14-watt compact lamp for 24 hours?



Banish the "screen savers" and "sleep" modes, rather just switch off the computer monitor when not in use.

Consider buying a laptop for your next computer upgrade; they use up to 90% much less energy than desktop computers.

General Hygiene

Simple steps to prevent bathroom germs from multiplying and spreading:

- Clean all the nooks and cracks of your counters including toilets seats, sinks, door handle, faucets, floor and shower/bathtub etc.



- Each family member can play their part in keeping the bathroom clean after using it. The dirt and germs you leave behind can linger and spread illness to other family members.
- Replace your toothbrush every three months. Never share a toothbrush or razor with anyone. That's the quickest way to spread infections.

- Use an antibacterial cleaner when you regularly wipe down your sinks and shower. These cleaners contain chemicals that can kill bathroom germs effectively.



- Wear slippers or chaakri in the bathroom to prevent contact with germs on the floor, which can cause conditions such as athlete's foot.

- Wash your hands thoroughly each time you use the bathroom or toilets. Germs spread quickly by touch.

Instruct all family members to wash their hands with warm, soapy water after using the toilet. Educate young children early about the importance of toilet hygiene.



- Occasionally remove your showerheads and soak them overnight in vinegar or a commercial cleanser. This removes the build-up dirt that clogs the head and contaminates the shower water.



- Keep the bathroom dry; bacteria breeds in moist environments.

- Do not use a common towel to dry hands. Common towels contain bacteria & viruses that cause illness.

- Bath towels should be changed and washed regularly. Hang them up to dry after use; the longer they remain wet, the more germs will collect on the towel.



Kitchen Cleanliness

- Wash hands, utensils and surfaces thoroughly after you have handled meat, poultry or seafood. Wash the sink and taps after handling non-veg items. The bacteria on your hands, while handling non-veg will infect all the items that you touch and then it will become the breeding ground for microbes. Keeping separate knives for non-veg food is ideal.



- Use of detergent and disinfectant helps in keeping the kitchen area clean. Keep floors pristine clean. Clean kitchen platform before and after cooking, specially in rainy season as bacteria multiply faster in moist weather.

- Wash all vegetables and fruits immediately after you bring them home from the market and before you use them, as they are contaminated with germs & chemical residues.

- Give your kitchen a thorough 'spring clean' periodically.

- Line your bins with dustbin liners as bins are ideal breeding grounds for germs, flies, mosquitoes and cockroaches.



Tips To save Petrol

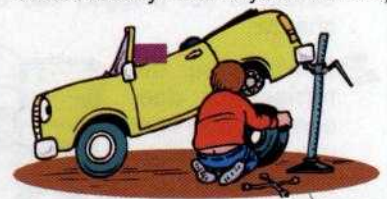
Petrol is getting really expensive these days plus if we don't do something to reduce carbon emissions within 5 years, permanent climatic changes will take place.

Here are some easy tips:



- Pump up your tyres and use thinner tyres
- Don't leave your engine idle
- Drive at a moderate speed
- Clean the air-filter regularly
- Use public transport once in a while
- Drive in high gear (overdrive)
- Anticipate traffic ahead

- Avoid strong acceleration
- Minimise aerodynamic drag
- Use the air-condition sparingly
- Travel light (do not carry unnecessary load in your vehicle)



Which articles did you like the most? What health and environment topics would you like us to cover? Do you have any environment concerns in your area? Tell us about it and we will see what we can do. Your opinions are important to us. **You too can send in your contributions at bfi52@yahoo.co.in**

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{ Established by Dr. Syedna Mohammed Burhanuddin Saheb (T.U.S) in 1992. }