

Pollution In The Home

BY BARBARA MILLER
 Lycoming Co. Correspondent
WILLIAMSPORT — The air you breathe at home could be more harmful than Los Angeles smog, according to Dr. Phyllis Barner, the Penn State extension housing specialist.

Barner addressed homemakers on indoor-air pollution at Lycoming County's Fall Homemaker's Day last week. Other topics at the meeting were curbing holiday spending and creating corn husk dolls.

"Oven cleaners and furniture sprays are among the most toxic contaminants in the house," said Barner. "They are so toxic, in fact, that the containers are now on a list of products to go to a special toxic-waste dump."

Barner explained that indoor-air pollution became a problem when homeowners insulated their houses to increase energy efficiency. As a result, air flow in the home was drastically diminished. In the 1850's, it is estimated that air was exchanged four times per hour in an average-size house. By 100 years later, that exchange rate had decreased to 1.5 air changes per hour, and homes built in the '80s have an air exchange only once every three hours. The government recommends a minimum of one exchange every two hours.

"You can increase air exchanges by opening windows on opposing sides of the room one inch for five minutes each hour," Barner stated.



Discussing indoor air quality, Dr. Phyllis Barner, Extension Specialist in Housing from Penn State University, warns homemakers of the toxic effects of ordinary household cleaners.

Pollutants fall into three main categories: combustion-related products, formaldehyde-based

building materials, and household cleaners and personal-care products.

Combustion-related contaminants are released into the air by burning fuels such as wood, gas, coal and kerosene. These fuels give off carbon monoxide and among other things, which may cause blurred vision, impaired mental and physical performance, irregular heartbeat, and even death.

Building materials, such as chipboard and pressed wood, that have used formaldehyde as a preservative or bonding resin releases vapors that may cause headaches, dizziness, lethargy, nausea, nosebleeds, and memory loss.

The household products to watch out for are moth crystal balls, aerosol sprays, paint strippers, and tobacco smoke. These products include contaminants such as ammonia, methylenechloride, lead arsenate, and mercury.

Barner also expressed concern over radon contamination. Thirty-five of Pennsylvania's 67 counties have been listed by the EPA as possessing geological characteris-

(Turn to Page B18)



Dr. Marilly Furry, Family Resource Management Extension Specialist from Penn State, tells homemakers how to have a more relaxed and enjoyable Christmas holiday.



Linda Horn demonstrated corn husk doll making to participants at Homemaker's Day at the Lycoming County Fair.

See your nearest
NEW HOLLAND

**Dealer for Dependable
 Equipment and Dependable
 Service:**

- | | |
|--|--|
| Annville, PA
B H M. Farm
Equipment, Inc
R.D. 1
717-867-2211 | Lancaster, PA
L H Brubaker, Inc
350 Strasburg Pike
717-397-5179 |
| Beavertown, PA
B&R Farm
Equipment, Inc.
RD 1, Box 217A
717-658-7024 | Lebanon, PA
Keller Bros
Tractor Co
RD 7, Box 405
717-949-6501 |
| Belleville, PA
Ivan J. Zook
Farm Equipment
Belleville, Pa
717-935-2948 | Loyeville, PA
Paul Shovers, Inc
Loyeville, PA
717-789-3117 |
| Canton, PA
Hess Farm Equipment
717-673-5143 | Lynnport, PA
Kermit K Kistler, Inc
Lynnport, PA
215-298-2011 |
| Carlisle, PA
Paul Shovers, Inc
35 East Willow Street
717-243-2686 | Mill Hill, PA
Dotterer Equip.
RD #3
717-726-3471 |
| Chambersburg, PA
Clugston
Implement, Inc
R.D. 1
717-263-4103 | New Holland, PA
A.B.C. Groff, Inc
110 South Railroad
717-354-4191 |
| Davidsburg, PA
George N Gross, Inc
RD 2, Dover, PA
717-292-1673 | New Park, PA
M&R Equipment Inc
P O Box 16
717-993-2511 |
| Elizabethtown, PA
Messick Farm
Equipment, Inc
Rt. 283 - Rheem's Exit
717-367-1319 | Oley, PA
C J Wonsidler Bros
RD 2
215-987-6257 |
| Gettysburg, PA
Yingling Implements,
Inc
3291 Taneytown Rd
717-359-4848 | Pitman, PA
Marlin W Schreffler
Pitman, PA
717-648-1120 |
| Greencastle, PA
Meyers
Implement's Inc
400 N Antrim Way
P.O. Box 97
717-597-2176 | Quakertown, PA
C J Wonsidler Bros
RD 1
215-536-1935 |
| Halifax, PA
Sweigard Bros
R.D. 3, Box 13
717-896-3414 | Quarryville, PA
C E Wiley & Son, Inc
101 South Lime Street
717-786-2895 |
| Hamburg, PA
Shartlesville
Farm Service
R.D. 1, Box 1392
215-488-1025 | Ringtown, PA
Ringtown Farm
Equipment
Ringtown, PA
717-889-3184 |
| Hanover, PA
Sheets Brothers, Inc
1061 Carlisle St
Hanover, PA 17331
717-632-3660 | Tamaqua, PA
Charles S. Snyder, Inc
RD 3
717-386 5954 |
| Honey Brook, PA
Dependable Motor Co
East Main Street
215-273-3131
215-273-3737 | West Grove, PA
S G Lewis & Son, Inc
RD 2, Box 66
215-869-2214 |
| Honey Grove, PA
Norman D Clark
& Son, Inc
Honey Grove, PA
717-734-3682 | Churchville, MD
Walter G Coale, Inc
2849-53
Churchville Rd
301-734-7722 |
| Hughesville, PA
Farnsworth Farm
Supplies, Inc
103 Cemetery Street
717-584-2106 | Frederick, MD
Ceresville
Ford New Holland, Inc
Rt 26 East
301-662-4197
Outside MD,
800-331 9122 |
| | Washington, NJ
Frank Rymon & Sons
201-689-1464 |
| | Woodstown, NJ
Owen Supply Co
Broad Street &
East Avenue
609-769-0308 |