

# Allergy Ills Relieved By Air Conditioners

If asthma or hay fever has you wheezing and sneezing your way through the summer, take heart. You may be able to cut down on the itchy eyes, stuffy nose and labored breathing by simply turning on the room air conditioner.

The Medical Committee of the Allergy Foundation of America says that as long as you can stay in an air-conditioned room, your symptoms often will be relieved.

And if you have an air conditioner in your bedroom, you won't be so apt to be kept awake in the nightly battle for a breath of pollen-free air.

IN USING room air conditioners for the relief of symptoms, the Allergy Foundation cautions that it is important to set the thermostat of the air conditioner properly so that the temperature within the room is not more than 12 degrees below that of the outside air.

"Extreme cooling will often irri-

## Carport Walls Offer Space For Storage

Does the boss of the house complain because he doesn't have any room where he can store his sports gear and his fishing and hunting equipment?

Many families have discovered a new source of room or space where sports storage units can be installed without crowding the interior of the home. The new area waiting to be developed is the space along the walls of the carport.

Storage units can be built airtight so that guns and other sports gear will be well preserved. The units can be locked for added protection.

They can be designed wide enough to include a work bench, a tack room, gun and fishing rod cases, cupboard for camping equipment and other specialized sports storage.

THEY SHOULD be framed in solid 2x4s and you can use the same cedar siding on the outside of these storage units as is used on the rest of the home. They can be stained or painted to match the siding of the home.

The units can be hung from the carport ceiling to keep them free of the ground, or they can be set on posts a foot above the ground.

If the doors open into the area where the cars are parked, it's a good idea to install sliding doors rather than hinged doors.

Some of these storage units along the carport walls are ingeniously designed to accommodate all members of the family in their storage needs.

## How to Clean Your Lawn Furniture, Cook-Out Equipment

Lawn furniture and cook-out equipment can present big cleaning jobs come spring. Here's an easy way to get everything shiny in a hurry.

Apply oven cleaner to the really dirty items—maybe the grill that was stored without being properly cleaned—and chrome cleaner to other items.

To eliminate the added chore of washing soiled rags, apply all cleaner with paper towels. When the cleaner is ready to be removed, just turn the garden hose on everything. Wipe dry and polish with handfuls of paper towels.

### Family Safety

Asphalt shingles bearing the UL label have been thoroughly tested for fire resistance.

tate the membranes of the nose and bronchial tubes," the voluntary health organization says in its booklet, "Asthma, Hay Fever and Other Allergies."

Recognizing the benefits of air conditioning, the Federal Government now allows a medical expense tax deduction for room air conditioners purchased when physicians prescribed them as medically necessary for heart patients, asthmatics and allergenics.

The new deduction went into effect for the first time in 1962.

THERE WERE 97 million days of restricted activity reported due to asthma and hay fever in 1959 and 1960.

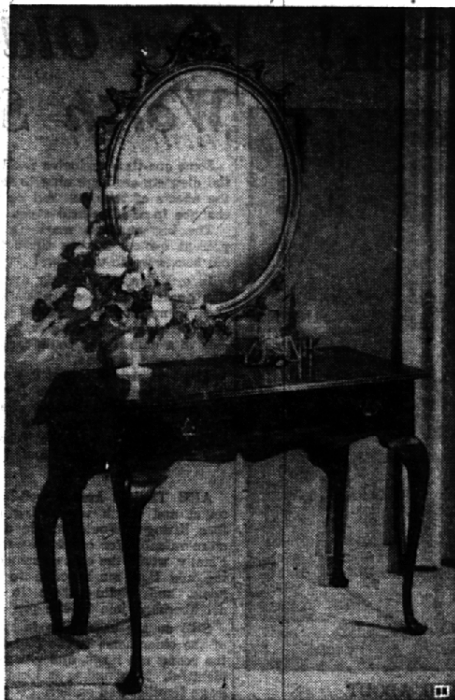
The victims were allergic, or unusually sensitive, to air-borne dusts, mold spores and pollens from weeds, grasses, trees and plants which do not affect non-allergic persons.

Seasonal hay fever especially is caused almost entirely by these air-borne allergens or inhalants.

Room air conditioners can reduce the amount of pollen in the air at the height of the ragweed season by as much as 98 per cent, tests by Dr. Orren D. Chapman, head of the Bacteriology Department at Syracuse University, showed.

OTHER FORMS of relief from the distressing symptoms of asthma and hay fever are drugs and series of injections which help desensitize allergic patients as long as they continue the treatment.

Immunization by a single injection is also under study at the present time, the Allergy Foundation states in its pamphlet. The free pamphlet may be obtained by writing the Allergy Foundation of America, 801 Second Avenue, New York, 17, N. Y.



## Corner on Beauty

A special treatment, with fancifully-bordered mirror and traditional table, bring drama to room area. The small table is from a collection of solid Honduras mahogany furnishings.

## Potted Plants Make Creative Decoration

Homemakers can make many interesting uses of potted plants for decorative touches in gardens, on patios and terraces and along walks, to enhance all outdoor activity this spring and summer. Plants in sturdy clay pots can

be attached to railings, walls and posts with clips or plant rings, for color accents. On a white fence you might try a combination of blue lobelia and purple heliotrope, an eye-catching combination.

## Lights Give Dreamy Glow To Pools

A setting sun doesn't have to be the signal that the day's fun around the new back yard pool has ended.

Up to 100 hours of nighttime pool-side enjoyment can be gained every month of the outdoor swimming season merely by providing the right kind of overhead and underwater lighting.

Post-mounted yard lanterns give a soft illumination to pool decks, patios and walkways. Mushroom lighting units—dome-shapes, mounted on stems—are increasingly popular.

AUTOMATIC controls that switch on the poolside lighting system at sunset allow the fun to go on without interruption. They also discourage prowlers if the family happens to be out for the evening.

Underwater lighting units are now being used almost as much for dramatic "glow" effects as for swimmers' convenience. A glowing pool has much the same hypnotic, "dreamy" influence as a fireplace on those around it.

About two to four watts of illumination in the pool are recommended by most electric companies for each square foot of water surface. The average pool (16 ft. x 32 ft.) thus would require sub-surface illumination of between 1,000 and 2,000 watts.

IT'S IMPORTANT, lighting experts agree, to "soften" light so that it does not glare in swimmers' eyes. Lighting that comes from more than one direction gives better visibility and more uniform illumination.

Don't try to install your own sub-surface lights unless you know what you're about. This is a job for a qualified electrical contractor.

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