

# THE BM LIFESTYLE

healthy home | Comfort | happiness

## Flower power

60's activists who chanted "flower power" were onto something. Ever wonder why the go to recovery room gift is fresh flowers? We may not instinctively know that these simple natural beauties help us feel just that much better. But numerous and extensive studies have proven time and time again that fresh flowers or potted flowers benefit our mental health and well being. So introduce a pretty bouquet as part of your weekly routine, unless you don't enjoy their beauty and lovely fragrance?

## White rings?

Has your beloved favourite furniture piece been marred with one of those dreaded water rings? Not a problem, grab a small dab of petroleum jelly (Vaseline) and give that pesky circle a good rub in a circular motion, then let it set. For how long really depends on how long it's been there, we usually recommend at least a couple of hours. Once the ring is gone, wipe off the excess and your done!



## It's about attitude

Housekeeping is a subject that brings out different attitudes, and sometimes not very good or healthy ones. In generations past, what a traditional woman did that made her home feel warm and alive wasn't summed up in dusting and laundry (we've got that for you). Her real approach is that she identified herself with her home. Her affection was in the fluffed sofa cushions, clean linens and good home cooked meals; her memory in well-stocked cabinets and pantry; her intelligence in the order and healthfulness of her home, her good humour in its light and air. Part of her relation to those she loved was embodied in the physical medium of the home she made. There is no better way to make a good home than to have attitudes toward home and domesticity modelled on those of that old world traditional woman. In a quickly ever changing world, some things are better left unchanged.

*Continued 2*



## Fresh air...indoors

Healthy ventilation in our homes is not something that we usually consider, or even really think of. And what contributes to poor indoor air quality anyway? Pollutants build up in the air from things such as cleaning products, polishes, varnish/urethane, paint, cosmetics, glues etc. add to these humidity, dust, fungi, mould, bacteria etc... and you've got a setting for some pretty toxic air.

Imagine now that there is such an importance put on this that there are standardized guidelines (ASHRAE 62-1989) of suggested air exchanges for acceptable residential indoor air quality, 0.35 air exchanges per hour in fact. This rate would amount to eight and half complete air exchanges per day! It sounds fresh, but not very realistic for most of us.

We hope that on this factual basis, you will now make opening your windows (even if its just a crack) part of your daily or even weekly home upkeep. Enjoy taking hot showers? run the exhaust fan. Cooking dinner? run the exhaust fan. Just get that stale air out and in with the new!

## Point of view

Most of today's men and many women don't really want to identify themselves with the homes that they create through their housekeeping. This is increasingly reinforced by the media. Ads and TV shows offer degraded images of household work and workers. Discussions on the subject on blogs, magazines and general media follow a standard formula. The author will confess to either hating housework or to their own incompetence at it, followed by jokes about the childish aspects of poor housekeeping, then produce a list of "timesaving hints". The general attitude with so many people today is that its imagined that housekeeping is boring, repetitive, unintelligent drudgery. Such attitudes are needlessly self-defeating. You can be a male and be domestic. You can have a career and be domestic. You can enjoy keeping house. No one is too superior or intelligent to care for hearth and home. Domesticity doesn't take a lot of time or effort but helps save both. It's an acquired orientation that gives you a sixth sense about the place you live in, and helps you keep it running with the same kind of unconscious and effortless actions that keep you from falling when walking down a flight of stairs.

## Happily adjusted

Once you make a conscious decision and effort to be successful at keeping your home, this sixth sense naturally begins to develop. It lets you do things fast and cut the right corners, and helps you foresee minor domestic disasters - spills, shortages and conflicts - that can make life miserable when they accumulate. When its absent its like you are an infant negotiating that flight of stairs for the first time. Housekeeping actually offers more opportunities for savouring achievement than almost any other type of work. Each of its regular routines brings a sense of satisfaction when its completed. Think of it this way, these routines echo the rhythm of life, and the housekeeping rhythm is the rhythm of the body. A daily repeat of tasks. However with home upkeep you get satisfaction not only from the sense of order, cleanliness, freshness, peace and plenty restored, but from the knowledge that you yourself and those you care about are going to enjoy these benefits. It's a win win!