



SPOTLIGHT ON HEALTH



Your Home's Air Quality And You

(NAPSA)—Homeowners concerned about the quality of the air in their home may breathe a sigh of relief. Thanks to new technology, it's now possible to improve air quality while saving energy—and money.

Part of the challenge is keeping the right amount of moisture in a home. Warm, dry air absorbs moisture from everything around it. Breathing this type of air can be difficult. Plus, dry air can even damage furniture and woodwork.

Consider this: In the winter, relative humidity inside the average home is 15 percent. That's less than the average humidity of the Sahara Desert, which stands at 25 percent. But that's no reason for comfort to take a holiday.

Many homeowners have turned to machines, such as humidifiers, to keep their homes livable year-round. For example, one company—York—offers a line of products that can protect a home by providing the moisture it needs and keeping both the people and the furniture from cracking up.

Both the Bypass Whole House Humidifier and the Powered Flow-through Humidifier are easy to maintain. Just replace the humidifier pad once a year. And it's possible to control the humidity in a home with the touch of a finger, since both models come with a convertible humidity control. This device easily mounts to a wall or ductwork, making it possible to control indoor humidity levels, ensuring comfort for your



During winter, the relative humidity in the average home is 15 percent. That's 10 percent less than the Sahara Desert.

family while protecting furniture.

The company has also developed a line of ventilation systems designed to replace stale indoor air with fresh outdoor air while reducing energy loss. According to the Heating, Refrigeration and Air Conditioning Institute, a home should experience at least one fresh air change every three hours.

One model, the Heat Recovery Ventilator, is designed for use in a cooler climate. It transfers heat, helps to reduce window condensation and has five speeds.

The Energy Recovery Ventilator was created for warmer climates. It transfers both heat and moisture, helping to reduce humidity in the summer and retain it in the winter.

To learn more, visit this Web site, www.yorkupg.com, or call 1-800-910-YORK.