

HERALD-WHIG
LIVING

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**Sensible
Homes**

By James Dullely



**Get rid of stale
air because it
can be unhealthy**

Q: Our furnace has an air cleaner, but the indoor air seems stale. I worry how it affects my children's health. What is an economical method to get fresh air indoors? How about just opening a window a little? — Deb N.

A: Stale indoor air is not only unpleasant, but it can be unhealthy according to the EPA. You don't often realize how stale the air is until you open a door to let a pet in, for example. The gush of outdoor air is very refreshing. This is a problem even in older, so-called leaky homes.

The key to a healthy and comfortable indoor environment for your family is to circulate a substantial volume of fresh outdoor air throughout your house. This is also important in the summer because the higher indoor humidity levels can allow molds, dust mites, and other allergens to accumulate.

Opening a window has the least expensive initial cost, but it pushes up your

Modern American House

Home at 217 S. 14th was admired by Europeans