

# How to keep your house cool

*The heat will be on in coming months so now is the time to start to prepare*

1. Provide effective shade for east and west windows. When possible, delay heat-generating activities such as dishwashing until evening on hot days, especially in the middle of summer.

2. Keep the house closed tight during the day by keeping curtains shut. This prevents as much as possible any unwanted light and heat from entering the house.

3. If used properly window fans for ventilation are a good option. Where possible, a window should be open in each room with doors remaining open to allow the flow of air which prevents the house becoming stuffy.

4. Plant trees around the house. These trees will help provide shade and can also help to provide heat in winter.

5. Buy an air-conditioner. But when using the air-conditioner be sure that the sizing is the correct one for the area to be cooled. Don't use a dehumidifier while the air-conditioner is running as it will make it work unnecessarily harder and increase your power bill.

6. When using the air-conditioner ensure it is running between 23 and 25 degrees. Humidity inside the house will be low so it will feel cooler.

7. Deep verandahs or balconies can be

used to shade east or west-facing windows. Combine with plants to filter unwanted sun.

8. If you have a skylight cover it during the day with blinds, louvres or anything you can get your hands on.

9. North facing openings (and south facing ones above the tropic of Capricorn) receive higher angle sun which means they need narrower overhead shading devices than east or west facing openings.

10. Avoid using the oven or stovetop when cooking dinner. The heat emitted from both of these devices filters through the house and consequently heats it up. Air dry your dishes instead of using the dishwasher for the same reason.

11. Replace incandescent bulbs with compact fluorescents; they produce the same light but only use a fifth of the energy and heat.

12. In the outside section of the house avoid using lots of unshaded rock, cement, or asphalt. They heat up during the hot part of the day and once the sun goes down the heat is radiated to the house.

13. It might not seem like much but when your computer is not in use, turn it off. Plug televisions and DVD players into power strips and turn power strips off when equipment is not in use.



Close blinds where possible.

And if all else fails ...



A chilled glass of wine goes a long way...



Shade around your house with plants.

# WOODS

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# Keeping yourself cool

DESPITE Moree being in the middle of a cold snap summer is on the way with a hot, dry forecast predicted by the Bureau of Meteorology.

"A cold front crossed the state but there is rain forecast for Thursday and Friday," Bureau observer Ajay Rane said.

He also said the outlook for October to December was for warm days and nights with a drier than normal season expected.

The following are some ways to keep yourself cool as December, and subsequently summer, fast approaches...



## Cooling devices

GET a fan for your room. A fan on a low setting that can keep a light breeze blowing across your room can work wonders.

If you don't like air blowing directly on you while you sleep, you can still make your room cooler by using a fan in your window to circulate fresh air.

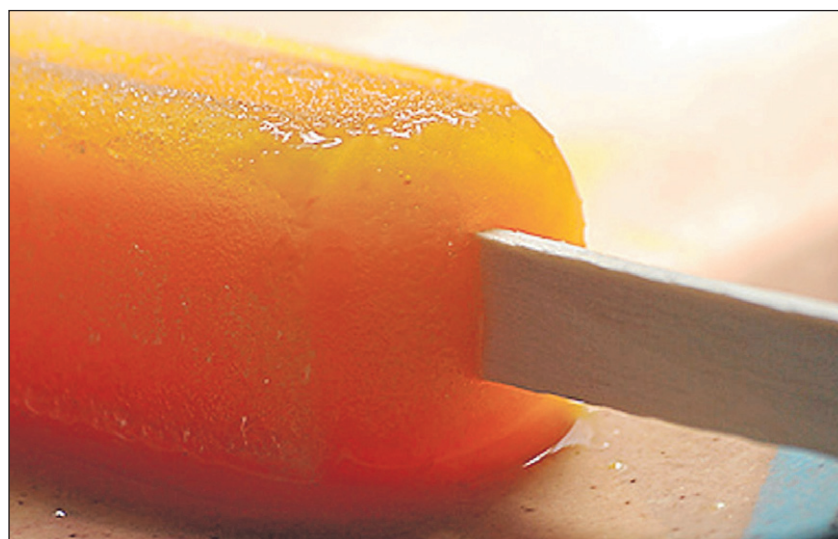
Or, put a small pillow in the freezer an hour or two before you go to bed. Put a few plastic shopping bags over it to keep ice from forming on the fabric.

## Try a 'heat snorkel'

TAKE a glass and fill it almost to the brim with ice cubes.

Hold it up to your mouth and blow gently into the cup. The ice causes the air you are blowing into the cup to

cool down drastically, and since the air only has one way out of the cup (the hole which should now be aiming right at your face) the cold air is forced out over your skin.



## Use water in a variety of ways

- DRINK about 250ml of water an hour with a slice of lemon or orange to keep it refreshed

- Wear a short sleeved shirt and put water on the sleeves only. If there is a breeze or fan blowing on you, you can actually get cold! Use a squirt bottle, the sink or hose if outside to keep your sleeves wet. If you are outside

and wearing long pants and you put water on your legs, the water will cool your legs. Long skirts are also good for this. Just sprinkle the hemline with water.

- Run cold water over your wrists for 10 seconds on each hand. This will reduce your temperature for roughly an hour.

## Choose the right type of clothes

- WEAR loosely-woven natural fabrics (cotton, silk, linen) rather than polyester, rayon, or other artificial fibres).

- Wear light colours. Darker colours will absorb the sun's heat and stay warmer longer than light or white clothing, which reflects light and heat. Wear natural summer clothing.

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