

AIR CONDITIONERS

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I had no idea of how many emotions would come up for myself on the research of air conditioners. I have taken this invention, which was first introduced by an inventor named Willis Carrier in 1902, for granted.

According to an article written by Rebecca Rosen in theatlantic.com, she states "Air conditioning hasn't just cooled our rooms---its changed where we live, what our houses look like, and what we do on a hot summer night".

Our homes built years ago had airflow in mind when designing them and today we design them for cooling systems, not ventilation. Porches where we use to gather to keep cool are less likely to be seen on newer homes. Many families gather indoors to stay cool, but forget about what health issues that are lurking from shut windows. We decrease our overall air quality and increase allergens which lead to asthma, bronchitis and other health issues by keeping ourselves locked inside.

Yes, air conditioners have given us a luxury to step away from our earths heat and in some cases they have even saved lives during extreme heat waves. But we must ask ourselves as a nation, "Are Air Conditioners Worth the Impact on Our Mother Earth"? According to environment.nationalgeographic.com, "Production and use of greenhouse gases are the biggest environmental impacts of air conditioner use". "Air conditioner use in the US results in an average of about 100 million tons of CO2 emissions from power plants every year". There has been steps taken to cut down on the ozone depleting cooling agents that make up air conditioners in the past years.

Hydrochlorofluorocarbons (HCFC's) have taken place of the Chlorofluorocarbons (CFC's), which depletes 95% less ozone, but is this still enough to save our earth? Personally, I have one air conditioner in my home for my massage practice which I believe my clients are very thankful on a hot summer day, but overall I still enjoy my windows open with the air of the earth coming in. I love seeing my daughter fall asleep with a wet washcloth on her belly or head as it reminds me of my childhood when I tickled my belly to fall asleep on a hot summer night. Young Living brings in so many uses to our homes and families! When homes are closed up for heat or for even winter months when our air quality is not it's best, diffusing oils would be a great benefit. Diffusing increases oxygen and destroys airborne virus, germs, and bacteria. Diffusing uplifts our mental state and brings a balance of peace. Application of peppermint essential oils comes to mind as peppermint is high in menthol, which is very cooling to the body. So lets come together as a community and try to decrease our air conditioner use and grab a tall glass of lavender lemonade, apply some peppermint on the backs of our necks (or make a spritzer) and gather under a tree to cool off and save our mother

earth!!!! Making little steps towards positive changes will grow our spirits to care for ourselves and our earth!!