

Head Office: 203 Cullum Court
Burlington, Ontario
L7T 4A9 (416) 632-2180

Branches: Burlington

- Burlington, Ontario
(416)

- Mr. Chris Brown
1102-258 Lisgar St.
Ottawa, Ont. K2P 0C9
(613) 237-8928

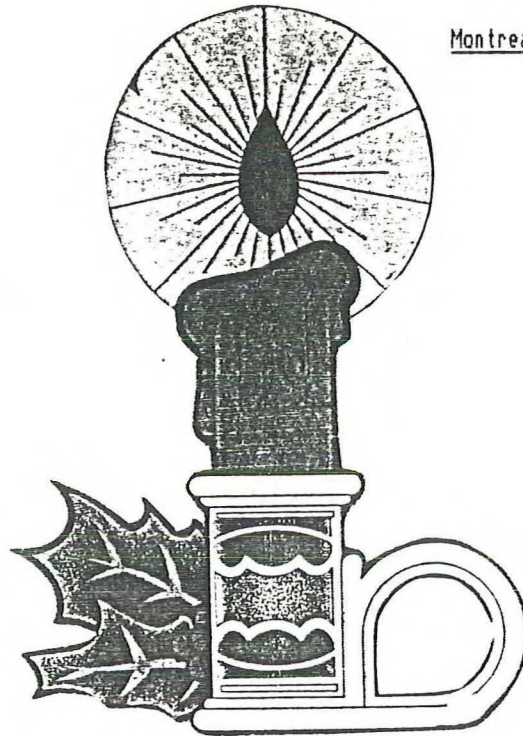
- Mrs. Murielle Theriault
8554 Du Buisson
Montreal, Que. H1L 2W2
(514) 354-7208

AGES

Advocacy Group for the Environmentally Sensitive

Ottawa

Montreal



VOLUME II

December 1986

No. IV

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A G E S

ADVOCACY GROUP FOR THE ENVIRONMENTALLY SENSITIVE

AIMS

This group, founded in 1985 by a group of environmentally ill patients of Southern Ontario, have many aims for the major welfare of the hypersensitive.

1. The first urgent aim is to group the environmentally ill to assure them comprehension, acceptance, mutual needs attendance, friendship, as well as immediate assistance when necessary.
2. The members need a group to act as advocate for them in attending urgent needs, such as pensions, welfare, insurance, disability benefits, workmen's compensation and OHIP.
3. Education and resources are highly attended to by the guests, newsletter, publications, printouts, library and tape exchanges.
4. The support group of the family members who are not ill is to educate and help the relatives, medical doctors, friends at large, to understand, accept, advise and counsel those living in close relationship of the environmentally ill.

A.G.E.S. membership includes 4 publications of A.G.E.S. Magazine. Annual membership and subscription fee is \$15.00 (regular), \$20.00 (Professionals & Associations), \$5.00 on Disability Pension or Social Assistance

Editor in chief	Marie Laurin, B.A.M.Sc Ed
Editorial Assistant	Ruth Ferguson-Mead, B. Sc.
Secretary-Treasurer	Sandy Laforest
Design & Art Director	
Copy Editor	Joanna Anderson
Typist	Judy Patton
Printing	Angus Martin
Food Editors	Lilian Elcomb
Researcher	Piero Boldrini
Librarian	Coline Sture
Mailing and Membership	Donna Beasley
Support Services	Ernest Laurin

A.G.E.S. is a Canadian Incorporated Non Profit Self Help Group.

Do not hesitate to sent articles - next deadline January 31, 1987

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PRESIDENT'S REMARKS

Dear Members and Friends:

We are happy!

This is a landmark issue as our first anniversary of the "AGES Newsletter" publication has arrived.

It is already renewal time for many of our members. With this, you will receive a renewal notice as of your expiration date. The constitution requires you to notify us in writing if you wish to discontinue your membership.

Christmas brings with it the need for caution and moderation in the preparation of all the goodies, gifts and social activities. We should not allow ourselves to cheat too much and practice moderation. It is also a time of extra stress caused by over exposures so we must compensate in other ways, either by relaxation or meditation. It is a time to develop willpower. We must also remember the less fortunate among our members on disability or in financial need. A visit doesn't cost much but might be the greatest gift they will receive.

The Burlington group has formed a Regional Branch and elected it's Executive Directors. We wish them success in their endeavors. Ruth E. Ferguson Mead is their newly elected President.

The National Head Office in Burlington will continue to direct in their agenda the Advocacy Program and advisory role to the Canadian members at large.

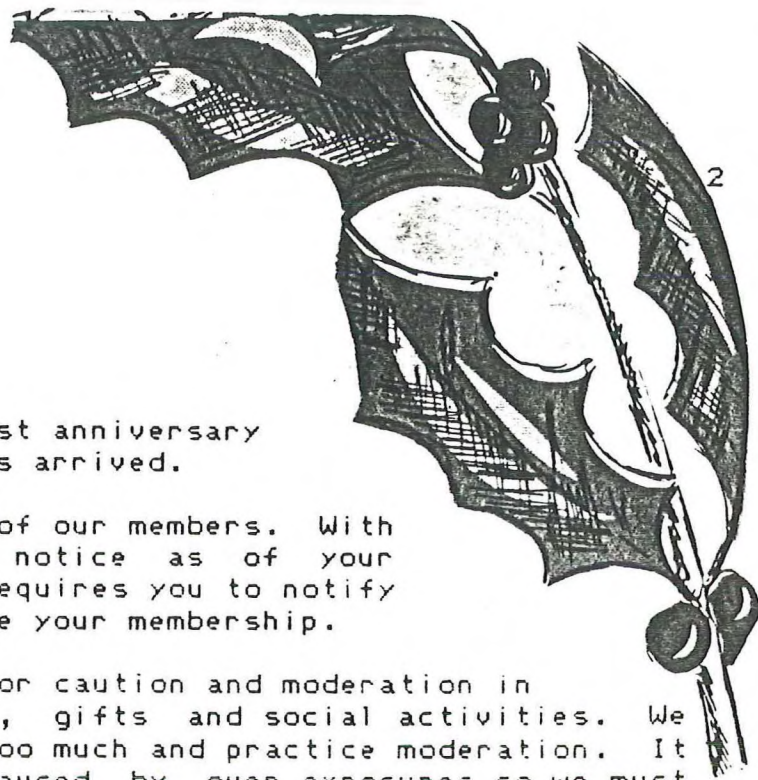
FOR HEALTH REASONS, I AM OBLIGED TO STEP DOWN AS NATIONAL PRESIDENT. MANY THANKS GO TO THE NATIONAL AND BURLINGTON EXECUTIVE WHO WORKED CLOSELY WITH ME FOR THE ADVANCEMENT OF THE ORGANIZATION IN THE LAST TWO YEARS.

Mrs. Ruth Ferguson-Mead of Ridgeway, Ont. has accepted the National Presidency, Pro tem. Ruth holds a Bachelor's Degree in Science, has taught many years in the U.S.A. including Special Education. She has a Chemistry background, served as Executive officer of other organizations, and was active in Pittsburg Civil Defense Program. She is able and willing to assume the office and pledges to do her best.

From now on when you telephone the Head Office, do not be surprised to reach an answering machine. Leave a message and your calls will be returned by counsellors on a one day a week basis. The work was over-burdening the family.

To all our counsellors who donated their time for a Teacher's workshop to the Halton Public School Board, Mrs. Donna Powell, B.Sc, Linda Devey, Vice President, and Heather Holden, A.C.L.D. President, all our thanks for the success of your presentations. Our teaching team is at your service for lectures to your School Boards and public interest groups.

To all our new members from SASKATCHEWAN to NEW BRUNSWICK, I extend a warm welcome.



3.

Make it your group and remember that your services would be appreciated by the National Executive. We plan to have one representative per province or large city. If you are able to share your energies, ideas and time for the benefit of all our members, please make these desires known. We are in need of editorial staff and a National Secretary to answer all the correspondence. Maybe some one in your family would like to help if you are unable to yourself. You will be meeting the needs of the membership.

All my appreciation and thanks for your vote and confidence as your National President and Founder.

A VERY MERRY CHRISTMAS
and
BEST WISHES from all of us at Head Office

Marie Laurin

LIGHT SENSITIVITY AND IT'S DAMAGES

Louise Cameron

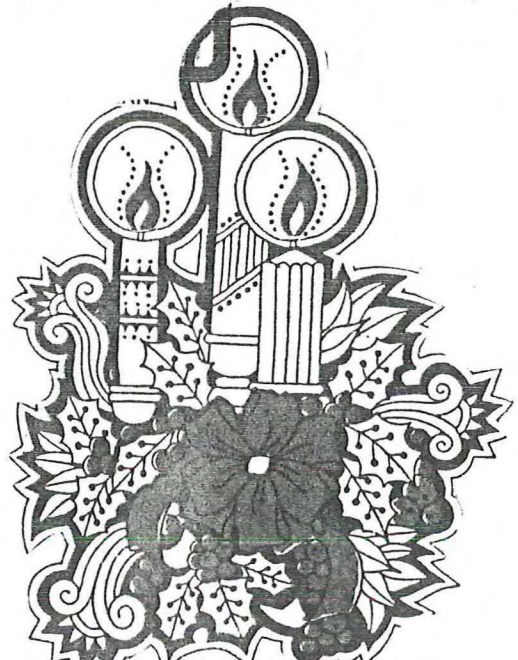
Mrs. Anne Marie Campbell, Mother of four of Perth, Australia, was left sensitive to light after a reaction to chemicals causing her body to break into sores. She must live in a darkened home. This damage was done to her body in 1979 when she worked with a chemical (bromate) a corrosion inhibitor. She recently won \$425,000.00 in damages from the factory.

This has been some victory for the plant workers who are made sensitive from chemical exposure. Her life of darkness should be somewhat more comfortable with this settlement. Dr. J. Sainken considers her to be the most tragically disabled person he has ever seen.

All of you who have started legal procedures, do not despair. It is a lengthy procedure but it is often worth the effort because you are fighting for your rights. Many of your cases are precedent setting and that will help fellow sufferers in the future.

UNSCENTED COSMETICS:

Even when cosmetics are labeled "unscented" or lightly scented, small amounts of the fragrance (ethylene brassalate) is used to mask the odour of lubricants or other ingredients. Allergic people can react to it as to any other scent.



WHAT'S HAPPENING

IN YOUR GROUP

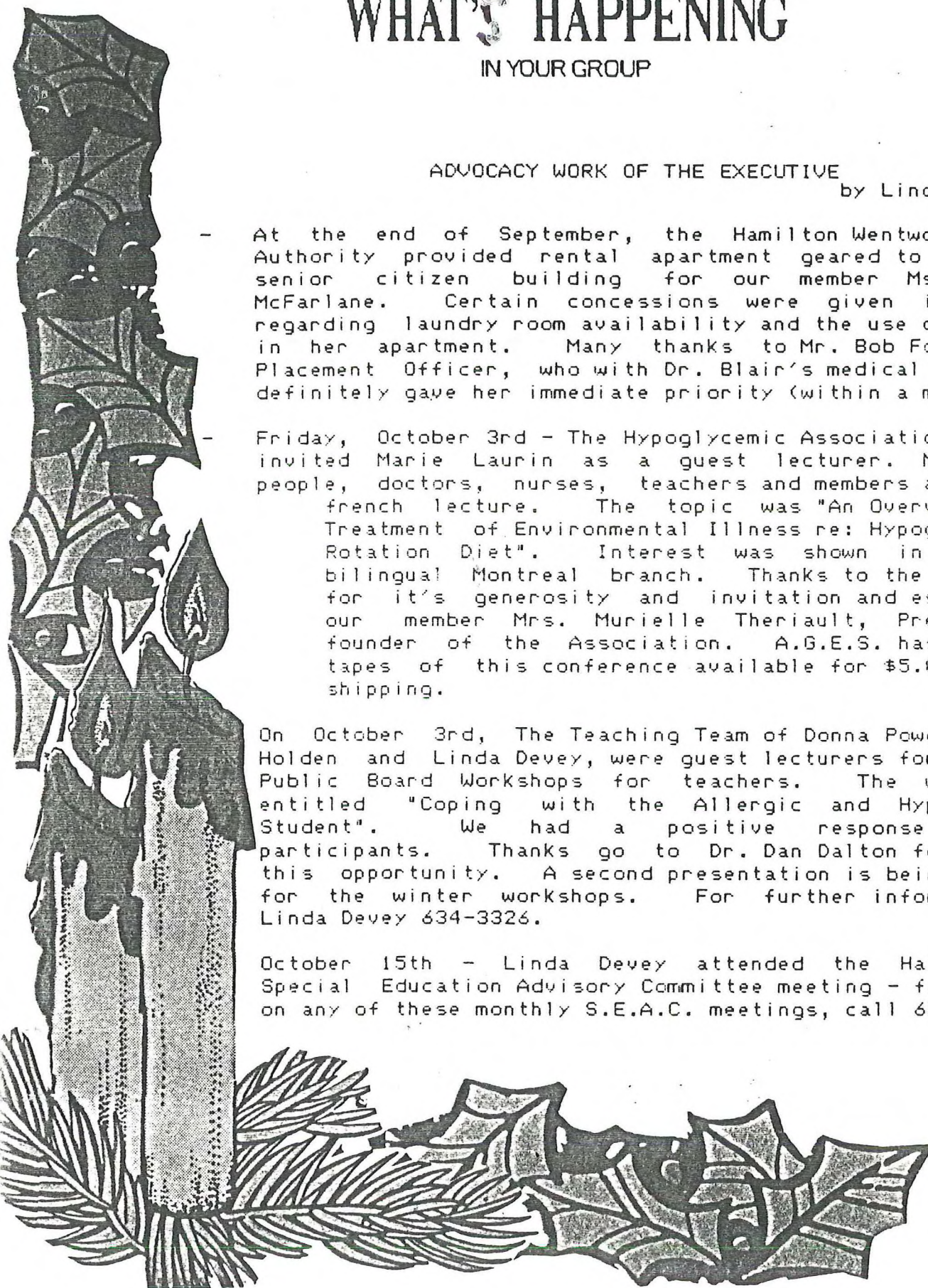
ADVOCACY WORK OF THE EXECUTIVE

by Linda Devey

- At the end of September, the Hamilton Wentworth Housing Authority provided rental apartment geared to income in a senior citizen building for our member Ms. Lauranne McFarlane. Certain concessions were given in the lease regarding laundry room availability and the use of chemicals in her apartment. Many thanks to Mr. Bob Fotheringham, Placement Officer, who with Dr. Blair's medical assessment, definitely gave her immediate priority (within a month).
- Friday, October 3rd - The Hypoglycemic Association of Quebec invited Marie Laurin as a guest lecturer. More than 70 people, doctors, nurses, teachers and members attended the french lecture. The topic was "An Overview and Treatment of Environmental Illness re: Hypoglycemia and Rotation Diet". Interest was shown in opening a bilingual Montreal branch. Thanks to the Association for it's generosity and invitation and especially to our member Mrs. Murielle Theriault, President and founder of the Association. A.G.E.S. has two french tapes of this conference available for \$5.00 including shipping.

On October 3rd, The Teaching Team of Donna Powell, Heather Holden and Linda Devey, were guest lecturers for the Halton Public Board Workshops for teachers. The workshop was entitled "Coping with the Allergic and Hypersensitive Student". We had a positive response from all participants. Thanks go to Dr. Dan Dalton for arranging this opportunity. A second presentation is being scheduled for the winter workshops. For further information call Linda Devey 634-3326.

October 15th - Linda Devey attended the Halton Public Special Education Advisory Committee meeting - for an update on any of these monthly S.E.A.C. meetings, call 634-3326.



5.

- October 18th - Joanna Anderson attended a seminar entitled "Quality Care and Education for Young Children" presented by the Halton Association for Young Children.
- October 21st - A.G.E.S. and Hamilton Wentworth A.C.L.D. held a joint meeting in Hamilton. Guest speaker was Dr. William Van Hoogenuize, Clinical Ecologist of Niagara Falls and Toronto. The lecture was entitled "Environmental Illness and Its Effects on Learning". Dr. Van Hoogenuize gave a thorough explanation of the importance of chemical and mineral balance in the body. He stressed food sensitivities and explained provocative testing using Dr. Doris Rapps video tapes to demonstrate different reactions in children. Thanks go to our executive member Sylvia Trott for arranging the meeting. A tape of the lecture is available for \$3.00.
- November 14th - Four A.G.E.S. members were guests of the Halton Special Services Dept. Symposium to hear Dr. Sabina de Vito, D. Ed, speaking about "Allergies and Environmental Sensitivities and their Relationship to Learning Disorders".
- November 18th - Joanne Anderson and Linda Devey were guest lecturers for the Parent Child Centre of North Burlington. Topic was "Allergies and Early Childhood Development".
- November 25th - Marie Laurin was guest lecturer for the Barrie Ecological Group. Topic was "Marie's Fight with Environmental Illness and the formation of A.G.E.S. - Its Aims and Services".
- Many other letters, telephone emergencies, counselling and closed meetings were looked after by the executive.
- Good luck to Sherry Delrichs and her family in her new Barrie home. Thanks go to her for her work in 1985 on the Executive.

LEGAL DEVELOPMENTS

Marie Laurin

One of our members who is disabled has finally had to start a legal suits against a Long Term Disability Insurance Company and a Mortgage Insurance Company. A.G.E.S. will keep you informed of the developments of this case.

Another of our members have started procedures to have her dismissal and termination overruled and prove her physical disability.

Another one successfully appealed a decision from Ontario Family Benefits not to qualify her for a disability allowance. It is worth having your rights respected even if it can be costly or create mind and physical stress.

It is a coincidence that these three persons are all female.

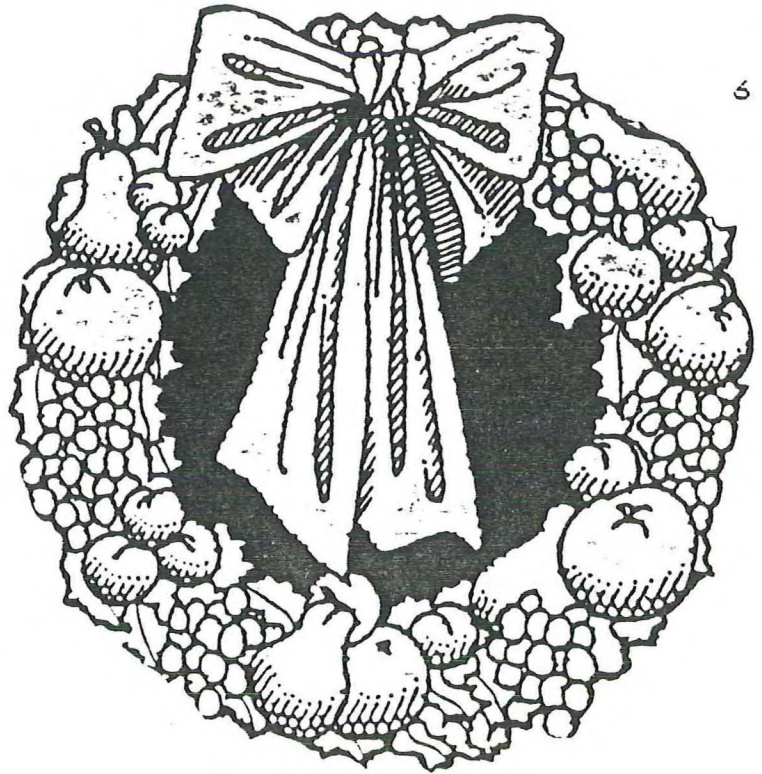
NEEDED: A lawyer interested in such cases who could volunteer time for A.G.E.S. Members.

THE EFFECTS OF INDOOR AIR QUALITY

by Marie Laurin

Three years ago, at the end of 1983, I would never have thought that the quality of the air in the workplace or in my home could have affected me in any specific way.

Pollution exists in the air that we breathe and many people can develop the SICK BUILDING SYNDROME. Many of our members have had to stop working because of this symptom, and it is partly due to this that my sensitivities got to a point where I became disabled. This condition is often caused by air-conditioned buildings. Many of the members who work in such buildings complain of sore throat, rhinitis, inflammation of the nose or mucous membranes, or loss of voice. My own sister, working in a Bell Canada building, had these symptoms for a number of years.



Office buildings are often plagued with occupational hazards of a new nature. The fact that windows are not present in new offices, high rises and schools are due to the fact that because of the high wind factor, if they have windows, they cannot be opened in the upper stories of the huge towers.

The Ontario Research Foundation test the air in all kinds of buildings and high rises. When they do, they do different buildings, from doctor's offices to company quarters as well as banks and stores. All contaminants may be found, such as formaldehyde and xylene (from carpets, furniture and glues) and carbon dioxide. One must remember that xylene is a toxic coal tar product used in dyes and glues. It's friendly brother, perchloroethylene is a dry cleaning fluid found in so many compounds. Not enough people research labels of sprays used as deodorizers such as ethyl alcohol and many different phenols.

One of our members experiencing problems with indoor quality in her high rise called upon the Ministry of the Environment and was told that this was not their jurisdiction and the Environment Protection Act Revised Statutes of Ontario, 1980 published in 1985 does not cover the consumer for indoor air pollution. There are as yet no standards for contaminants acceptable levels for indoor air quality. So, in fact, all people suffering from sick building syndrome and signs of poor air quality will have to fight battles as affected workers or tenants. Even in the workplace, it is very evident that the limited exposure levels are set too high.

It would seem urgent that some Federal and Provincial agencies would unite to study and set new levels of low level exposures in the workplace and public buildings. Standards must be established soon and methods of detecting these levels should be accessible to the public through Environment Canada.

7.

Many of our members who are struggling in the work force, work in closed buildings that are air-conditioned, accessed to by elevators and often have not alternative air ventilation. This is the key to the problem. In the Government buildings, a survey revealed that 86% complained of lethargy and about 15% complained of headaches. Indoor air quality is now a major health problem for many.

Too many forget that all man made products are containing some chemicals to some degree and be it plastics, aerosols, cleansers, deodorizers, wax, glues, carpets, paint, varnishes, upholstered furniture, cottons, fire retardants, rubber underlay or foams or insulation can all cause you severe reactions or be health hazards.

Open concept buildings or offices, converted into smaller offices or enclosed areas, can all cause the air intake to be decreased and cause you symptoms, very different for many.

In different plants and mills, airborne microorganisms can be caused by accumulation of bird feces, especially pigeons and seagulls - droppings getting into air intakes and vents from unprotected roofs and causing serious diseases. I know personally of one plant worker who is still fighting a case with Worker's Compensation, on acquiring histoplasmosis because of this problem.

Let's look at the office and store workers that spend most of his/her working hours in an artificial environment without a breath of fresh air, on top of having to work only with artificial light, exposed to all the radiation of the different screens of the word processors, computers, photocopiers and duplicators, as well as, all the formaldehyde from fire retardants, insulation, paper and cleansers topped by the tobacco smoke that is simply suffocating everyone faster than ever.

When one is more or less trapped 8 to 10 hours a day, no wonder he/she complains of chronic fatigue, depression, irritability, headaches, colds, sore throats, flu and certain rhinitis, skin rashes, dizziness, etc. thus causing more absenteeism from the workers. Many others complain of exposure to auto exhaust reaction from the underground parking of these high rise complexes, or if they must work in offices below street level.

In many of these buildings, high concentrations of mold spores propagate into the rooms and definitely affect the workers day in and day out. I react to molds with severe brain symptoms such as depression, irritability and crying spells, as well as, headaches and rashes. Until I was diagnosed by a clinical ecologist, for all these symptoms, I could not pin point my reactions and could do nothing to prevent them.

For the sake of the mighty dollar, we also find that in many of these buildings, including schools, the administrators and building maintenance supervisors set energy cost efficient policies. This means lowering the thermostats after 3 or 4 p.m. and closing the air circulation systems. Rarely, does fresh air from outside come in and the air is therefore only being recycled, purified and humidified in the towers and buildings at a very low rate of replacement outside air.

Many workers suffer from headaches, continuous fatigue, severe dizziness and lack of concentration or general body malaise that does not allow them to function at their full capacity thus reducing their chance of advancement and promotion due to the lack of oxygen. This is often caused by poor maintenance of the air circulation system, blockage of air intakes, unclean filters or blocked vents or fans that are broken, leaking, or just simply turned off causing some workers or students or shoppers or renters to collapse or just literally suffocate. On top, if systems are simply shut down on weekends or after working hours, what kind of air will be breathed by the people on their welcoming breath on the polluted Monday morning.

Depending on what is being used or circulated, such chemicals from one story or room is thus circulated into other rooms. In schools, teacher's tobacco smoke reaches the classrooms through the vents and air system; unless it is directly vented outside by a direct system. If we talk of all other chemicals that can be recirculated, we include, food smells from restaurants, film processing labs, paint smells, and all the formaldehyde smells used as well as all the cleansers. If ventilation is closed, then the stale air is then recirculated between the floors of the building. In apartment blocks, what about the chutes for the garbage that literally attracts bacteria and can cause all kinds of disease.

When the engineers decide what different systems to be installed, definitely it's size is according to the number of employees or people intended to occupy the area. In these times, it is very easy for an employer or an apartment manager to overcrowd the area and forget the need of the air quality being affected and thus affecting the human intake of the air per persons.

Poor ventilation and humidity factors can cause all kinds of allergies thus those of our members who complain of the sick building syndrome. Many say they have eye irritation and feel sick all the time, but can't explain why, it's a feeling they get as soon as they arrive in the towers and high rises. They often complain of muscular pains, ears, neck problems caused by drafts. Due to air conditioning, many offices cannot seem to regulate the temperature and in the middle of summer, people must wear heavy sweaters and the winter, they must dress lightly. The only answer one gets is "Oh! it's this air conditioner having a problem again, the repair crew is coming." In some cases, the crew takes years before everything is done and it seems that no one can adjust the temperature of this cooling system.

All environmentally sensitive know quite well that they are affected by the type of lighting that is used. Many of our members (A.G.E.S.) will develop different health problems if fluorescent lights are used where they are. Some will even have epileptic attacks due to the flickering fluorescent bulbs. Many clerical workers state that they constantly feel eye strains and burning. Employees often disagree amongst themselves about the lighting, some saying it is too strong, others saying they don't have enough light, especially, if they are older workers or have eye problems.

Many employees working on computers or with paper find they do not need very bright overhead illumination to cause a glare to develop. White documents become glared and reflection of shiny surfaces is tiring to the eye if overbright fluorescent lighting is used. It should be suggested by

engineers that individual control of lighting by workers could be adapted to the plans. One must not forget that ultraviolet rays are issued by fluorescent lighting, thus producing more environmental pollution such as more dust and smog in sealed buildings.

In Vancouver, architect Elia Sterling criticizes full spectrum lighting, even if manufacturers dispute it as more healthy.

Many apartment dwellers complain that the elevators bother them if their apartment is close by. Also noise in high rise buildings and the workplace is more concentrated since partitions are often used as room dividers to give more space. Concentration of employees is thus affected and people are affected by voices, telephones, typewriters and data processing equipment, parking garages and especially chlorinated pool areas that are indoors. Some of our members also say that they are affected by the motors and ventilation system noises. Just today, I found out that a survey is now being done in many Government buildings and the relation of diagnosed cancer cases in some work areas. Many are affected by lighting, noise, radiation of equipment such as VDT screens, and all other chemicals used in the building. Most complaints come from those in closed buildings, very modern and air conditioned. Some suffer from tachicardia, elevated blood pressure, breathing difficulties, severe recurrent sinus attacks, cold and flu-like symptoms and chest pains.

At this point, it is very important that employees who have unions or professional associations get together to instruct themselves on the effects of chemicals, noise and light on their health, considering strategies to better their air quality and ventilation. They must study the effects of such problems as health hazards and document their cases, see clinical ecologists to assist them to be diagnosed and get proper desensitization serums and good environmental counselling.

The Advocacy Group for the Environmentally Sensitive (A.G.E.S.) can assist you on how to bring your medical complaint or concern to either Government Agencies or your employer. Learn more about the effects of the sick building syndrome, the effects of chemicals on your health and start by cleaning your personal environment at home, by not using products that could be in anyway polluting your environment even if they are approved for hospital or commercial use. This does not mean that they will not affect you, quite the contrary, since there are no standards established and some products have been around for a number of years. Research is not always done unless they are proven to cause problems to many.

As a tenant in a building, do not be shy to fight for your rights. Be open about the way you can be affected by the deodorizers, cleaning agents, etc. Your longevity depends on it.

We can guide you with many of our published leaflets on different subjects to assist you in documenting your case. Good books are available through us to keep you informed.

How clean will be the air your children breathe in 15 years? What will you do about it? Start now! We need you in the chemical warfare declared upon humans and animals. That includes the outdoor spraying and insecticides used daily.

ADDITIONS FOR YOUR ADDRESS BOOK:

Friends of the Earth (Les Amis de la Terre)
53 Queen Street, Suite 53, Toronto, Ontario, K1P 5C5

Perspectives on Society, Technology & Environment - \$15.00 (Inst \$20.00)
ALTERNATIVES 4 issues
c/o Faculty of Environmental Studies
ESI Rm 325, University of Waterloo, Waterloo Ontario, N2L 3G1



ATTENTION

STUDENTS AND EDUCATORS



(Survey from a London Member - Victoria Samson)

I am a university student with environmental and food sensitivities. I want to hear from others in the same situation, as well as anyone involved with education who has experience with sensitivities (ie. parents with children in school, high school students, teachers, pediatricians, etc...). The purpose of gathering this information is to make a summary of the issues, problems and solutions experienced by the environmentally sensitive in the education system. This will be made available to counsellors, educators and administrators in the system.

The lack of awareness in the education system compounds an already serious handicap. Handicapped student resource facilities and other buildings which are wheelchair accessible are often out of bounds for the environmentally sensitive, and nothing is in place to help the environmentally handicapped student overcome obstacles encountered in trying to attend classes, use libraries, consult instructors and so forth. In my experience, the amount of help available depends entirely on the receptivity of individual instructors and staff persons. I hope that the information I gather and summarize will increase awareness so that the needs of environmentally handicapped students are met with the same recognition and assistance as the needs of other students.

To start the ball rolling, here is my story: I am thirty years old. From my sixteenth to twenty-sixth years I was increasingly ill due to undiagnosed allergies and sensitivities. I was close to death when information in a London Smith book prompted me to go off dairy products. Dairy products proved largely responsible for my seizures, sleep disturbances and disabling pain and so I began to recover.

When I was twenty-eight, I entered university intending to study neuropsychology so as to be able to work professionally on this aspect of environmental and food reactions. However, it soon became clear to me that I could not cope with the chemicals I would have to work with in a science program. Equal opportunity for the handicapped only takes one so far - quadriplegics can't take ballet lessons. I am now beginning a combined Honours program in Philosophy and German.

11.

The first problem I encountered at university was incapacitating reactions to the majority of buildings on campus. These are artificially ventilated sealed or semi-sealed buildings. Even in other buildings, cigarette smoke, photocopiers, cleaning chemicals and other substances cause reactions. I must therefore miss most of my classes to avoid becoming incapacitated by exhaustion.

You can imagine how instructors respond when you announce that your attendance will range from scant to nil. I think it is necessary to discuss your problem with your instructor. Her/his cooperation and assistance are absolutely necessary if you are to complete her/his course. It is also necessary to have a medical letter on file with your registrar and each instructor stating that, in your doctor's opinion, your condition warrants that you be given consideration regarding test and assignment deadlines during the academic year in question. This will save you scrambling about and explaining yourself until you are blue in the face everytime you have been ill. It will also give you credibility and legal support in the case of an uncooperative instructor.

I have also found it is very important to be consistent about what you can physically handle. Do not let some people smoke in your presence and not others. Do not enter a problem building on some days and then claim to be too ill to do so on other days. Even if you can cope sometimes, you must be consistent in your behavior because people with no experience with your problem cannot be expected to understand the variability of your condition and will assume that you are imagining it. (I have also found that trying to cope with avoidable problem environments is physically unwise because it increases total load and lowers my threshold.)

You may need to have your doctor state in your letter that you absolutely must not be smoked at and to list the places on campus you must avoid.

Alternatives to classroom instruction which I have used successfully are correspondence courses and private instruction. Your instructor may be willing to have you do her/his course as a special reading student, which allows you to work independently and see her/him once a week instead of going to class. Make sure that any alternative you use has been approved by your university before you start! Personally, I work well independently, but out-of-class learning might pose problems for someone who does not. Any other suggestions? (If you are interested in accredited correspondence courses, the following directories provide listings: Hunter, J.H. The Independent Study Catalogue; Peterson's Guides; Halterman, W.J. The Complete Guide to Non-Tradition Education: Facts on File; Bear, J. How to Get the Degree You Want; Ten Speed Press. The Ontario Ministry of Education provides correspondence courses from Grade one to Grade thirteen.

I find I am disabled most by not having access to libraries. One can only do so much by phone and campus mail. Has anyone found other ways to cope with this problem?

I find environmental illness very isolating. The usual getting-to-know-you rituals involve foods I can't eat, environments I can't risk and time I am too tired to spare. Help!

As we all know, the problem of insufficient awareness extends to the environmentally disabled themselves. I suspect that the majority of those affected do not know it. Therefore, I think it would be helpful for educators to have information about how to identify the environmentally ill or allergic student. Such symptoms as allergic shiners, chronic congestion, hyperactivity, drowsiness, inconsistent academic performance and inexplicable mood changes are some of the warning signs. Any further suggestions for helping educators cope? Having suspected the problem, what should the teacher do?

My father teaches at the university where I am a student. He is also environmentally handicapped. Are there any other teachers with this problem who would be willing to share how they are coping?

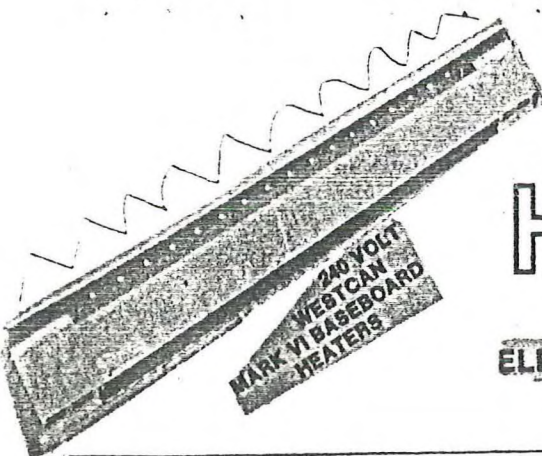
If your illness has made it impossible for you to attend university or school, what can be done to enable you to study?

Please write if you have any experience with or suggestions about environmental illness and education, from whatever angle. I will respect all requests for confidentiality. Send letter to:

Victoria Sansom
918 Colborne St.
London, Ont. N6A 4A4

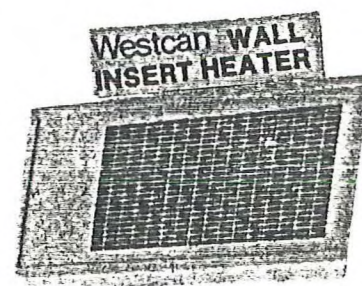
A.G.E.S.
203 Cullum Court
Burlington, Ontario, L7T 4A9

Include your return address if you would like to receive a progress report.



RENOVATIONS HOME HEATING

ELECTRIC HOME COMFORT PRODUCTS



Angus Martin

Mr. Angus Martin lives in Hamilton and is a shop teacher at Aldershot High School in Burlington. Since his wife Florence is highly hypersensitive, he has researched extensively the field of heating for their own personal needs.

- Kinds:
- Gas: furnace with forced air
 - Oil: furnace with forced air
 - Wood: stove, fireplace or furnace with forced air
 - Electricity:
 - electric plenum furnace with the:
 - forced air baseboard or wall type heaters with individual thermostats
 - fluid filled heaters
 - electric motor and water radiators
 - heat pump with forced air
 - Hydronic:
 - water with boiler and radiators (baseboard, wall mount or floor mount)

COMMENTS

The smoke or fumes from gas, oil and wood fires is quite toxic and people with severe allergy problems may be highly sensitive to these types of heating.

The burning of dust from either an electric furnace or baseboard heaters may also cause problems with dust, heat, metal, etc. to sensitive people.

Furthermore the accumulation and circulation of dust in forced air ductwork may also create a problem.

The cleanest form of heat therefore, is from hydronic heating with radiators or baseboard units. There is no smell of smoke or burning of dust because the temperatures are lower. Furthermore, if electric baseboard heaters are used with the new type electronic thermostats the elements also operate at a lower temperature and give much the same advantage as hydronic heating.

This system also allows a thermostat in each room so only part of a house can be heated quite easily. It is easier to control than forced air or hydronic heating.

If you feel you need a humidifier in the house, a newer kind and the safest are the small ultrasonic mist type by Bionair, Solray and others. (available in many stores). Distilled water should be used in them in order to be mold free even if not mentioned by the manufacturer; this way the chance of lime forming would be almost eliminated. Most allergic people cannot tolerate the furnace humidifier due to the lime collection in it and cannot clean it for mold. Even the large ones must be kept very clean or else they produce severe mold and bacteria problems.

You may obtain a very helpful book from the Conservation & Renewal Energy Office of the Department of Energy, Mines and Resources by obtaining their toll-free number in the blue Government of Ontario pages in your telephone book. The book is called, "Heating with Electricity".

NOVEMBER MEETING

Burlington Branch

DATE: Thursday, November 20, 1986 TIME: 7:30 p.m.
PLACE: Park Avenue Church, 924 Park Avenue, West (Aldershot)
GUEST: Dr. Marian Zazula, M.D., Clinical Ecologist and Acupuncturist
 from Mississauga & Toronto
THEME: Diagnosis & Treatment of Allergies and Sensitivities beyond
Conventional Treatment by the use of Alternative Medicine
ADMISSION: Members \$2.00 Non members \$3.00

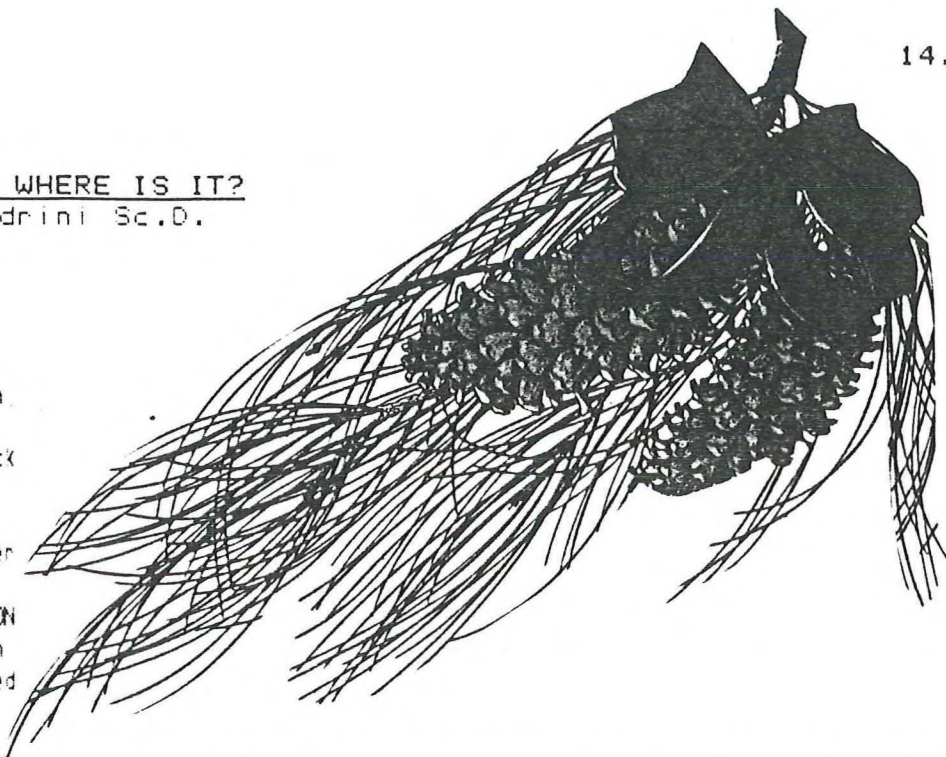
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FORMALDEHYDE GAS - WHAT AND WHERE IS IT?

Dr. Piero Boldrini Sc.D.

Dr. Boldrini, is an environmentalist and a scientist. He is A.G.E.S. researcher and has written many papers + articles on pollution and it's effects on the environment. He has taught courses on the Environment at both Brock University and Monash College. He has worked extensively in the field of the state of the Hamilton region and it's pollution. In October he presented a paper to the Great Lakes Task Force in Toronto entitled: 'THE HAMILTON REGION BURIES IT'S LIES INTO LAKE ONTARIO'. He is an environmental consultant, that can be contacted through our Head Office.



FORMALDEHYDE is a flammable, colorless gas with a pungent, suffocating odour or little odour depending on it's treatment. It is very reactive material which combines readily with many other substances and polymerizes easily. It is intensely irritating to the eyes and nose mucous membranes; high concentrations of it are intolerable. It causes the burning sensation felt on a high smog day. The substance has been listed as a carcinogen.

Formaldehyde pervades our environment. 50% of the aldehyde in our pollution is formaldehyde. Each of us use or come in contact with countless commercial products containing formaldehyde. Many of these materials give off this gas, a gas that has provoked health-threatening reactions.

Formaldehyde is emitted as an industrial pollutant and from car exhaust, incinerators. Cigarette smoking is also a source of it (up to 40 ppm). Fuel burning, diesel and gas hydrocarbons cause it to evaporate from their incomplete burning.

Many who are undergoing treatment with formalin serums have asked to identify where they will find formaldehyde.

MAJOR PRODUCTS THAT MAY CONTAIN FORMALDEHYDE

- a) Urea formaldehyde foam used for home insulation and mobile homes (some have died from it's exposure).
- b) In synthetic and natural fibres and cross-link fabrics and for shrink, wrinkle, moth, crush, and crease proof and as flake and water resistant.
- c) Used with phenols and alcohols for embalming fluid, also in science rooms to preserve.
- d) Used in conjunction with other chemicals: fireproofing, alcohol and acids, in explosives, insecticidal agents against flies, moths, mosquitoes and some rodent poisons.
- e) Used to improve the colour stability in all fabric dyes and dye manufacture.

15.

- f) Used as disinfectants, germicides, bleach, sterilant and sterilizer. It is widely used in the industrial production of phenolic, urea, melamine and actual resins. It is also used in textiles, fungicides, air fresheners and cosmetics, nail polish and nail hardeners.
- g) It is a component of stripping agents, enamels, finger and termpera paints, plastic and plastic cleaners.
- h) Used as a tanning agent for leather.
- i) Used as an additive for plaster, concrete, material if the liquid needs to impermeable.
- j) In industries, it is used as a disinfectant to destroy bacteria fungi, molds, yeast caused by fermentation.
- k) To clean surgical instruments.
- l) In air deodorizer sprays in hospital rooms, public washrooms, industrial cleaning and air cleaner, and industrial products.
- m) Sometimes used in the component of anti-biotics and contraceptive creams.
- n) Serves as an antiperspirant and an antiseptic in mouthwash and toothpaste.
- o) Used in paper products for water resistance (paper towel, newsprint, toilet tissue).
- p) As a preservative in high quantity in photography products (film, etc.).
- q) In detergents, soaps, shampoos, setting lotion, as germicidal.
- r) In Vitamins A and E to improve their activity.
- s) In all dry cleaning.
- t) Found in most wood, wood preservatives, stainers and glues, adhesives, veneer, chipboard, particleboard, plywood and panelling.
- u) In plant fertilizers and herbicides.
- v) In Gelatin capsules, maple syrup (injected into trees), shoe polish, tobacco and tobacco smoke.
- w) In ink (ballpoint, pen and printer) and in many other places too numerous to enumerate.

LITERATURE AND DOCUMENTATION

The hypersensitivity to formaldehyde is described in chapters of:

- a) TATARYN, L. (1983) FORMALDEHYDE ON TRIAL, J. Lorimer, J. Lorimer & Co.
- b) GIBSON, J.E. (1983) FORMALDEHYDE TOXICITY, Hemisphere Publishing Co.

BOOKS AVAILABLE FROM A.G.E.S

The following books and pamphlets are now available from Head Office - see address on front cover.

<u>List of books</u>	(includes postage and handling)	<u>Price</u>
— A NEW MEDICAL APPROACH TO ENV. ILLNESS by Iris R. Bell, M.D. Ph. D.		\$7.75
— TRACKING DOWN HIDDEN FOOD ALLERGY by William Crook, M.D.		\$9.50
— DR. MANDELL'S ALLERGY FREE COOKBOOK by Marshall Mandell, M.D.		\$5.00
— DR. MANDELL'S 5 DAY ALLERGY RELIEF SYSTEM by Marshall Mandell, M.D.		\$6.00
— ALLERGIES AND THE HYPERACTIVE CHILD by Doris Rapp, M.D.		\$9.50
— WHY YOUR HOUSE MAY ENDANGER YOUR HEALTH by Alfred Zamm		\$16.00
— AN ALTERNATIVE APPROACH TO ALLERGIES by Theron G. Randolph & W. Ross (pocketbook)		\$7.00
— THE ALLERGY PROBLEM (Environmental Intolerance) by Vicky Rippene		\$15.00
— THE CANDIDA ALBICANS YEAST FREE COOKBOOK by Pat Connolly		\$16.00

Pamphlets:

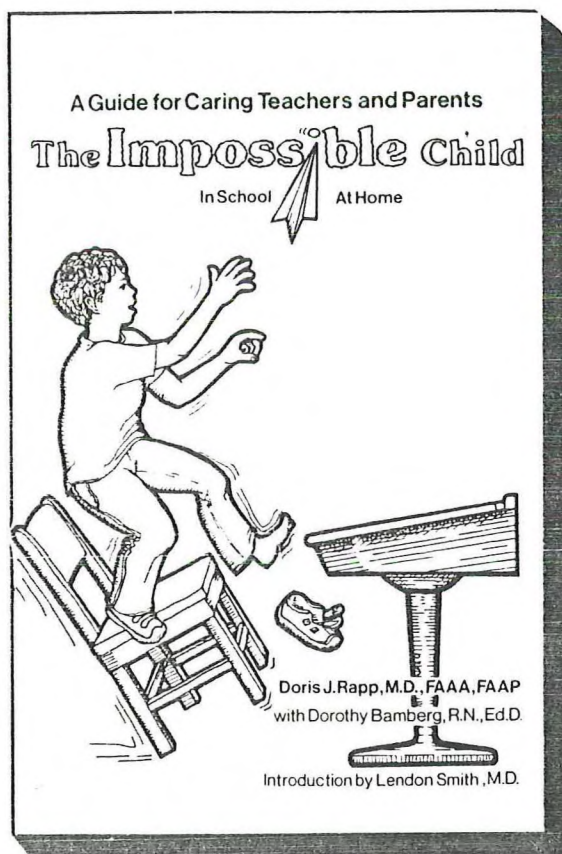
	<u>Price</u>
— FOUR DAY ROTARY DIET 1)Rotation 2)Food Families 3)Corn & Milk Products by Marie Laurin, B.A., M.Sc.Ed	\$2.00(hand)
— HOUSE CLEANING OF CHEMICALS	\$.90
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— WHAT ABOUT AIR POLLUTION IN MY HOME	\$.65
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— PESTICIDES AND HERBICIDES	\$1.50
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A Review of the "This Impossible Child"
by Dr. Doris J. Rapp, M.D., FAAA, FAAP
with Dorothy L. Bamberg, R.N., Ed.D.
(Practical Allergy Research Foundation)

Joanna Anderson

Dr. Rapp has given us an invaluable handbook for anyone who works with children. This is particularly true for the parents of children whose problems, whether they be physical miseries or learning and behavior problems, simply will not go away. It is often only the symptoms which have been diagnosed and treated and the causes have gone undetected and unsolved.

In her book, Dr. Rapp gives us a clear and simply laid out picture of the wide range of symptoms and sources of environmentally based reactions in children. Along with the general descriptions, she presents case study examples of the highly individual effects of environmental sensitivity. She describes behavioral reactions in children tested with specific allergens of all kinds: foods, pollens, mold, the air from their school. Included are drawing and handwriting samples obtained before and during the allergic reaction and after the reaction has been cleared.

After having shown the reader how important the role of the environmental sensitivity can be in the ability of many children to learn and behave, Dr. Rapp does not leave us stranded, wondering how to cope with this dilemma. The book goes into detail on the detective work needed to pin down potential causes of symptoms inside a school, outside a school and at home. There are guidelines for detecting food allergies. Dr. Rapp also emphasizes the great value of teacher-parent cooperation in the search for answers.

One chapter is devoted to the testing and treatment of allergies by the medical profession. Dr. Rapp discusses the pros and cons of the traditional scratch testing, RAST blood tests and provocative-neutralization testing used in the United States, at present. The treatment alternatives discussed include avoidance, rotation diet, drug treatment and allergy extract therapy.

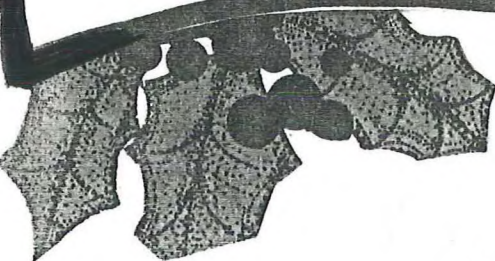
"THE IMPOSSIBLE CHILD" contains excellent appendices consisting of summaries, suggestions, a source list of safe products, a pollen calendar and a comprehensive bibliography. This is an excellent book for quick referral. It is clearly, simply and well laid out. Information is easy to find through either the table of contents or the index. The main body of the text is 83 pages long and can be read quickly.

In short, I believe that Doris Rapp and Dorothy Bamberg accomplished what they set out to do. This book would have made my job easier when I started working on the environmental sensitivities of my own children.

There should be a copy of "The Impossible Child" in every school's teacher resource centre. You may want to give your child's teacher a copy of Dr. Rapp's book for Christmas this year. (It sure beats chocolates!)



Merry Christmas To All



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Ontario

SOCIAL ASSISTANCE REVIEW COMMITTEE BEGINS CONSULTATIONS WITH THE PUBLIC

This independent review committee was appointed by the Minister of Community and Social Services on July 7th to examine Family Benefits, General Welfare Assistance and other related programs with a view to improving the province's system of social assistance. The committee includes representatives from the multi-cultural, native and religious communities, former recipients of social assistance and members from municipalities, business and labour.

Input to the committee may take the form of letters, written submissions or oral presentations. Public hearings will be held in 14 communities across Ontario beginning October 27th, 1986:

Kenora	Oct. 27	Cambridge	Nov. 19	S.S. Marie	Dec. 4
Peterborough	Oct. 29	Timmins	Nov. 20	Thunder Bay	Dec. 10
Sudbury	Nov. 4	Toronto	Nov. 24	Hamilton	Dec. 12
Windsor	Nov. 6		26 & 27	Owen Sound	Jan. 7
Ottawa	Nov. 12 & 13	Kingston	Dec. 2	London	Jan. 9

Efforts will be made to accommodate individuals with special needs. Limited funds are available to assist presenters who are otherwise unable to meet the costs, such as child care and transportation expenses, of appearing before the committee.

Individuals or groups who want more information or who wish to make written or oral submissions to the committee may call or write.

George Thomson
Chairman



Social Assistance Review
2195 Yonge St.
10th Floor
Toronto, Ontario
M7A 1G2 (416) 963-3741



Advocacy Group for the Environmentally Sensitive

Burlington
Dundas
Hamilton
Oakville
Waterdown

HEAD OFFICE: 203 CULLUM COURT
BURLINGTON, ONTARIO
L7T 4A9

February 19, 1987

The Registrar
Consolidated Hearing
Halton Region Landfill Site
1 St. Clair Ave. W.
Toronto

A.G.E.S. - The Advocacy Group for the Environmentally Sensitive has officially appointed Dr. Piero Boldrini Sc. D. as their representative at the Landfill Committee hearing.

Dr. Boldrini is a member on our executive as a researcher, because of his vast experience in reports and study of Environmental effects. He is well aware of the need for Environmental Pollution Control and the correct procedures for the development of Landfill sites. His experience, both as a teacher and researcher, in the environmental scientific field is but one of his many accomplishments. We highly recommend him, as an expert, in the problems relating to landfill sites.

A.G.E.S. is a Canadian based Incorporated non profit, self help group, that is in the process of obtaining their charitable status. It serves Environmentally ill people and their families, relatives and physicians and all those at large with hypersensitivities to the environment.

It publishes a quarterly newsletter, educational material, provides workshops and gives lectures in the community. It also has a library and tapes available to its members. Mostly it advocates for its members attending to their urgent needs, such as pensions, social welfare, disability benefits, workmans compensation and O.H.I.P. By holding regular meetings (6-8 per year) it assures comprehension, acceptance, mutual needs, friendship and immediate assistance as well as counselling.

A.G.E.S. would appreciate that your committee would recommend Dr. Boldrini to receive the research grant, provided by the Minisstry of Environment, since he has already studied the S.W.A.R.U. problem, in the area of Hamilton and other sites in the Niagara Region.

Thanking you for your co-operation, we remain

Ecologically Yours,

Marie Laurin
Marie Laurin MSc Ed
Past President

