

BUY! BUY! BUY!

As standards of living rise many people become overwhelmed with items they buy from the shops - gadgets, clothes, bags, accessories, games, music CDs, tools, technology, household items. People 'over-consume', always wanting more or something else, until it becomes a burden rather than a pleasure. While it can seem like a wonderful dream to own attractive and useful things, a sad reality of the modern world is that many people are not happy. A modern consumerist lifestyle can create a lot of stress and anxiety. Mental health issues like depression and related physical health problems are becoming too common. As people have money to spend, other people want to take it from them. Adverts are a way of persuading people to spend. They can make us feel as though our own lives are inadequate, that we are not beautiful enough, not well dressed or driving a good enough car, that our houses are not clean or big enough. If we feel like this, then we will be persuaded to buy more and more products to make us feel better. Excessive consumerism is not a good thing, for our health, our pockets or our planet.

Chemicals in the Home

Smelly sprays for our hair and body, chemicals to kill pests, products for our cars, cosmetics to paint and colour our skin, straighten our hair, detergents and house-cleaners: chemicals are in use everywhere. These chemicals do not just disappear! They can be absorbed through our skin very easily. Each year 5% more people are told by a doctor that they have allergies like eczema, asthma and hayfever. Children in houses using lots of chemicals are more likely to suffer from such illnesses. Cleaning the house furiously is not always as healthy as it may seem!

