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SBA NEWSLETTER WINTER 2021

As we emerge from the worst effects of the pandemic, we welcome you to your grey, cold and gloomy winter. We passed its Equinox on the 21st of the month and our days will be getting longer. We'll have more hours of sunshine to soak up some essential vitamin D. You could even have your own Christmas in July. We once more want that feeling of how things should be.

Some Comparisons

We can't wait to see the end of all of these numerous inconveniences and postponements that are our unavoidable daily COVID-19 news. They mainly gave us statistics regarding percentage spikes in 'positive' and 'negative' virus testing.

To change from this dreadful topic to a different, happier theme, do you remember how great it was to take a walk along a beach? It was so refreshing and how it contrasted to those feelings of drowsiness, irritability or lethargy after having spent long spells indoors. There was something in the air that boosts your mood.

The difference can be found from the negative to the positive ions in our air. Wherever you are near water in motion such as waves, streams, rivers, waterfalls, fountains or even taking a shower or a swim. You could feel more relaxed afterwards. The good feeling comes from negatively charged oxygen ions that are produced through nearby water molecules. The positively charged ions are found in air conditioning, fluorescent tubes, cigarette smoke, exhaust gases and pollution from our industrial environments. The use of synthetic materials and fabrics and electronic devices also don't contribute to our well-being. Most of us spend 70-80% of our lives indoors at work and in the home.

When we have those dry, north wind days, our air was positively charged and kids at school would go "ratty" on windy days.

Negative ions can create positive vibes that can have an anti-depressant effect and are sometimes called 'nature's sedative.' Studies have shown of their healing and pain-relieving effects. In many European hospitals and workplaces, ionisation of the air is mandatory, It can have the effect of reducing the need for post-operative painkillers and in increasing efficiency.

You can buy desk-top negative-ion generators, but there is no substitute for opening the window for some "fresh air". Just get outdoors and take a walk in a park or Smiths Beach. You could perhaps even enjoy a thunderstorm before we get back to "the news."

Ian Shand SBA Newsletter Editor

