

Reading Response 3

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1 What is the chapter about?

- Chapter 1 talks about how the author came across how and why the health of building is important.
- The author highlights the many factors that will be discussed in the book and shows how they will lead to healthy buildings.
- Chapter 6 talks about the 9 foundations that affect the health of a building. It shows how even something as small as a change in 1 degree or a few decibels of sound can have such a huge impact.
- The chapter not only highlights the points that affect the health of the occupant; but it also recommends some commonly known and some new tips on how to make it better.
- Chapter 7 talks about the impacts of various chemicals in our daily diet. How these harmful life threatening chemicals, with effects lasting for generations, have not been banned and continue being sold in the market.

2 What are my thoughts on the chapter?

- Chapter 6, highlights a lot of crucial variables that contribute to the health and comfort of the occupant. It highlighted a lot of small points that I didn't know before that caused problems to occupants and overall health of the building.
- I have hypothyroidism, and chapter 7 was an eye opener for me. It made me think, how even after taking all the care about diet, there is still so much more that we don't have control over.

3 What are some topics I would like to discuss?

- Architects are already aware of most of the points in chapter 6, and try to already minimize them. But it all comes down to the owner(the person who is paying) who wouldn't be ready to pay extra for filters when other company buildings are making-do with lower quality filters.
- Thus it all comes down to - if the change that we find in research saves money right away only then will it be adopted widely. How can we make a convincing case for a researched outcome to be implemented if it does not save money/show outcome right away.
- 'Maggie', a noodle brand in India, was found to contain higher than usual mercury in the food. This led to a strong ban on the product and it was asked to be taken off-shelf right away. It was off the shelf for months, while 'maggie' justified the mistake and said it was just one time and all its production houses have been re-checked. They claimed that the mercury is within acceptable limits now.

- The question is, why should there be mercury in my food? And within days the maggie was back on shelf and was sold even faster than before. It just makes us think, we don't care about the side-effects till the time it's not immediate.
- If we don't care so much about what goes into our body, how much will we care about what harmful paint or how high VOC levels are in the vicinity of my living space? How much do we really care about comfort and productivity in the house?