

Protect Your Family Photos

By Yvette Chin

Photographs are printed on papers infused with a variety of chemicals. Over time, these chemicals begin to undergo reactions that may be harmful to the integrity of the photo. As a result, most unprotected photographs succumb to acid deterioration and yellowing after just a few years or decades. Follow these few simple tips to preserve your photographs and ensure that your family memories will be passed on through the generations:

1. Always handle photographs carefully with clean, dry hands. And try to keep uncovered fingertips off the front of the photos. For best results, use lightweight gloves.
2. Choose the right storage materials. Look for albums and place holders that say “acid-free” or use notebooks made from “archival board.” Avoid vinyl materials at all costs! They emit harmful vapors that will further deteriorate your photographs. Instead, look for albums made of clear “polypropylene” materials.
3. Since putting all your photos in albums can get rather expensive, consider getting acid-free boxes and filing your photos in them. Be sure to keep a record of your photos on these boxes, including names, places, and dates.
4. Always keep your negatives—if your photos are damaged, you can get extra prints made. Store your negatives in plastic envelopes in a cool, dry, and dark place.
5. If you want to display older photographs in frames, try to place them away from direct sunlight—light can cause photos to fade prematurely.
6. If you have photos that have already deteriorated some or are suffering from fire or water damage, take them to a professional film developer that specializes in vintage photo repair.
7. Ultimately, preserving new photos from the start is your best bet. If you have children, a perfect way to capture childhood memories is to make a scrapbook. Adding descriptions and anecdotes will bring your photos to life—just use acid-free paper as backing. If your children are old enough to use scissors safely, scrapbooking is the perfect activity for those rainy days!

Choosing the Right Perfume

By Yvette Chin

Perfumes mean more than just smelling nice—they can be elegant expressions of your personality and mood. Going to the perfume counter can be intimidating at first, but by knowing a few simple terms and ideas your first trip can be very productive and fun.

With few exceptions, perfumes are complex scents made up of carefully chosen “notes.” For instance, a single perfume may hold hundreds, even thousands of notes, or even just a few. The first notes you smell are called the top notes. In the middle are the heart notes which contain the main elements of the perfume. The final and most durable smells are called the low notes. As a result, a perfume may smell completely different after 20 minutes or so of air exposure.

In the old days, perfumes were made of natural oils from plant and animal ingredients. Now, most scents have a large amount of synthetic aromatic chemicals called aldehydes, and natural components are extremely expensive. On the label, “Tuberose abs.” stands for “Tuberose absolute” which is the most concentrated form of Tuberose scent. In addition, perfumers may add fixatives, chemical compounds to make scents more durable and slow down the process from top notes to low notes.

Although there are thousands of natural and artificial scents in the industry, here are the most common: rose, jasmine, sandalwood, tuberose, patchouli, lavender, ylang-ylang. By familiarizing yourself with the properties of these basic scents, you can choose your signature scent with confidence.

Perfume comes in a variety of versions, based on the concentration of essential oils diluted in alcohol. *Parfum* (also known as *extrait* or extract) is stronger and longer-lasting because it has the most oil. In descending order are *eau de parfum*, *eau de toilette*, and finally *eau de cologne*. Not all perfumes come in all strengths, and many perfumes have a line of scented bath products as well.

Before you go shopping, avoid eating pungent foods or exercising. Don't go if you're just getting over an illness, or just feel out of sorts. Place a drop of perfume on your wrist, but don't rub it into your skin. Give it about 20 minutes before you decide, since the notes will slowly unfold and change. You can try other perfumes on the other wrist and on the upper arms if necessary. Don't rush your decision, since perfumes are so personal—in many ways, buying a perfume is like investing. When it comes to choosing your signature scent, it's all about you!

Once you're ready to hit the town, apply drops of perfume to your pulse points—wrists, collarbone, navel, behind the knees. Depending on the notes of the perfume, the scent should remain for about 4 hours. Don't be afraid to reapply perfume after a few hours, and some people suggest layering the scent with matching scented soaps and body powder.

Perfume can lose its scent or go sour if not stored properly, so keep it tightly capped in a cool, dark place. Sometimes, it's wise to buy small bottles of perfume as well, since sometimes perfume will go sour through general use.

My Yahoo! Daily Tip

[My Yahoo!](#) > [Business & Economy](#) > Today

Surviving the Corporate Jungle: Plants in the Office

By Yvette Chin

Do you often feel dizzy, tired, or have headaches at work? Well, it might be something in the air. Office buildings, especially with climate-controlled architecture, are often filled with stagnant and contaminated air. Chemicals used in office supplies and in the buildings themselves contribute to 'sick building' syndrome. Common symptoms include skin and eye irritation, nausea, headaches, blurred vision, and respiratory problems. According to the Environmental Protection Agency, 'sick building' syndrome results in reduced productivity, absenteeism, and medical bills that cost employers about \$61 million dollars a year!

The air is filled with chemicals of all kinds, but the ones to look out for include benzene from inks, paints, and plastics; formaldehyde found in building materials, such as carpets, insulation, and particle board; and trichloroethylene, a powerful carcinogen from inks, adhesives, and lacquer. Carbon monoxide and radon can be detected with simple and inexpensive detectors. Radon detection is especially important in low-lying buildings and houses, as it is radiation that comes from the ground.

Although measuring overall air quality can be a complex and expensive proposition, but there are steps you can take to prevent 'sick building' syndrome in the first place. Keep the building well-ventilated. If you begin to feel ill, open a window or take a walk outside in the fresh air. But the most beautiful way to purify the air is to fill your workspace with plants! Not just any plants will do, but you'll be pleasantly surprised with the power of some common houseplants. NASA has studied the ability of different plants to combat specifically formaldehyde, benzene, and trichloroethylene. Here are the most common house plants that improve air quality:

Aloe Vera
Azalea
Bamboo Palm
Dumbcane
English Ivy
Gerbera Daisy

Mum
Philodendron
Poinsettia
Orchid
Spider Plant

There are many more plants that have air-purifying qualities. In addition, all plants release vital oxygen which contributes to your alertness and mental abilities. Not to mention a splash of color to brighten up even the drabest cubicle!

Copyright ©2000 Yahoo! Inc. All rights reserved.

YAHOO!

Dreamlife.