

SAVE ENERGY

Our non-renewable energy sources like coal and petroleum are getting exhausted at an alarming rate due to increasing population and indiscriminate use. Alternate energy sources using animal waste or natural forces like wind, water, ocean tides, etc. are being experimented with and are in the process of being perfected.

Meanwhile, it is up to each one of us to adopt energy saving measures in our day-to-day activities, measures which are simple and cost-effective and do not call for drastic changes in our lifestyles. Here are a few tips to help you along



Lighting

- Turn off unnecessary lights.
- Use light bulbs of minimum wattage.
- Eliminate unnecessary outdoor and decorative lighting.
- Replace your present light bulbs with electronic fluorescent lamps. They last 10 times longer and use about 75% less electricity than an ordinary bulb.
- Substituting a compact fluorescent bulb for a traditional bulb will keep half a tonne of carbon dioxide out of the atmosphere. They are more expensive than an ordinary bulb but work out much cheaper in the longer run because of saving in electricity.
- Interestingly, one large ordinary bulb is more efficient than two small ones in a multi-bulb fixture. A 100W bulb, for example, generates about as much light as two 60W bulbs, and it saves energy.
- Cut down on the use of electrical appliances.
- In summer, shut windows, blinds, curtains and doors early in the morning to keep the house cool.



Water Heaters

Use your heaters sparingly. Switch off soon after your bath, for heaters are great guzzlers of electricity.

- Setting your water heater too high (about 150°F), wastes energy.
- Lower the thermostat. After all, most of us mix cold water with hot to get the right temperature.
- If you can, install a solar water heating system in your home.



Stoves

- Turn off the stove immediately after use.
- Use pressure cookers as much as possible.
- Plan well and keep things ready before you start cooking.
- Keep the vessel closed while cooking and always use small, narrow-mouthed vessels.
- When food is almost cooked, switch off the gas stove and keep the vessel closed. It will get completely cooked with the heat already present.
- When you switch off the gas stove, switch off the regulator of the cylinder as well, to prevent leaks.
- Use ISI mark stoves which use less kerosene.



Refrigerators

- Decide what you want out of the refrigerator or freezer before opening the door.
- Check if the door is properly closed after you have finished. Don't stand and gaze into the refrigerator with the door open while making up your mind.
- If your 'fridge and freezer are 5 degrees colder than necessary, their energy consumption will increase by 25%.
- The 'fridge door will not be air-tight if there is dried food stuck on the gasket. Ensure that it is always clean.
- If your refrigerator needs to be refilled with gas, it means there is a leak. Fix the leak first.
- For efficient operation, clean the condenser coils on the back or bottom of your fridge at least once a year.
- Keep your fridge full for more economical operation.
- Let foods cool to room temperature before storing.

Automobiles

- The easiest way to make your car more fuel efficient is to keep it tuned up. The well-tuned car uses upto 9% less petrol than a poorly tuned car.
- If 100,000 car owners who had neglected tune ups started getting their cars tuned up regularly, some 90 million pounds of carbon dioxide could be kept out of the atmosphere every year.
- Keep fuel filters clean. Clogged filters use more petrol.
- Check to see whether you are hauling around unnecessary weight in your car. Surprisingly, an extra hundred pounds will decrease your fuel economy by more than 1%.
- When you are buying a car, keep fuel efficiency in mind.
- Optional equipment like power steering and automatic transmissions need a lot of energy to run.
- Inflate your tyres to the right pressure. It reduces fuel consumption by 5%.
- Drive gently. Don't race the engine; accelerate and slow down gradually. You can improve the mileage by 15%.
- Drive between 40 and 50 km/hr. The faster you go, the more wind resistance your vehicle will face. You can get 40% extra mileage at 40 km/hr as compared to 80 km/hr.
- Always drive in the correct gear. Incorrect gear shifting can lead to as much as 20% more fuel consumption.
- Plan your trips and your route before setting out.
- Be a one-car family. A car uses up 50 times more energy in its production than in its lifetime.
- Car sharing is an effective way of cutting down on cars and thus on energy consumption.
- Try using the public transport systems like trains and buses.
- Better still, use a bicycle - it occupies little space, releases no pollution and provides healthy exercise.
- Fit your car with tinted windows to help keep the temperature constant and lessen the need for air-conditioning.
- Join a car pool. Share lifts to and from work and family outings.
- Walk rather than drive wherever possible. Walking is one of the best exercises for your health.

