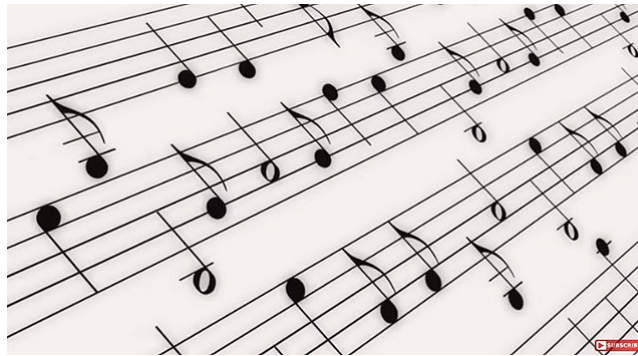


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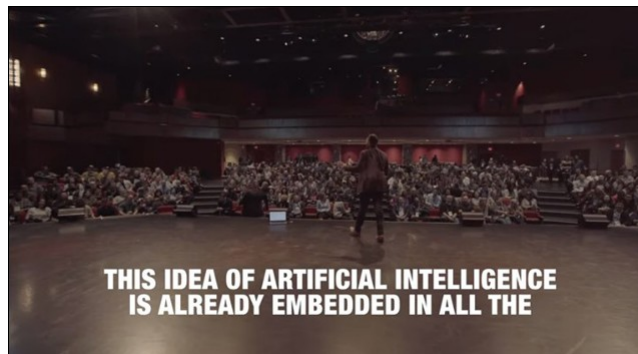
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Benefits of having a Vertical Garden for Home, or Office (reading – 4.10. - 10.10.)

by: **Kent Chee**

Concrete buildings and architectures are replacing forests and greenery as the population increases and people move to cities. This leads to an increase in air pollution, resulting in health and other problems. While gardens are one option to increase the land cover in many cities, real estate rates are high. Hence the owners of buildings and other property are opting to have a vertical garden so that they can enjoy having a garden, though they do not have to use up much ground or floor space. Some of the benefits of having a vertical garden are discussed.

One of the main benefits of a vertical garden is that people in the area where it is installed will breathe cleaner air. Plants utilize carbon dioxide during photosynthesis and convert it into oxygen. Human beings require oxygen for breathing and emit carbon dioxide. Hence having plants can increase the level of oxygen in the area. Higher oxygen levels make a person more alert and the person will be more energetic. Though the amount may vary depending on the plants selected, a square meter area of vertical garden will typically extract two kg of carbon dioxide from the air, and produce 1.7 kg of oxygen in a year.

advantage of using a vertical landscape is that it will take comparatively less floor or ground space. In most cities the real estate rates are very high, so having a conventional horizontal garden is expensive for the property owner. On the other hand, the vertical space in many properties is not utilized. The oxygen produced depends on the area covered by the plants, it does not matter if they are growing horizontally or vertically. Hence having a vertical garden can help in utilizing the vertical space in many buildings which would be otherwise wasted.

In most tropical countries the temperatures are fairly high, and air-conditioning is required. This can increase the electricity consumed. The plants in the vertical garden have a cooling effect on the area around them, since they release water when temperatures are higher. Typically, the garden will help reduce the temperature in the building by 5 to 10 degree Celsius. This can also reduce the electricity bill, since less cooling will be required. Increasingly architects and interior designers are interested in designing environmentally friendly and sustainable buildings consuming less electricity, so these vertical gardens can help.

Noise pollution can adversely affect the productivity and also increase the stress levels. The plants in the vertical garden, along with soil and other planting media, moisture can provide sound insulation, partially blocking noise from outside entering the area. Studies indicate that being surrounded by plants can improve the mood of a person and also boost his productivity, so many businesses are opting for a vertical garden in their premises. The vertical gardens add a touch of greenery to the office, building or property where they are located creating a positive impression on the visitor that the business cares about the environment. Hence businesses and others are opting for one or more vertical gardens in their premises.

About The Author

EcoBalance is a Malaysia living wall supplier specializing in design and installation of artificial green wall, vertical garden, moss wall and vertical landscape.

Article Source: <http://www.ArticleBiz.com>





7 Benefits Of Listening To Songs And Instrumentals (reading – 11.10. - 17.10.)

by: **Dale Harris**

Stress triggers are everywhere. Most Americans struggle to find a quiet place to ease their nerves during the hustle and bustle of each day.

The power of music is that it can drown out the unwanted anxiety. Many music therapy techniques can be applied to your daily routine to help you find balance.

Here are 7 benefits of listening to songs and instrumentals throughout your day.

7. Can Help Alzheimer's Patients

Age-related diseases like Alzheimer's are improved when patients try music therapy. Music works wonders in calming the mind and triggering old memories.

Reports of patients suddenly recalling lost information are common after music therapy. Caregivers of music therapy patients with Alzheimer's are encouraged to create personalized playlists.

These playlists should include songs that are meaningful to the patient to help get an emotional response.

6. Reduces Depression in Elderly

Unfortunately, depression in the elderly is common. When suffering a disease, elderly people can fall into a depression that makes it harder for them to recover.

Music is powerful because it brings with it memories of a life well lived. The elderly are more likely to recall all memories with fondness while experiencing depression because it takes their mind off disease.

These memories brought about by songs and instrumentals help reduce depression in seniors. After a lifetime of music, they're more likely to have a soundtrack to their past that makes them feel alive again.

5. Reduces Schizophrenia Symptoms

Schizophrenia is a serious mental disorder that affects less than one percent of the population. It causes chronic symptoms like hallucinations, disordered thinking, and behavior that won't allow normal daily functioning.

Music therapy has been proven to reduce schizophrenia symptoms. Doctors use music as a way to communicate concepts and feelings with patients.

Studies show that patients show improved social interactions after sessions with music. The power of music is that it allows them to experience concepts they couldn't grasp through words alone.

4. Therapeutic During Childbirth

Contractions during childbirth can be eased with the help of songs and instrumentals. Pregnant women should aim to create playlists with songs that have a history of easing their stress.

The right music helps to quieten your mind and regulate your breathing. This creating a healthier delivery for both mothers and babies.

Soft, quieter music is the best option in the delivery room as long as its loud enough to drown out sounds from elsewhere in the building. Soundproof headphones are also an option when looking for ways to drown out the noise and focus only on breathing through contractions.

3. Loosens Tense Muscles

When your favorite song plays, your guard goes down. This is because music helps to loosen tense muscles.

It's one of the best forms of stress relief because it replaces whatever you're thinking with the lyrics to a song. Choose music with a positive message to stimulate you when you're feeling stressed.

Lyrics that put you in a sour mood can have a reverse effect at the end of a hard day. The same goes for songs that bring on bad memories.

Have your favorite playlist at the ready when you leave work each day to get you ready for a good night's rest. Allow your playlist to slow in tempo as the playlist progresses to begin slowing down your breathing to match the rhythm of the song.

2. Improves Motor Function

Patients with Parkinson's Disease use music to improve motor skills. Studies show patients moving faster and happier with music therapy.

Neurologists associate this increased motivation to move with muscle memory. People with Parkinson's have to try hard to move during physical therapy just to get from one side of the room to the next.

The music played during therapy sessions took their mind off the details of walking and instead allowed them to focus on fun. Their muscles already had the memory of the mechanics of walking so it wasn't hard to fall back into a familiar rhythm.

This trend is similar to an aging person's ability to heal better when they're happy than when they're depressed. Good feelings encourage the body to do better.

1. Encourages Dancing

The number one benefit of listening to music is that it encourages dancing. Dancing is one of the best forms of stress relief, building bonds with other people and staying active.

You might not be able to run a 10-minute mile, but most people can move on the dance floor for hours if given the right songs. Music takes you beyond your normal physical limitations giving you a dopamine rush like no other.

Popular fitness trends now include things like Zumba and Buti Yoga that teach you fun dance routines.

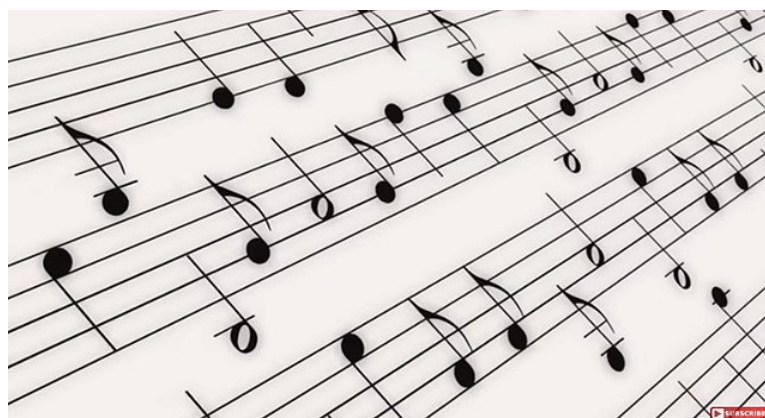
Dancing to music brings together friends, families, and strangers. While you're out at a bar enjoying happy hour specials, the music you hear in the background can inspire you to make a love connection with the person next to you or start a conga line.

The Power of Music

Most people think of music just as entertainment. It's an exciting way to destress with the people around you with whether you know them or not.

But the power of music is that it doesn't claim to be one thing. It's healing, it's fun and it transcends language.

Use music for as many purposes as you want. It can improve your life on more levels than most other treatments money can buy.





Will artificial intelligence make us smarter or stupider? (reading – 18.10. - 24.10.)

by: **Kathleen Thurston**

Technology is now developing at an unprecedented rate as new technologies allow us to develop even more technologies at an exponential rate. Many have wondered whether a world run by increasingly intelligent machines will eventually cause us to become less intelligent.

The age of machines

This wouldn't be the first time that major advancements in technology resulted in changes in mankind. After the industrial revolution, when the work performed by manual laborers was outsourced to machines, people became less physically active. Many believe that our sedentary lifestyle and a worldwide obesity epidemic can be attributed to the industrial revolution. Of course, the industrial revolution wasn't all bad. Though it led to poorer physical health, it also likely contributed to greater human intelligence. Because humans were freed from monotonous manual labor, they were free to devote more time to intellectual pursuits. Furthermore, humans needed to be more intelligent to navigate a congested modern city than a small rural town.

The internet age

Now, we are in the internet age where limitless amounts of knowledge are at our fingertips. Anyone with a computer, tablet, or smartphone has access to virtually every bit of information that exists in the world. This has allowed humans to become even more intelligent.

The artificial intelligence age

The artificial intelligence age is still years ahead of us. But already we are beginning to see many early artificial intelligence systems taking over certain tasks. For instance, planes are for the most part flown by automatic pilot systems except during takeoff and landing. The task of handling air traffic at busy airports has become so monumental, that we have turned it over to artificial intelligence systems. Already, artificial intelligence has been able to beat Gary Kasparov, a chess genius, at his own game and Ken Jennings in a game of Jeopardy. Thanks to Moore's Law, which states that there will be an exponential increase in electronic processing capacity over time, artificial intelligence machines will be able to do more and more of the thinking for us. Already we have personal assistants like Siri (if you own an Apple device) or Cortana (if you own a Windows device running Windows 10). In the not too distant future, these personal assistants can become so advanced that they will automate much of our day-to-day tasks.

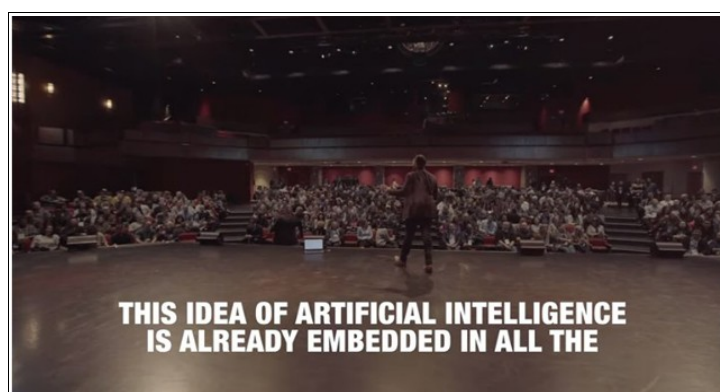
The easy life

The real question is whether a future with artificial intelligence will make us smarter or stupider. Just as the industrial revolution automated manual labor and made humans lazier, the artificial intelligence age could automate our thinking and make us stupider. However, also like the industrial revolution, the artificial intelligence age could also automate tasks that make us free to follow intellectual pursuits ultimately making us smarter. Only time will tell exactly how artificial intelligence will affect our day-to-day life.

Artificial Intelligence News brought to you by artificialbrilliance.com

About The Author

Hi I'm kathleen thurston. Im a blogger and a biochemist. you can email me at this address: thurston_kathleen@yahoo.com I hope you like my post. Thanks and Godbless





7 Elements of Interior Design (reading – 25.10. - 31.10.)

by: **Charles Hsu**

Interior design is the art of enhancing interiors, also including the exterior, to achieve aesthetically pleasing environment for the user. And also we can say it is the process of shaping the experience of interior space, the manipulation of spatial volume as well as surface treatment for the betterment of human functionality. An interior designer has plans, researches, coordinates and manages projects.

There are 7 elements of Interior Design:

1. Space

Space is one of the most important parts of interior design. Space acts as a foundation on which the entire interior design plan is built. Hence it is essential that the designer is well aware of the space available, its dimensions and its utilities.

2. Line

Lines are broadly categorized into three types - Horizontal, Vertical and Dynamic. Whereas horizontal lines adorn structures like tables, chairs and beds, vertical lines may be found on windows and doorways while horizontal lines add a safe and secure feeling to the space, vertical lines evoke free and expansive nature. Dynamic or angular lines, that are action oriented add drama and may be seen on structures like stairs.

3. Forms

Forms mean shapes in general, an outline of any three dimensional object in the space. Forms may be created by combining two or more shapes and might be accentuated with the assistance of different elements like texture, patterns and colors.

4. Light

Light is one of the most obvious elements of interior design. Either natural or artificial, without light other elements namely color, texture and pattern have no significance at all. Light sets in the mood and ambience into a living space and highlights every other element including space, line and forms.

5. Color

Colors don't need any special introduction. Colors establish an aesthetic affiliation between objects and set the mood. Colors must be chosen based on the psychology and the mindset of the dweller. As an example, red is a superb choice for dining area as it encourages appetite, green for bedroom as it is the color of tranquility and health. Every color has three distinct characteristics namely: Hue, Value and Intensity. An interior designer must be well aware of these characteristics to perform various permutations and combinations. Colors are broadly classified into two categories: Primary and Secondary colors.

6. Texture

Texture mainly deals with surfaces and determines how a typical surface looks and feels. Texture adds depth and interest into space and defines the feel/appearance and consistency of a surface. Texture is broadly classified into two types - Visual Texture where the texture is only visible and Actual Texture where the texture is both seen and felt. Anything that has to do with textiles such as pillow cover, bed spreads or anything to do with covers like drapes, wall paint or wallpapers have a texture.

7. Pattern

Patterns add interest and life to interior design and work along with colors. Patterns tell a story of their own and add elements of continuity and smooth transition into space. Patterns could be of any shape and mostly comprise of attractive and repetitive designs.

About The Author

So that is all about design interior and its important elements. If you want to know more about interior design, bar design, restaurant design and hotel design, visit this link!

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**THE
SEVEN ELEMENTS
OF
INTERIOR DESIGN**