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No, I am NOT a MORON!

Saturday, May 10, 2014

I wasn't called this directly, but I recognized myself in a rant on another forum this morning. It was posted by a virtual friend who was complaining about those "morons" who turn on their AC in May when they should just "open the windows and let the fresh air in."

I believe in fresh air. I'm outside in it as much as possible. I run and walk and since we live on a lake, we canoe and kayak too. However, I also have severe allergies to most of nature.

Growing up in Brooklyn, this sensitivity wasn't evident. There wasn't much exposure to grass, flowering trees, hay, weeds, animal dander, etc. There wasn't air conditioning either.

I was 28 when we were living in the Midwest and I was sick all year. I had my first asthma attack – very scary. Finally, allergy tests revealed the problem – nature hates me.

Since I prefer to consume as little medication as possible, I keep my house as allergen free as I reasonably can. It's my sanctuary, especially my bedroom. Homes aren't air-tight. There's a natural, gradual exchange with the outside world. I can cope with that. That's all of nature I can allow inside.

After my run or any outside activity, I shower not only to remove the sweat, but also to clear my breathing passages. When DH works in the yard, he sheds his clothes in the basement.

Practicing prevention limits my need for a cure, although I always carry an inhaler.

My virtual friend has never seen my house and before today never exchanged views on air conditioning habits. Perhaps she would give me an "exemption" from the moron category if she knew my circumstances.

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MARYJEANSL

It's always annoying to be judged by someone who really doesn't have all the information. Perhaps, if you wish to remain friends with the person who thinks you are a moron, you could tactfully let her know your situation.

A moron you are definitely NOT. A moron, in my opinion, would be someone who *could* do

something to alleviate allergies (that did not require taking pills) and chose not to do so.
2589 days ago



CD12146214

really! You are one of smarter people I virtually know!
2590 days ago



MERRYMARY42

no allergies here, except to hot weather, and I do also run my AC much more than lots of my friends, I love the fresh air, but not the hot desert air, Happy Mothers Dsy
2590 days ago



CD13758606

No apologies or explanations needed. I am an "open the window" sort, but my DH cannot tolerate the fresh air for just that reason - we live in the midwest. It bothers me at time, but not like him.

Chicago has the highest rate of asthma than anywhere else, and the reason is not know. If you have never lived it, you would not be empathetic.



2590 days ago



PHOENIX1949

Joe South's 'Walk A Mile in My Shoes' sums up my thoughts:

<http://www.youtube.com/watch?v=iX-G3S49ty0>

2591 days ago



TERI-RIFIC

I've outgrown my allergies (for the most part). But when I was a teen AC was a saving grace on bad days.
2591 days ago



CD9543726

Heh. May in Texas? You'd be a moron to OPEN your windows. It's frickin' 95 degrees outside! :D What a strange thing to go on a rant about...
2591 days ago



BOOKAPHILE

The Pacific Northwest is apparently the allergy capital of the world. My DH suffers about 7 months of the year. When it's a choice between breathing and being politically correct, I'll take breathing every time!
2591 days ago



PHEBESS

I give you a pass! (I have allergies and asthma, so I know exactly how you feel!)
2591 days ago



DR1939

We live on a gravel road and when it is really dry we turn on the AC because the dust is so bad. Dusty air is not fresh air.
2591 days ago



SYLPHINPROGRESS

Perhaps the person who made the "moron" observation has too much time on her hands. A friend's late aunt would have said in her Irish accent, "She has little to do." You owe no explanations; she merits no more than, "Do you think we 'morons' may have reasons?," if that much.

In short, where is she? I'll kick her shins.

2591 days ago

Comment edited on: 5/10/2014 9:31:26 AM



WUMPASTAR

As usual people don't think before they talk. But it's not easy to think about that kind of thing when you don't suffer from it. I hear you! I started getting allergies THIS YEAR and I don't know what I'm allergic to yet (but I'm afraid it's the same as you). And it's pretty horrible.
2591 days ago



SPINNINGJW

I love being able to take advantage of the "free" weather when I can open the windows and





run neither the furnace nor the A/C. You have reminded me that some cannot enjoy this luxury.

And NO! you are definitely not a moron, you are taking care of yourself.



2591 days ago



JAHINTZY

context is everything :)

2591 days ago

v



WILSONWR

Some people just don't think about what they are saying - there are always good reasons to do things that others find objectionable. Many people complain about those who own gas-guzzling SUVs. I own a very fuel-efficient car, as well as a gas hog of an SUV. Unfortunately, I need the big vehicle to be able to travel the dirt roads to my ranch, as well as to haul a trailer full of building materials, feed, road materials, and other things needed on a ranch. People shouldn't really criticize all based on the actions of others... Good luck with the allergies!

2591 days ago

v



GARDENCHRIS

who is she ? the air conditioning police? your home, time and money.

2591 days ago

v



MISCHAKEO

You keep doing what you need to do to prevent your allergies. Keep those windows closed!



2591 days ago

v



ALICIA363

I do the same thing. Sometimes our air is on from April to October! Not cheap, but at least we can breathe. (We also prefer to keep medications to a minimum.)

Thanks for raising awareness!

2591 days ago

v



PICKIE98

DD and I are severe asthmatics, both have major allergies,,live in Michigan,,it is never below 3050% humidity. We never open our windows later in the day or very early morning. There is a baseball field behind our home that gets mowed twice a week.IT has poison sumac, ivy, etc. We have hundreds of trees surrounding our home. We are deathly allergic to the mold on leaves and grass..

Most people do not know that you are never allergic to "grass". It is merely fiber, water, and chlorophyll. The allergy is from the mold on grass.

Another thing to consider is this:some people only have the FAN on their a/c unit.

They just need enough to circulate the interior.

Your virtual friend makes assumptions out of ignorance..Ignorance is the absence of knowledge and/or information about something. Stupidity is having the knowledge and STILL making the same assumptions.

Keeping this in mind, just consider the source,, you do not have to defend yourself to anybody!!

2591 days ago

v



ONEKIDSMOM

I'm in your camp. Allergies are additive, too. So the fact that I run and bike outdoors makes it important that when I come back inside, I shower and hide from the allergens for a while. That means keeping the house closed up, and using the AC when needed. Blessings on whatever it takes to stay healthy. Nope, not morons... different bodies, different needs!



2591 days ago

v



CHERYLHURT

We keep our windows open all day when the weather is good but our neighbors keep theirs closed with the a/c on. Thanks for suggesting they may have problems with allergens, you opened my eyes!

2591 days ago

v

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