



綠色生活在聖城 (續)

三合一彙編

Green Living at CTTB (Continued)

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把住家綠化 (續)

節約用水

有水當思無水之苦，珍惜水資源，請節約用水：

1. 洗衣節水

- 使用省水型洗衣機。
- 盡量省水（不讓水龍頭的水白費、儲夠相當數量的衣物才開洗衣機等）。
- 洗衣前先將衣物浸泡約20分鐘，在清洗前先脫水一次，可節省用水及清洗時間。

2. 廚房節水

- 勿對著水龍頭直沖洗碗、洗菜、洗衣。用盆接水洗菜，代替直接沖洗，每戶每年約可節水1.64噸。
- 用洗米水、煮麵水、苦茶粉洗碗筷，可節省生活用水及減少洗潔精的污染。
- 不要用水沖食物退冰，改用微波爐解凍或及早將食物由冰箱冷凍庫中取出，放置於冷藏室內退冰。
- 食具不大肥膩時，用暖水清洗，減少使用洗潔精。
- 廚房油膩碗盤，儘量用粗紙巾先把油積抹去，以節省用水沖洗量。

Green Your Home (Continued)

Saving Water

Please save and cherish water and always remember the difficulty of being without water.

1. Reducing water usage when washing clothes:

- Use water-saving washing machine models.
- Conserve water (don't let water from the faucet go to waste and have your dirty clothes gathered up before turning on the washing

machine.)

- Pre-soak laundry for about 20 minutes and then tumble dry once. This also saves time.

2. Reducing water usage in the kitchen:

- Don't rinse plates, vegetables, and laundry under the faucet. Instead, fuse a basin of water. If everyone were to do this, we could save 1.64 tons of water per household yearly.
- Use water from washing uncooked rice, cooking noodles, or the bitter tea powder to wash your bowls and utensils. This can both save water and reduce the pollution that results from using detergent.
- Don't thaw frozen food with hot water. Instead, allow it to thaw in the refrigerator overnight, or defrost it in the microwave.
- If plates and utensils are not too greasy, clean them using only warm water to reduce the use of detergents.
- Wipe off excess grease from plates and bowls with towels before washing them to reduce the amount of water usage.

3. Reducing water usage of toilets:

- Use a dual flush toilet. That can reduce the amount of water flushed by 15-40 %.
- When you build a new house, install water-conserving toilet models or use dual flush toilets.
- Regularly inspect toilets, water tanks, reservoirs, faucets, and any



3. 馬桶節水

- 抽水馬桶改用二段式沖水馬桶，可節省15-40%的沖水量。
- 新蓋房屋一定要採用省水型馬桶，或將現有的一般型抽水馬桶加裝二段式沖水配件。
- 定期檢查抽水馬桶、水塔、水池、水龍頭或其他水管接頭以及牆壁或地下管路有無漏水情形。
- 透過查漏與止漏、達到輕鬆節水、輕鬆省錢之目的。

4. 洗澡節水

- 洗澡改盆浴為淋浴，可省下許多水。並使用低流量蓮蓬頭，建議淋浴時間以不超過15分鐘為宜。
- 個人清潔儘量使用淋浴及低流速蓮蓬頭，並且避免讓熱水一直流放，可節省用水量約3倍以上。
- 適當調低淋浴溫度，洗澡時應該及時關閉自來水開關，以減少不必要的浪費。

5. 庭園節水

- 植物澆水時間應選擇早晚陽光微弱蒸發量少的時候，以免蒸發過快，浪費水源。
- 配合天候澆水，在雨天時關閉自動灑水器及不在強風時澆水。
- 對花草施予適量足夠存活的水即可，花圃使用微灌方式。最有效的方法是以滴灌向個別植物施水，或以低流量噴霧器對整個花圃施水。
- 修剪草皮應留下10至15毫米高度的草株，以減少地面水分蒸發，節省澆灌用水。

6. 水龍頭的省水

- 隨手關緊水龍頭，不讓水未經使用就流掉。一個沒關緊的水龍頭，在一個月內就能漏掉約2噸水，一年就漏掉24噸水。
- 將全轉式水龍頭換裝新式1/4轉水龍頭，縮短水龍頭開關的時間就能減少水的流失量。
- 水龍頭加裝有彈簧的止水閥或使用感應節水龍頭，可比手動水龍頭節水30%左右。
- 洗手正確步驟：開小水沾濕 → 關閉水龍頭 → 塗抹肥皂 → 雙手搓揉 → 開小水沖洗 → 關閉水龍頭。養成良好的用水習慣。
- 或者在洗手台放置一個塑膠杯，洗手時先把水注到杯子內再倒出來洗手，杯子內沒用完的水留給下一個人用。

other pipe connections, walls or underground water pipes to make sure that they are not leaking.

- Through regularly examining and fixing leaks, you can easily achieve the goal of saving water and money.

4. Reducing water usage from showers and baths:

- Take showers rather than baths. Use a low-flow shower head and keep your showers under 15 minutes.
- Use a low-flow shower head. Avoid using hot water. This can reduce water consumption about three times compared to regular bathing.
- Appropriately adjust the shower water temperature. Shut off water immediately when you are done showering to reduce unnecessary waste.

5. Reducing water usage in the garden:

- Water plants in the cool of day so less water will evaporate, leading to less waste.
- Water plants according to the weather, turning off automatic sprinklers on rainy days and refraining from watering on days with heavy winds.
- Give the plants just enough water to prevent them from withering. Use conservative irrigation methods in the garden. The most effective method is to use drip irrigation to water every individual plant or to use low-flow sprinklers to water the whole garden.
- When you trim plants, you should leave ten to fifteen millimeters of stem. This will reduce the evaporation of ground water and reduce the need for irrigation.

6. Reducing water usage of faucets:

- When shutting off the faucet, remember to turn it tightly, so as not to let water go to waste. A leaking tap loses about two tons of water monthly and 24 tons yearly.
- Switch faucets that can turn 360 degrees to faucets that can turn 90 degrees. By reducing the angle at which faucets can turn, you can waste less water.
- Use water-saving faucet sensors. These can save around 30% of water typically lost with the use of manual faucets.
- The correct way to wash your hands: turn on a small amount of water and wet your hands → turn off the faucet → lather your hands with soap → rub your hands together → turn on a small amount of water and wash off the soap → turn off the faucet. Establish good hand-washing habits.
- Or place a plastic cup on the sink. Before you wash your hands, first fill your cup with water and pour the water out to wash your hands. If there is water left over in the cup, leave it for the next person.



7. 善用較乾淨之回收水

對眾生而言，水是非常重要的，沒有清潔的水我們不能生存。室內用過的水可以重覆使用於室外，特別是園藝灌溉。回收水可以支持一個繁榮的景觀。萬佛聖城是一個數百人生活在一起的大社區，因此，每天我們使用大量的水。如果我們能夠建立回收水系統，善用較乾淨之回收水，將可節省能源、金錢，來饒益我們的星球。同時，盡可能節省能源是我們的家風。上人自身的行為是一個很好的榜樣，他經常教導我們，使用舊東西來培福。

- 將洗澡時較乾淨部分的水，除濕機收集的水，洗碗盤後的清洗水，洗衣服的清洗水，洗菜水、洗米水等再次利用來澆花、澆菜、洗車、沖馬桶、擦拭家具、洗地板、灑掃庭院。

- 將純水機、蒸餾水機、等淨水設備的廢水回收再利用。

家居綠化

- 實行垃圾分類，送廢紙、膠瓶、鋁罐等去再造。如果能完全回收紙類、塑膠、金屬、玻璃時，垃圾量將減少46%，並可減少掩埋體積及垃圾處理成本。

- 裝修時盡量採用政府核定的綠建材，至少也要是少污染的物料（例如水溶性的油漆、實木）。

- 藥物及殘餘食物不要沖入廁所，應包好放入垃圾箱。

- 傢俬及家居用品盡量採用自然材料（竹、木、籐、玻璃、金屬、紙、棉等）。

- 少買塑膠及人造纖維用品。

- 盡量用天然方法清潔家居，減少使用化學物質（例如殺蟲劑、通渠劑、空氣清新劑）。

- 印度專家Mr. Kamal Meattle, 推薦三種常見室內綠色植物（黃椰子樹、虎尾蘭、黃金葛），在建築大樓栽種，或在家庭、辦公室作擺設，能明顯改善室內空氣品質，可不使用空調，是有效的減碳節能。

☞待續



7. Making good use of grey water that is relatively clean:

Water is very important for all living beings. We cannot live without fresh water. Water used indoors can be reused outdoors, especially for landscape irrigation. It can support a flourishing landscape. CTTB is a big community containing several hundred people; thus, we use large amounts of water every day. If we can build a grey water system, it will save energy and money as well as benefit our planet. It is also our tradition to save as much energy as we can. The Venerable Master's behavior serves as a good model. He often taught that by using second-hand goods, we would increase our blessings.

- Collect clean water from showering, washing dishes, rinsing vegetables, and uncooked rice. Reuse it for flowers and vegetables, washing cars, flushing the toilet, wiping furniture, scrubbing the floor, and cleaning walkways.

- Re-use the waste water from water purifiers, humidifiers, and any other water-cleaning equipment.

Greening your home environment

- Separate your trash into the correct categories. Send the waste paper, plastic bottles, aluminum cans, etc. to be recycled. If we can completely recycle paper, plastic, metal, and glass, the volume of garbage will be reduced by 46%. It will also help to reduce the landfill volume and the cost of waste disposal.

- When remodeling, you should make full use of government approved green construction materials. Be sparing in the use of contaminated materials (such as water-soluble paint and wood).

- Drug and food wastes should not be flushed down the toilet, but wrapped up and placed in the garbage.

- Maximize the use of natural materials (such as bamboo, wood, rattan, glass, metal, paper, cotton, etc.) for furniture and household goods.

- Buy less plastic and synthetic fiber products.

- Clean your home using natural, biodegradable products and avoid using products that contain chemicals (such as pesticides, drainage agents, and air freshener).

- An Indian expert, Mr. Kamal Meattle, recommends three types of common indoor plants (Areca Palm, Mother-in-Law's Tongue, and Money Plant) to be used in office complexes or homes. These plants can drastically improve indoor air quality so that you do not need to turn on the air conditioner, which helps to reduce carbon usage and save energy.

☞To be continued

Photo: Areca Palm tree.

(圖)黃椰子樹。