

# Why does 'the air you breathe in your house' matter to your health?

It is because you breathe the most of the air in your house.

For your health, you should select the air you breathe like you select your food you eat and water you drink.

Especially the air in your house and your health is something to do with and you take seventy-five of the air from it in your body in your whole life.

Besides that, it is said that children are affected by the air in their house twice as much as adults are and it is the major cause of diseases such as allergies.



## The problem of modern houses.

If you have allergies such as physical weariness, headache, asthma and atopic dermatitis, it might be because of the environment you live in.

Japanese old and good houses were made from nature-made woods and soils.

However, as the economic development progresses, the value of rationalization and decreasing the costs has changed the houses into them made from petroleum products.

As a result, allergies are increasing in Japan and the Ministry of Health, Labour and Welfare has reported that one in three people in Japan has allergy symptoms although allergies are less seen in developing countries.

It is said that it is because of not only the change of eating habits but also the environment and it causes various health problems such as sleep disorder and less immunity from diseases.

## Make a house from selected materials.



Commitment to felling and drying lumbers



Practice at rush farmers



Tosa Plaster Firing Factory

Even we, a lumber dealer which has more than three hundred and thirty histories, still have surprises when we visit local areas where natural woods are produced.

Houses are what you touch and their materials produce the air you breathe.

We travel all over Japan and seek safe and comfortable house materials for your good mind and body and we understand producers' personalities and values to create our houses.

We create opportunities for our customers to communicate with our dealing producers by offering experi-

ences such as cutting woods and planting mat rush (plants for tatami mats) to tell them 'the right value' of houses made of selected materials.



Surugaya is a traditional construction company which was established in 1657.

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I am Yasuhito Ichimasu, the president of Surugaya and the ninth head of the Ichimasu family.

Our value for making houses is that we make houses that we really want to live in. We visit local producing centers of house materials and meet producers and sometimes work together to send you the real reliable and essential materials we selected and collected. We believe that to create a living space that can make our customers healthy and happy completes our mission to build houses.

# Surugaya creates a sensation and we consider 'Life which makes your mind and body happy' at every opportunity of building houses.

— Surugaya's vision and activities —

You can try a short stay at our model apartment which satisfies the five senses.



We have many voices that by staying at our model apartment, even people with allergies have improved their nasal mucus, sneezing and asthma and children's atopic dermatitis got better in a few days.

Surugaya's model apartment 'broad bean tree' is made from not any chemical materials such as harmful adhesive or plywoods but from all materials made in nature.

At this model apartment stuff like bedclothes and towels are also all organic.



Model room accommodation experience

Mr. K's family



June 19th.	My daughter with atopy, my husband with asthma and myself with an allergy to a chemical substance stayed at the model apartment for three days.
June 20th.	When the morning came, my daughter's skin had a moist feel and I'm surprised at the sudden change. In the daytime we went out to the shopping center and we got tired but after coming back to this model apartment, we felt at ease. My daughter said she didn't want to go back our home because she would become itchy at home.
June 21th.	This is the first time in one month I have seen my daughter sleep soundly like this. I realized how important your living space is. I have never felt such good air I breathe. I felt big differences in organic pajamas and towels too. I learned a lot here.

## Consider our housing, food, and clothing seriously.

Natural community 'power of soils'



Sweet potato digging experience

Materials we selected are all from soils.

Soils bring us bountiful blessings.

'Power of soils' is a natural community which is named to express our gratitude to soils. We create opportunities to give thanks to nature through organic activities such as rice cultivation, making vegetables, soy source, miso, cleaning rivers, releasing Japanese char (fish) into a river, planting trees and felling trees.

Check our homepage(blog) and Facebook to see our activities.  
facebook.com/tsuchikaranokai



Logging experience

### Check the book

written by the president Ichimasu, 'How to make "delicious air" to breathe by organic-made house based on the facts and his experience.



Surugaya is a traditional construction company which was established in 1657.

We reserve appointments and consultations via phone and email.

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We opens everyday except for Golden Week, summer vacation and New Year holidays. (The construction crew is closed for Sundays and holidays too.)

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