

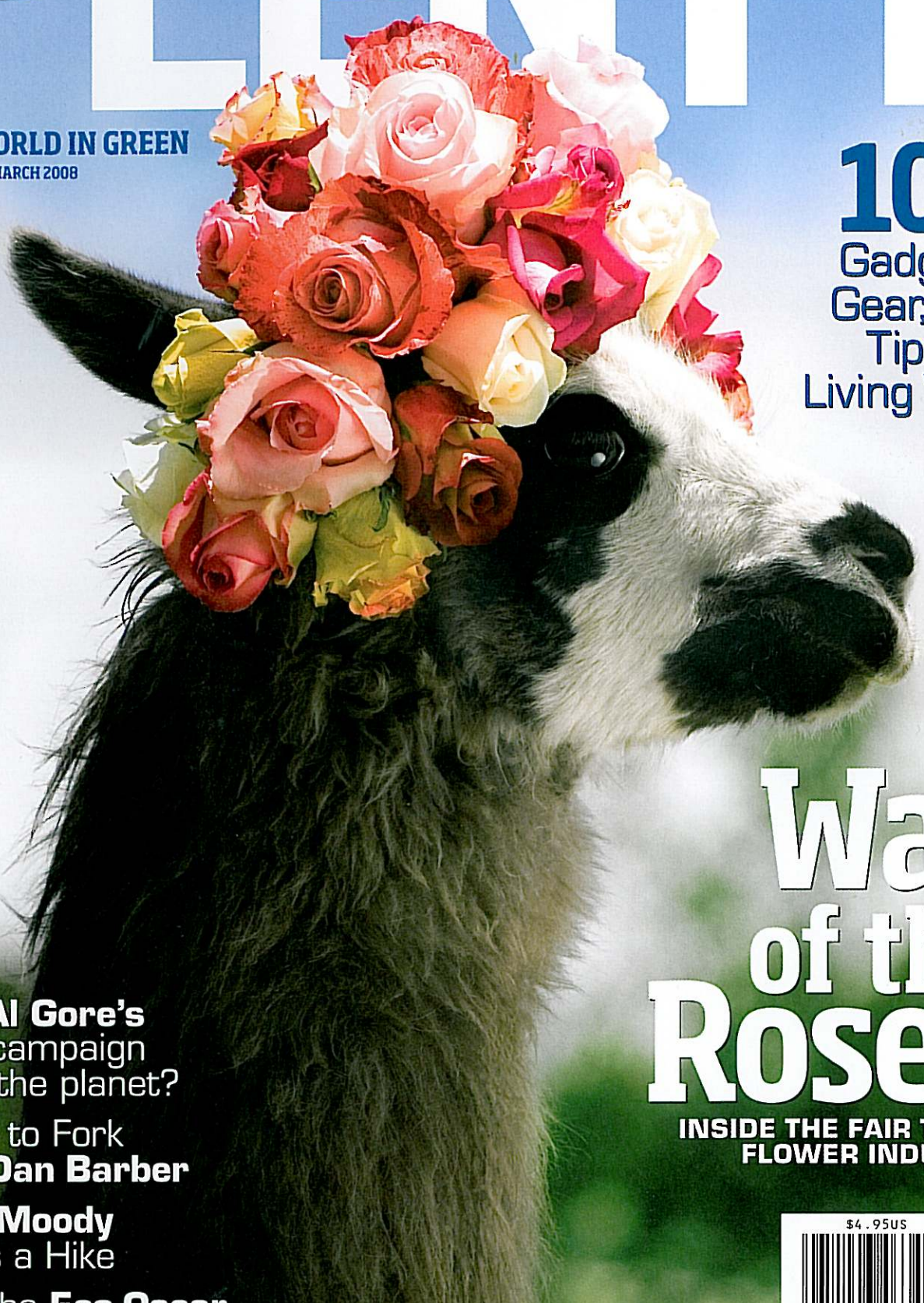
THE FUTURE OF THE HYDROGEN ECONOMY | ECO BARCELONA | GUILT-FREE CHOCOLATE

# PLENTY

THE WORLD IN GREEN

FEBRUARY/MARCH 2008

**100**  
Gadgets,  
Gear, and  
Tips for  
Living Well



## War of the Roses

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FLOWER INDUSTRY

Will **Al Gore's**  
new campaign  
save the planet?

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with **Dan Barber**

**Rick Moody**  
Takes a Hike

And the **Eco Oscar**  
Goes to...

\$4.95US



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# It's a Wash

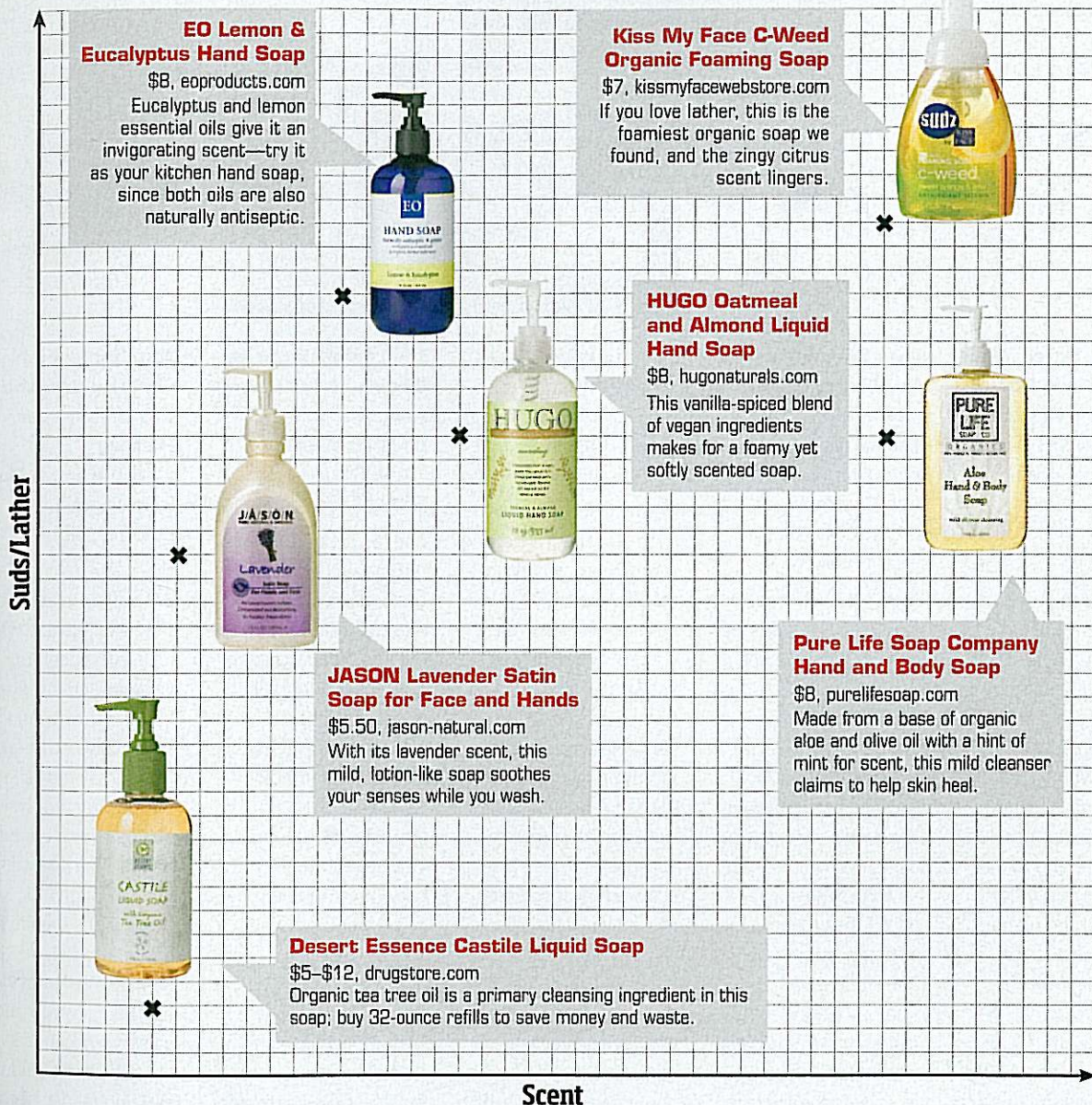
Lather up naturally to fight the spread of germs

It took an outbreak of staph infections last fall to get people to pay attention to the number-one way we can all stay healthy: washing our hands. In September 2007, the Clean Hands Report Card from the Soap and Detergent Association revealed that one-third of adults seldom or never wash their hands after coughing or sneezing, and 24 percent don't always wash after using the bathroom.

Even those who do scrub up regularly may think antibacterial soaps give them extra protection from germs. But a recent study from the

University of Michigan School of Public Health proved that antibacterial soaps don't clean better than traditional formulas. It's really washing often and long (for 20 seconds or more) that gets hands clean, explains Allison Aiello, PhD, assistant professor of epidemiology at the University of Michigan and one of the Report Card's lead researchers.

Plenty went looking for hand soaps you can use with an environmentally clean conscience. Here are a half-dozen of our favorites, laid out according to scent and sudsiness. —Jessica Hartshorn



## TRADE THIS FOR THAT PENS

A pen-a-day habit doesn't draw high marks when it comes to the environment because most aren't refillable and rarely get recycled. Enter the metal alternative (pictured here: Axel Weinbrecht Design's Beta P Pocket Pen). The Beta stainless-steel stylus has an alloy "nib" that writes on almost any type of paper, and with no ink to dry out, it will last for decades instead of days. Scribes, take note. \$29.98, grand-illusions.com

