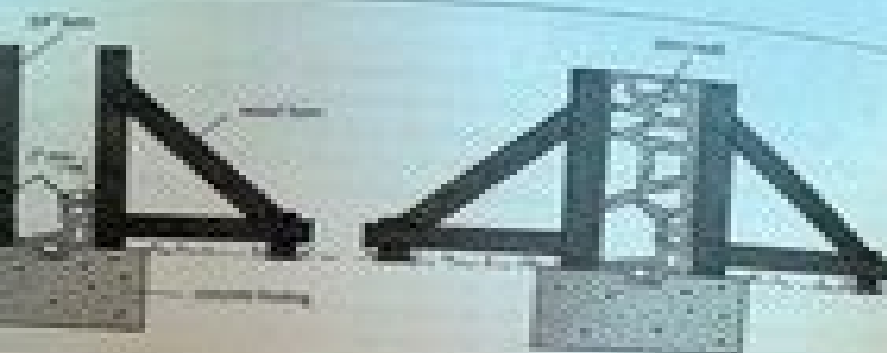




bearing and masonry wall, and a slab, upon which your finished floor will be laid. According to Monte Burch, author of *Complete Guide to Building Log Homes*, even though it requires more concrete than piers, the slab-on-pier foundation may cost less than a post system because it eliminates the need for floor joists.

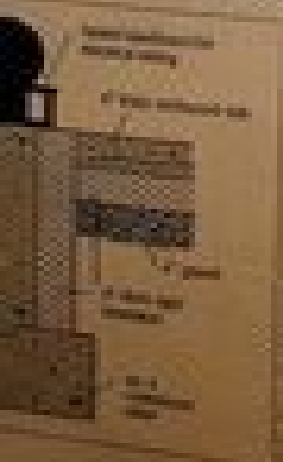
The general concrete foundation, consisting of a bearing and masonry wall is the best option (Figure 8-4). More bearing applied to the masonry wall means more uniformly spreading foundation and blocks nearly with log walls.

Stone walls can also be constructed from masonry (see chapters 4 and 5) or concrete blocks (see chapter 7). Figure 8-5 shows a relatively simple method used to build stone foundations, known as the slip form method. Inlet and outlet pipes are placed along the outside of wooden forms. Concrete is then poured into the forms. When set, the forms are removed and you have what appears to be a smooth stone foundation. (This technique is described in greater detail in chapter 7.)

Foundations can also be made from fly ash concrete, insulated concrete forms, or thermal blocks. All discussed in chapter 14. Several of these concrete approaches create a highly insulated foundation and reduce heat consumption, making your home more comfortable, and saving you money.

Minimizing the exposed surface of a concrete foundation below grade and protecting it with log houses are essential for the long-term future of a log home. A good foundation starts in the soil.

Even though log walls are extremely strong, they should be attached to the foundation. If you are building your home on concrete piers or on post-



concrete masonry wall, sized anchorages can be provided by L-shaped anchor bolts installed in the top of the foundation masonry wall (Figure 8-6). If you are using a concrete block foundation, anchor bolts are embedded in concrete piers along the top row of blocks. Another bolt penetrates through the first log in the wall, which is usually a smaller, fluted log known as a sill log. They are secured with a washer and nut.

For those interested in learning more about foundations for log homes, read Monte Burch's book, *Complete Guide to Building Log Homes*.

LOG HOME OPTIONS

If you decide to build a log home, you have three options. First, you can hire a professional builder to put up a house for you. Unlike all other natural building strategies, you should find many builders to choose from—unless you live in a desert.

The second option is to purchase a log home kit. This popular approach also has a wide variety of suppliers and kits. For log homes, check out Joe Lipert's book, *Log Homes Made Easy*. Before you go this route, be sure to compare the prices of the logs. If they are being transported from a distant location, consider another option. Check around to find a company that uses locally-grown and harvested trees from local forests. This doesn't mean your home contributes to environmental destruction.

Log kits come in three price ranges. The least expensive use the partial system. They consist of logs for the walls and heavy timbers for the roof and floor. You will have to purchase the rest of the building materials such as trim, windows, and roofing to complete the project.

The mid-range price range are those suppliers who provide "drier-in" shells. These include the materials needed to dry in a house—that is, all of the materials required to build a structure that is protected from rain and snow. The owner is responsible for all the items of housework, including material work. If this option appeals to you, shop around and compare kits before you make any commitments. Better manufacturers go only as far as the roof decking and the siding. Others include shingles.

The most expensive log kits supply virtually everything you will need for the walls, floor, windows, and doors. They make your life as simple as possible and reduce the number of trips you need to take to the hardware store. Because many owner-builders are not experienced in house construction, the price is often the most desirable. And even though it may appear to be the most expensive, experience has shown that miscalculating. If you had 10 percent of the normally necessary, it could cost you more. Kit house suppliers often charge volume discounts and pass the savings or part of them on to you. It appears to be a reasonable price, a lot less than shopping for what you need. One of the disadvantages of this approach, however, is that it limits your choice. For example, it may prevent you from using recycled materials. For

The Natural House A Complete Guide To Healthy Energy Efficient

Daniel D. Chiras



The Natural House A Complete Guide To Healthy Energy Efficient:

The Natural House Daniel D. Chiras, 2000 This sourcebook examines the options for building a house that is economical energy efficient nontoxic kind to the environment and pleasurable to inhabit Explores the pros and cons of 14 natural building methods including straw bale rammed earth cob cordwood adobe earthbags and papercrete **Essential**

Sustainable Home Design Chris Magwood, 2017-07-31 Design your own sustainable home Many people dream of building a beautiful environmentally friendly home But until now there has been no systematic guide to help potential builders work through the complete process of imagining planning designing and building their ideal sustainable home **Essential** Sustainable Home Design walks potential homebuilders through the process starting with key concepts principles and a project vision that will guide the house to completion Coverage includes How to clarify your ideas and create a practical pathway to achieving your dream A criteria matrix to guide design material and systems decisions Creating a strong integrated design team and working with professionals and code officials to keep the project on track from start to finish Key building science concepts that make for a high performance durable building Primer on building logistics material sourcing and protocols to ensure that the initial vision for the project comes to fruition One page summaries and ratings of popular sustainable building materials and system options Ideal for owner builders and sustainable building contractors working with clients aiming to design and build a sustainable home Chris Magwood has designed and built some of the most innovative sustainable buildings in North America including the first off grid straw bale home in Ontario He is co founder and director the Endeavour Centre for Innovative Building and Living and co editor of the Sustainable Building Essentials series Chris is the author of **Essential Prefab Straw Bale Construction Essential Hempcrete Construction Straw Bale Details More Straw Bale Building and Making Better Buildings**

The Art of Natural Building-Second Edition-Completely Revised, Expanded and Updated Joseph F. Kennedy, Michael G. Smith, Catherine Wanek, 2014-07-01 The original complete user friendly introduction to natural building now fully revised and updated The popularity of natural building has grown by leaps and bounds spurred by a grassroots desire for housing that is healthy affordable and environmentally responsible While there are many books available on specific methods such as straw bale construction cob or timber framing there are few resources which introduce the reader to the entire scope of this burgeoning field Fully revised and updated **The Art of Natural Building** is the complete and user friendly introduction to natural building for everyone from the do it yourselfer to architects and designers This collection of articles from over fifty leaders in the field is now stunningly illustrated with over two hundred full color photographs of natural buildings from around the world Learn about The case for building with natural materials from the perspectives of sustainability lifestyle and health What you need to know to plan and design your own beautiful and efficient natural home Explanations of thirty versatile materials and techniques with resources on where to go for further information on each How these techniques are being used to address housing crises around the world Clearly written

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The Natural Building Companion Jacob Deva Racusin, Ace McArleton, 2012 Natural buildings not only bring satisfaction to their makers and joy to their occupants they also leave the gentlest footprint on the environment In this complete reference to natural building philosophy design and technique Jacob Deva Racusin and Ace McArleton walk builders through planning and construction *The Natural Building Companion* provides the tools necessary to understand basic principles of building science including structural and thermal engineering and hydrodynamics This guide offers thorough up to date and advanced installation details and performance characteristics of straw bale straw clay woodchip clay and cellulose wall systems as well as earthen and stone wall systems and a variety of framing roofing flooring mechanical system and finishing options This fully illustrated volume informs professionals making the transition from conventional building homeowners embarking on their own construction or green builders who want comprehensive guidance on natural building options The book part of the *The Yestermorrow Design Build Library* is accompanied by an instructional DVD

Adobe Homes for All Climates Lisa Schroder, Vince Ogletree, 2010-09-06 The lay up of adobe bricks is an easy forgiving way to achieve a solid masonry wall system Contrary to stereotypes adobe is perfectly adaptable for use in cold wet climates as well as hot and dry ones and for areas prone to earthquakes With its efficient use of energy natural resources for construction and minimal effort for long term maintenance it is clear that the humble adobe brick is an ideal option for constructing eco friendly structures throughout the world The book is ideal both for first time do it yourselfers and for experienced adobe builders seeking to improve their craft Drawing on the experience of more than fifty major adobe projects since 1993 *Adobe Homes for All Climates* describes Adobe Building Systems patented reinforcement and scaffolding systems showing readers how to construct adobe homes more easily and safely and with superior strength durability structural integrity and aesthetic appeal as compared to earthen homes of the past All aspects of adobe construction are covered including making and laying adobe bricks installing lintels and arches conduits and pipes doors and windows top plates and bondbeams ideal wall dimensions adobe finishes and other adobe construction components such as the inexpensive use of scaffolding These methods will produce a premium product that will meet and often exceed inspection standards Equipped with this manual you will be able to obtain a building permit make adobe bricks swiftly and confidently lay them up You will be able to beautifully finish your adobe walls with earth plasters creating stunning colors and outstanding light effects and create a beautiful energy efficient home that will last for generations to come

Sustainability in Energy and Buildings Shaun H. Lee, 2009-12-24 This volume represents the proceedings of the First International Conference on Sustainability in Energy and Buildings SEB 09 held in the City of Brighton

and Hove in the United Kingdom organised by KES International with the assistance of the World Renewable Energy Congress Network and hosted by the University of Brighton KES International is a knowledge transfer organisation providing high quality conference events and publishing opportunities for researchers The KES association is a community consisting of several thousand research scientists and engineers who participate in KES activities For over a decade KES has been a leader in the area of Knowledge Based and Intelligent information and Engineering Systems Now KES is starting to make a contribution in the area of Sustainability and Renewable Energy with this first conference specifically on renewable energy and its application to domestic and other buildings Sustainability in energy and buildings is a topic of increasing interest and importance on the world agenda We therefore hope and intend that this first SEB event may grow and evolve into a conference series KES International is a member of the World Renewable Energy Congress Network which is Chaired by Professor Ali Sayigh We are grateful to Professor Sayigh for the collaboration and assistance of WREC Network in the organisation of SEB 09 We hope to continue to work with WREC Network in the future on projects of common interest

Courtyard Housing for Health and Happiness Donia Zhang, 2016-03-09 Health and happiness are fundamental to human quality of life The United Nations World Happiness Report 2012 reflects a new worldwide call for governments to include happiness as a criterion to their policies The Healthy Cities or Happy Cities movement has been endorsed by the WHO since 1986 and a Healthy House or Happy Home is a critical constituent of a healthy city or a happy city Nevertheless the concept has not been fully explored Existing literature on the healthy house has often focused on the technical economic environmental or biochemical aspects while current scholarship on the happy home commonly centers on interior decoration Few studies have addressed the importance of social and cultural factors that affect the health and happiness of the occupants Identifying four key themes in Chinese philosophy to promote health and happiness at home this book links architecture with Chinese philosophy social sciences and the humanities and in doing so argues that Architectural Multiculturalism is a vital ideology to guide housing design in North America Using both qualitative and quantitative evidence gathered from ethnic Chinese and non Chinese living in the USA and Canada the study proposes that the Courtyard is a central component to promote social and cultural health and happiness of residents It further details courtyard garden house design strategies that combine a sense of privacy with a feeling of community as represented in courtyard housing The schemes may have universal implications

Environmental Science Daniel Chiras, 2010 Completely updated the eighth edition of Environmental Science enlightens students on the fundamental causes of the current environmental crisis and offers ideas on how we as a global community can create a sustainable future

Structures and Architecture Paulo J. Cruz, 2013-06-27 Although the disciplines of architecture and structural engineering have both experienced their own historical development their interaction has resulted in many fascinating and delightful structures To take this interaction to a higher level there is a need to stimulate the inventive and creative design of architectural structures and to persuade

Introduction to Environmental Physics

Peter Hughes, N.J. Mason, 2001-05-29 The changing climate and its affect on all of us is becoming increasingly apparent ozone depletion hurricanes floods and extreme weather behaviour Introduction to Environmental Physics challenges the way we think about how and why environmental change occurs This authoritative book aims to cover some of the more common and popular topics addressed in physics of the earth physics of the environment and environmental physics courses It provides an essentially non mathematical treatment suitable for a first year undergraduate level course The principle topics covered are the physics of the built environment the physics of human survival energy for living environmental health revealing the planet the sun and the atmosphere the biosphere the global climate and climate change With contributions from well respected experts on the subject this textbook contains a summary references and questions at the end of each chapter This is an ideal textbook for first year undergraduates in a variety of courses particularly physical geography physics environmental and earth science with worked examples illustrating principles and vignettes from scientists who have made a significant contribution to the field enlightening the student along the way As the authors say in the preface to this book At the outset of the 21st century there are many environmental challenges to be wrestled with and though the environment is changing the Physics is not

Natural Remodeling for the Not-so-green House Carol Venolia, Kelly Lerner, 2006 A guide to ecological renovation that explains simple steps people can take to make their homes more ecologically friendly and offers practical suggestions for project planning

Making Better Buildings Chris Magwood, Jen Feigin, 2014-03-25 Sustainable building from the ground up the pros and cons of the latest green and natural materials and technologies

The Chelsea Green Reader Ben Watson, 2014-12-02 Chelsea Green the Vermont based independent publisher has always had a nose for authors and subjects that are way ahead of the cultural curve as is evident in this new anthology celebrating the company s first thirty years in publishing The more than one hundred books represented in this collection reflect the many distinct areas in which we have published from literature and memoirs to progressive politics to highly practical books on green building organic gardening and farming food and health and related subjects all of which reflect our underlying philosophy The politics and practice of sustainable living The Chelsea Green Reader offers a glimpse into our wide ranging list of books and authors and to the important ideas that they express Interesting and worth reading in their own right the individual passages when taken as a whole trace the evolution of a highly successful small publisher something that is almost an oxymoron in these days of corporate buyouts and multinational book groups From the beginning Chelsea Green s books were nationally recognized garnering positive reviews accolades and awards We ve published four New York Times bestsellers and our books have set the standard for in depth how to books that remain relevant years often decades beyond their original publication date Chelsea Green was born from a single seed the beauty of craft Craft in writing and editing in a story well told or a thesis superbly expressed writes cofounder and publisher emeritus Ian Baldwin in the book s foreword Today craft continues to inform all aspects of our work design illustration production sales promotion and beyond It has even informed our business

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Environmental Science Daniel D. Chiras,2013 Completely updated the ninth edition of Environmental Science enlightens students on the fundamental causes of the current environmental crisis and offers ideas on how we as a global community can create a sustainable future Environmental Science 6e (paper)

Daniel D. Chiras,2013 When Technology Fails Matthew R. Stein,Matthew Stein,2008-03-27 Matthew Stein s comprehensive guide to sustainable living skills gives you the tools you need to fend for yourself and your family in times of emergency or disaster It also goes a step further giving sound instructions on how to become self reliant in seemingly stable times and for the long term by adopting a sustainable lifestyle Cover p 4

Human Biology Daniel D. Chiras,2005 Intended for non majors this textbook describes the structure and functions of each human body system explores the body processes that regulate chemical levels in the blood and body temperature and overviews genetics human reproduction and evolution The fifth edition trims the overall length by 20% while adding short essays on past scientific

The Natural Plaster Book Cedar Rose Guelberth,Dan Chiras,2003-04-08 For builders of natural homes straw bale cob adobe rammed earth and other natural materials this unique step by step guide takes the confusion out of choosing mixing and applying natural plasters From principles to practicalities and with every stage of the process illustrated The Natural Plasters Book details the entire process of plastering with earth lime and gypsum for a long lasting and durable finish Starting with an overview and history of the natural building movement the book handles a wide variety of topics including earthen plaster versus cement stucco tools and techniques of the trade plaster recipes and pigmenting plaster or painting walls with natural paints First time builders will appreciate tips on common mistakes and how to avoid them discussed at each stage of the plastering process Special focus is paid to the importance of planning and designing for earthen plasters before building begins The only comprehensive guide available on natural plasters this book is written for the growing number of people who have decided to build their own natural homes as well as for professionals Heavily illustrated with practical drawings and photographs it also includes an extensive resource guide listing books magazines videos builders and suppliers

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