



Let's think about the things around us that we wear and use, such as clothes, shoes, hats and bags.

We use and wear a variety of things in different parts of our lives. Check to see exactly how many of these things you own and use.

- Items for going to school (in summer and winter)
- Items for gym class and for exercise (in summer and winter)
- Casual everyday clothes that you wear when playing or spending time with your family
- When going out with your family
- When at home
- When going to bed



I have lots of clothes that I hardly wear anymore.



Let's think about how clothing is made and how it reaches us.

Materials used to make clothes

Natural fiber Synthetic fiber

Raw materials: Cotton flowers, silk Raw materials: Oil, pulp, etc.



Clothing factories

The raw materials and fabric are used to make many kinds of machines are used to make clothing from cloth and fabric.



Retail shop



We buy clothing at the store.



Let's look at where the raw materials come from.

Clothing is also made using the planet's precious resources. It takes a lot of energy simply to bring these resources and clothing to us, but much clothing is still thrown away.



People often just throw out clothing that no longer fits or that is no longer in fashion



For more on waste please see p. 14.

Textiles and fibers used in products

Fiber can be made from natural materials or man-made materials.

Natural materials (natural fiber)

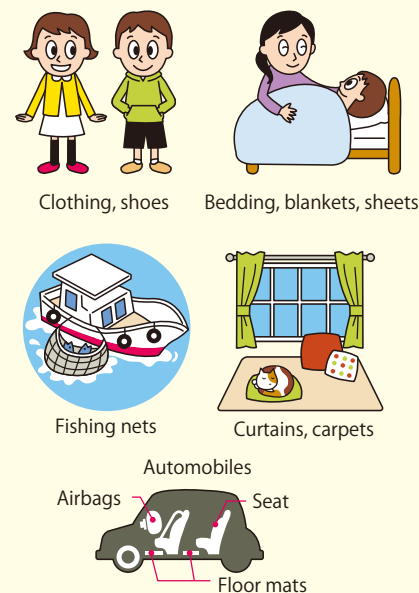


Man-made materials (artificial fiber)

Many man-made fibers are made from petroleum.

How fibers are used

These are used in many of the objects around you.



Source: Japan Chemical Fibers Association

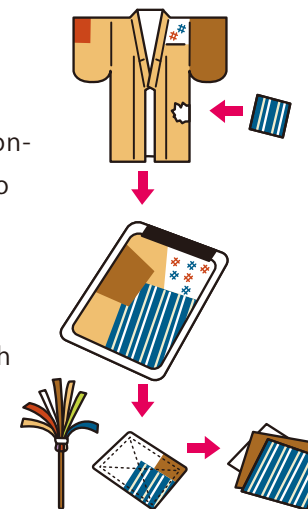


Let's think about what steps we can take to keep clothing from going to waste.

Wisdom and tricks from the past

Edo Period

During the Edo Period (1603-1868) it was common-place for people to wear used or recycled kimono or clothing. There were even shops that carried only old clothing and people that would walk around peddling scraps of fabric. Old cloth that couldn't be used for anything else was used, such as in the form of cleaning rags.



Meiji, Taisho and early Showa eras

During these periods, people often made their own clothing. Rather than throwing away old cloth, people made it into useful clothing, such as purse-like bags and aprons, or toys for playing, including dolls or traditional *otedama* beanbags. When a piece of clothing got too small, it would be given to a smaller sibling or someone in the neighborhood as a hand-me-down and, in this way, recycled.



Let's think about what we as people living today can learn from the way people used to live.



- Think about whether something really is necessary before buying it.
- Before throwing something away think about whether it can still be used.
- Think about whether there is a different way to use things you no longer need.
- Buy things that will last for a long time.

These are things to think about in reconsidering your way of life. You can probably think of many things you can do in your life to help the environment.

Countries where children lack things.

There are countries where people throw away things that are still perfectly usable. At the same time, there are countries that are poor and where the people don't have enough things. Sometimes, in these countries the children do not have the luxury of being able to go to school, but instead have to work, such as in jobs making clothing. As a result, they can't even go to school.

Let's think about ways of recycling clothing.



Being careful to use things without being wasteful saves massive amounts of energy and resources. And this translates into a lifestyle that is easier on the environment.

