

June 6

? WHY THE WEATHER ?

Dr. Charles F. Brooks,
of Clark University,
discusses:

DAYLIGHT SAVING IN HOT WEATHER

In hot weather workers in towns on daylight saving time are likely to be either too cool when going to work or too hot when returning, for on daylight time it is both cooler at the opening hour and warmer at the closing hour than on standard time. It is a great advantage, however, to leave factories and offices relatively early in the afternoon. For, as the temperatures in buildings lag behind those in the open, buildings do not usually reach their hottest till after 4 p.m. standard time, or 5 p.m. daylight time.

Though the long, light evenings of the daylight schedule are welcome, children and other early retirers find that the greater heat and light make it hard to go to bed, or at least to sleep, in due season. Unfortunately, many are not blessed with sleeping porches and must cope with the temperatures of indoor sleeping quarters, which always lag behind the outdoor temperatures. Hence, the sad fact that the upstairs rooms are likely to have reached their maximum temperature at about 7 p.m. daylight time, when the conscientious mother is trying to say good-night to the 3 or 4 year olds. It is easier to make children sleep to a reasonable morning hour on standard time, for the room is cool and may be darkened, than it is to persuade them to go to sleep on daylight time, when it is not only light but also hot. Apparently the only solution is shorter sleep for children, as well as chickens, during summer months, particularly if one is on daylight time.

(Tomorrow: Dressing for the Weather)