

June 7

? WHY THE WEATHER ?

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

DRESSING FOR THE WEATHER

Although the range in temperature, or change during the day, is sometimes troublesome to cope with, the variability or change from day to day is, on the whole, less orderly and less expected, and hence more difficult to meet. He who would make his apparel vary directly with the temperature must be alert and agile and withal a good forecaster. Too often the relation becomes an inverse one, because we lag behind the weather and change too slowly. Thus, when a single hot day is followed by a cool one, people will dress too warmly the first day, then change to lighter clothing and be too cool on the second day. Again, our tendency is, naturally, to dress by the season, or in accordance with what we think the temperature properly should be, rather than to follow the freaks of individual days. So it is not surprising that on a hot day in spring people will be uniformly overdressed, while on a cool day in late summer their thin clothing will expose them to chilling. On a day in April when the temperature was at 85 degrees, observation of persons during a trip in town showed that over 95 per cent were wearing outside coats, mostly overcoats. And how hot they were! In the case of babies and very young children who can not say when they are too hot or too cold, the variability of summer temperatures calls for especial watchfulness. It would be a mistake, however, to infer that a very equable climate is the ideal one. A certain amount of temperature variability is a highly desirable stimulant.

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