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? WHY THE WEATHER ?

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ACCLIMATIZATION

Acclimatization is no more than adjustment to climate. When one moves from one climate to another he usually must make more or less major changes in his habits of living. Take for example, the change a New Englander has to make when going to Florida or southern California in winter. When the shift is from a less to a more nearly ideal climate the adjustment is usually made readily, and is to the benefit of one's health. But when the change is from a better to a worse one, great care needs to be taken. In entering humid portions of the tropics a white person must descend to a lower plane of activity, a more cautious scale of eating, care against chilling, and a more meticulous avoidance of insects and other sources of infection. Acclimatization to our own climate is by no means what it should be. Not infrequently we are thrown into tropical weather faster than we could go if travelling. The weather may come suddenly to us. Yet how many of us can shift at once to tropical habits. A tourist who wore his overcoat on a hot walk in the tropics would be considered crazy, yet the shopper in a northern city in almost identical heat, may have 95 per cent of the others sweltering with him in overcoats. By the time we get ready to discard the coat, the weather turns cool suddenly and catches us napping. Our speed of reaction to hot weather is hardly faster than the quickness of the changing weather, so we are likely to get out of step and be too hot or too cold, and suffer more or less ill health in consequence. We do not have to endure, however, the interminable heat and insects of the tropics. Moral: In summer watch the temperature forecasts and the thermometer, and keep up your bodily water supply.

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