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? WHY THE WEATHER ?

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CLIMATE AND HEALTH

Weather affects people's health and vigor very directly. Prof. Ellsworth Huntington points out many ways in which the energy of a community can be measured and seasonal changes detected. The rate of growth of children may be studied, or the quality of school work; or the output of piece workers, or the death rate may be considered. In the United States and other temperate regions four definite periods a year are noted, corresponding in a general way to the four seasons. Health conditions are best usually in early fall, then a decline starts in as cold weather begins. If anything as vague as "general efficiency" can be measured, we might say that it has dropped 20 or 30 per cent by January or February. With spring health improves again until in May or June conditions are almost as good as in the fall. Hot weather, however, brings another decline. In very hot Julys general health may be no better than in January, though digestive troubles rather than colds are the common ailment. In Canada, or the northernmost United States the long winter is the only unfavorable period and people are at their best from July to September. Similarly, in the extreme South of the United States there are only two periods, but the short winter is the favorable one, and the long summer shows a pronounced decline in health.

(Tomorrow: Rods Vs Lightning)

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