

No. 697

A Science Service Feature

Aug. 5

? WHY THE WEATHER ?

By Dr. Charles F. Brooks
of Clark University.

THE ART OF KEEPING COOL

Half of the weather forecasting story is the use the people make of the warnings. With the approach of a hot wave we usually do nothing. Our technique for keeping cool is not at all well developed. In hot weather we begin to understand the practices of tropical peoples. We learn why they wear little or no clothing, why they don't like to work, why they close their houses during the hottest hours of the day, and why they get sick at times from spoiled food or from nocturnal chilling. And we begin slowly to adopt their methods of living and outlook on work.

With this experience why not get ready for hot spells when they are forecast? In summer you stop the plant for heating your dwelling, of course, but, unfortunately, a person's own private body furnace has to be kept going. No matter how hot the weather, just the process of living makes one produce heat. And if the body cannot get rid of surplus heat fast enough, fever and heat stroke result. Remaining quiet, avoiding "heating" foods, and drinking much cool water may not provide sufficient relief. But the coolness of the cellar is usually available. Thin, wet clothing, and a fan may also be resorted to. At night placing your bed against the wall under a window open top and bottom will help, for the cooler outside air cascading over the sill must cross the bed before descending to the floor.

(Tomorrow: Wind Velocity and Altitude)

All rights reserved by Science Service

SCIENCE SERVICE,
B and 21st Sts.,
Washington, D.C.