

A Science Service Feature

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? WHY THE WEATHER ?

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Authority on Meteorology

WEATHER AND HEALTH

At a recent meeting of the Royal Astronomical Society of Canada Dr. John B. Fraser advocated the publication in the newspapers, along with the weather forecast, of advice concerning the precautions that people should take to protect their health from adverse effects of the predicted weather. For example, when very hot weather is predicted (temperatures from 95 to 100), the following list of health hints would be in order:

"Danger of sunstroke, heat stroke, giddiness, blinding headache.

"Horses also affected.

"Safeguards: Seek rest and shade. Dress loosely, avoid violent exercise and excess of fatty food. Use iced drinks moderately."

Other lists are suggested for various conditions of temperature, down to zero weather; also for cold and damp weather, thunderstorms, etc.

While most of the "precautions" listed by Dr. Frazer are rather obvious and familiar to the public, there appears to be the germ of a good idea in his suggestion.

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