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? WHY THE WEATHER ? Mailed December 3, 1932

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TEMPERATURE CHANGES AND HEALTH

A moderate amount of variability in temperature is beneficial to health, comfort and the performance of physical and mental work, but on the other hand extreme and abrupt changes in temperature, such as are experienced in passing from a warm room into cold air outdoors, are believed to be harmful; partly, at least, through their effects on the tissues of the nose and throat, which are the portals for the entry of respiratory diseases. A recent digest of information on this subject, published in the annual "Guide" of the American Society of Heating and Ventilating Engineers, says:

"Experiments show that chilling causes a constriction of the blood vessels of the palate, tonsils and throat, which is accompanied by a fall in the temperature of the tissues. On rewarming, the palate and throat do not always regain their normal temperature and blood supply. This anaemic condition favors bacterial activity and it is believed to play a part in the inception of the common cold and other respiratory diseases.

"Sickness records in industries seem to strengthen this belief. The industrial Fatigue Research Board of England found that in workers exposed to high temperatures and to changes in temperature, namely, steel melters, puddlers, and tin-plate millmen, there is an excess of all sickness, the excess among the puddlers being due chiefly to respiratory diseases and rheumatism. The causative factor was not the heat itself but the sudden changes in temperature to which the workers were exposed."

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