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Ocean coolness! In summer many go to the seaside for recreation and refreshment. They might as well go there in winter, for the same reason. Why? It is a remarkable fact that of all common substances water has the greatest capacity for heat; that is, it takes more heat to raise water to a given temperature than air or soil. Therefore, as the air gets most of its heat by contact with the earth's surface, the seaside air is cooler than air in the interior because it takes much longer for the ocean water to warm up than the interior soils. On the other hand, since it takes water a long time to cool off, the seaside is warmer in winter than the interior.

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