

For release  
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Hardy Finns! It is remarkable how wide a range of temperature may be endured by human beings with no bad results. An author writing early in the 19th century relates how the Finns indulged in hot vapor baths obtained in their bath huts by throwing water on red hot stones. They remained in the bath about one-half hour, rubbing and switching themselves, after which they would go outside and roll about in the snow, where the temperature would often be 20 below, thus experiencing a change of 160 or 180 degrees in the space of a minute, without the least apparent inconvenience. The Finns believe that their strength is recruited as much by the bath as by rest and sleep. -----