

Keep cool

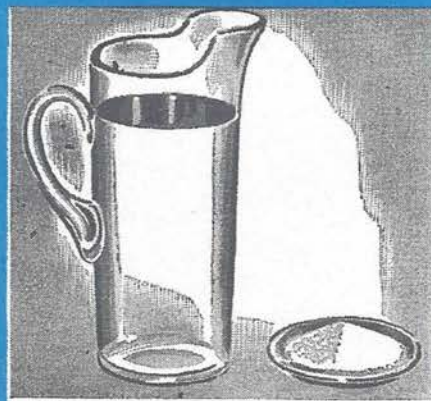
Some hints on how to help the body do a cooling job.

ALL right, so it's hot out. But don't rely entirely on air conditioners, fans, and other mechanical aids, even if you have them. There are simpler ways to comfort during dog days.

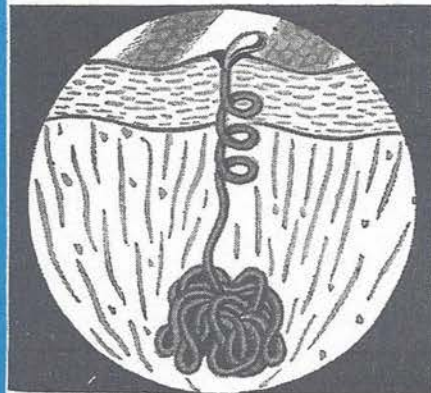
Most important are the right food, drink, and clothing. Stay away from proteins, stimulants, and iced beverages. The psychological effect of one iced drink is fine, but more than that reduces the blood circulation in the skin area and interferes with radiation of excess body heat. Wear light clothing of smooth, porous yarns. In a pinch, try running cold water, or putting a cold washcloth, on your wrists. The blood comes close to the surface there and will be readily cooled.

Drawings by Eric Mose

Sweat beats heat



Average man loses 3 quarts of water and 1½ ounces of salt on a hot day.



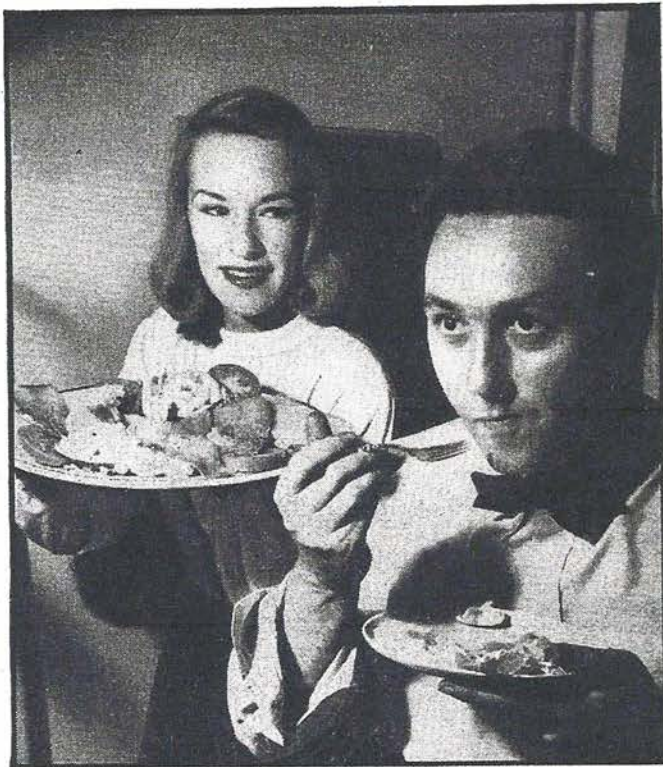
Half of water, excreted by the sweat glands, cools body by evaporation.

SCIENCE ILLUSTRATED

The coolest of summer clothing is made from smooth yarns like rayon or linen—open in weave, light in weight and color. Dark tints absorb heat from the sun's rays.



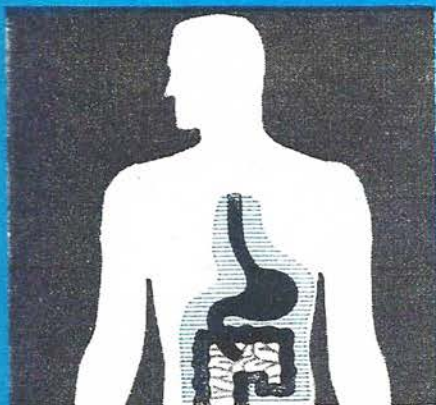
Resist that tempting mint julep; alcohol and other stimulants warm you. Drink un-iced water, instead, and eat salty foods to replace the moisture and the salt you lose through heat.



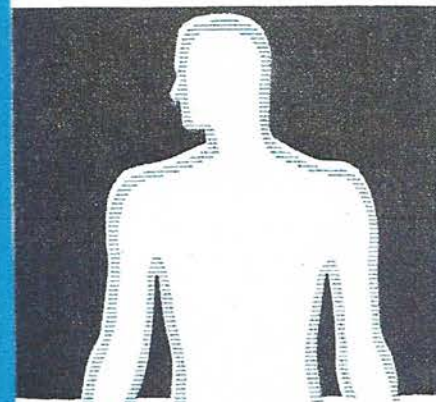
Cut down on protein foods (eggs, meat, fish), in favor of carbohydrates (starches) and vegetables served attractively in order to stimulate appetite enough to maintain health and strength.

Photographs by Peter Martin

Help your "radiator"

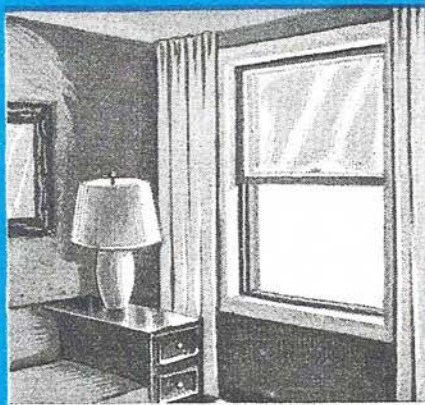


Wrong: Iced drinks draw blood from skin to stomach, cause overheating.

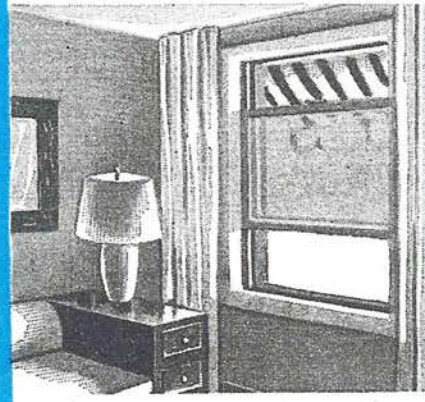


Right: Normal blood supply at the skin helps remove body's excess heat.

Lighten, open rooms

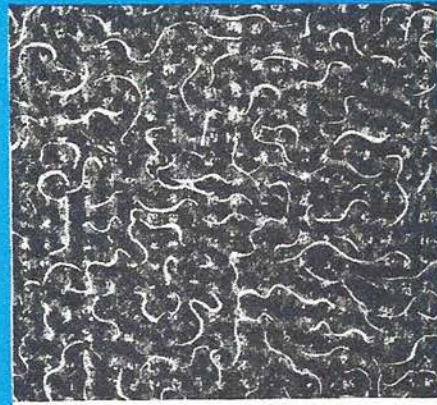


Wrong: Dark walls, unshaded window open at bottom, make room stuffy.



Right: Light colors, shades, window open top and bottom, give coolness.

Air yourself



Wrong: Rough, closely woven cloths keep moisture-laden air next to skin.



Right: Open weaves, promoting flow of air, speed heat loss, evaporation.