

HYGIENE

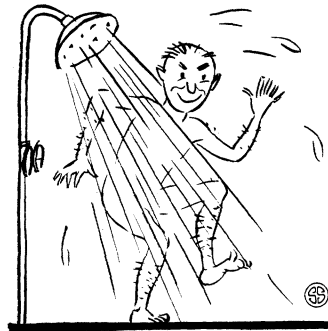
# Keeping Cool in Hot Weather

Ten Pertinent Suggestions On What to Do And Not To Do in Order to Live Enjoyably During the Summer's Heat



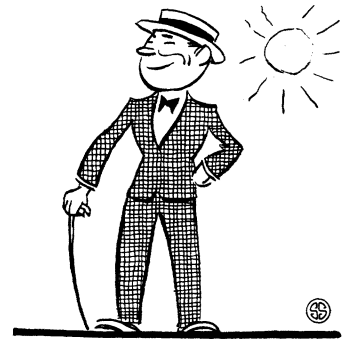
## COOL DRINKS

DRINK your cold beer or your iced tea or lemonade slowly. Don't take your cooling drinks too cold. A quantity of cold food or drink taken into the stomach quickly may interfere with digestion and cause you some distress. Moderation in the temperature of your food, in the amount you eat and drink, and in the speed with which you imbibe it is a wise procedure, summer or winter.



## EVAPORATION

COOL off with cold baths—as cold as you can stand—and finish the job by drying off without a towel. When water evaporates from the skin it takes the heat with it, producing a true refrigerating effect. That is why perspiration helps to cool you. But keep out of drafts when your body is wet, especially if your underclothing is wet from perspiration, to avoid rheumatic pains.

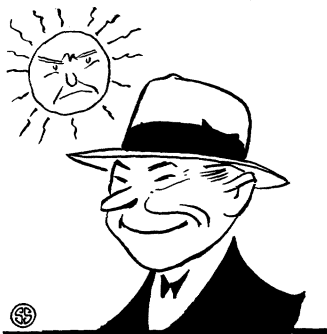


## POROUS CLOTHES

LOOSE, coarse-meshed porous clothes are the smart thing to wear in hot weather. For such clothing allows ventilation of the skin and ready evaporation of the perspiration which cools the body. Close clothing keeps a hot humid layer of air in contact with the skin. In hot weather the chief protection of the body against a rise of body temperature and a heat stroke is the cooling that comes from the evaporation of the perspiration. Anything that promotes this evaporation, such as currents of air, helps to keep the body temperature from rising. Hence the value of loose porous clothing.

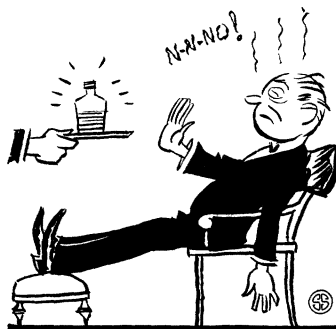
## HATS

THE PANAMA hat is the coolest headgear you can wear. Tests showed the air was twenty degrees cooler inside this hat on a sizzling summer day. Besides keeping off the direct heat rays of the sun it permits a ventilation of the enclosed space between the hat and the head. The ordinary stiff straw is nearly as cool, but if you don't wear straw, choose a soft felt in preference to the close fitting cap.



## INTOXICANTS

IF YOU FEEL faint during the hot weather, lie down or sit down at once. This will relieve your heart from strain. But don't take whisky or brandy for this faintness. Cold water on the face is safer and more effective. Call a physician if you don't get relief. If heat has made you faint before, you are likely to suffer when the next hot wave comes, so spend the hottest hours resting if possible.



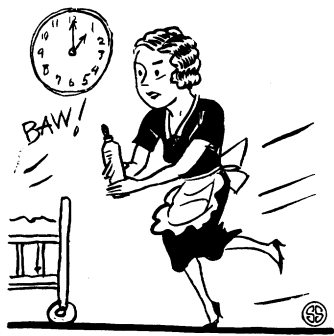
## SALT

A SMALL pinch of salt in your glass of water will help you fight the heat if you must do hard muscular work in very hot weather. The extreme perspiration at such a time drains so much salt from the body that exhaustion may result. This loss of salt is said to be the cause of heat cramps suffered by miners, steelworkers and stokers who must work at high temperatures.



## CHILDREN

REMEMBER that babies and children feel the heat too. They should be fed regularly, summer and winter. But in hot weather don't force them to eat when not hungry. They should not be overdressed. Keep them as quiet as possible during the hot spells. Special care to keep baby's milk fresh and pure will prevent much sickness and distress.



## COLD WATER

FOR A QUICK cool-off on a hot day, dip your arms up to the elbows in cold water, the running water from a faucet, for example. All the blood in your body runs through your forearms in a few minutes. So if the water is cold, you can quickly cool down the body by this simple procedure.



## SUMMER COLD

IN YOUR EFFORTS to keep cool, don't catch cold. For the summer cold is as uncomfortable as the winter gripe and almost as dangerous, health authorities point out. Light clothing is fine for the dog days, but don't go on wearing it when they are over and don't scorn a wrap on a cool evening. Keep out of drafts when the underclothing is soaked with perspiration.



## DIET

EAT LIGHTLY for greater coolness in hot weather. Food is the fuel that heats your body from within. Cut down particularly on the protein foods, which are the most heating. Chief protein foods are meat and eggs.



## CHEMISTRY

### New Method of Cheap Zinc Plating Developed

A COMMERCIAL process for plating zinc on metals that may make zinc plate cheaper than tin plate has been developed by Sherard Cowper-Coles, inventor of the sherardizing process for making iron and steel rustless.

The product has a grayish, smooth appearance as contrasted to the shiny

brightness of the familiar tin can. It is claimed that it will not rust or corrode even at a roughly cut edge. This property would make it extremely valuable for motor car fenders as the zinc plate would take the place of the priming coat of enamel.

Standard size sheets of steel can be plated by sending them through electrolytic baths on rollers. Bars of zinc metal dip into the bath and form the

positive pole of the electric circuit. With this mass production scheme in operation it is claimed that the cost of production is less than for tin plate mainly because zinc is cheaper than tin.

The process can be extended to brass and copper plating with only the appropriate changes in the anode materials and the electrolytic solutions.

*Science News Letter, August 12, 1933*

## FORESTRY

### Experiments Cast Doubt On Orthodox Forest Creed

STRIPPING off the forest cover does not decrease the water which can be obtained from a given area of land; contrary to widely accepted beliefs, it actually increases the water yield. This disagreement with orthodox forestry creed is presented by W. G. Hoyt and H. C. Troxell, hydraulic engineers of the U. S. Geological Survey, as the result of experiments which have been conducted in two typical watersheds in the West, one of which was deliberately deforested, while the other lost a chaparral cover accidentally through fire.

By measuring the water yields before the forest cover was removed, immediately afterward while the ground was still bare, and through several subsequent years while the areas were growing up in brush, a considerable mass of comparative data was accumulated.

The total annual run-off from both sample areas was increased, 15 per cent. in the case of the cut-over forested area and 29 per cent. from the burned-over chaparral area. This is considered evidence that forests and brush do not "conserve the water supply." One very important factor in the reduction of water obtainable from a forested area, the two engineers hold, is the loss of great quantities of water through evaporation and transpiration.

The increased run-off was not confined to sudden destructive flood periods, Messrs. Hoyt and Troxell state, as the summer low-water flow was increased on one area 12 per cent. and on the other area 400 per cent. It was true, however, that the loss of vegetation did increase normal flood heights.

Messrs. Hoyt and Troxell conclude, on the basis of these and other facts learned from the two areas studied that reforestation to increase the annual yield or low-water stream flow will have an opposite effect.

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