

HOW TO KEEP COOL

A. Dress against the heat.

1. Protect the skin from the direct rays of the sun with loose, cotton clothing that fully covers the arms and the legs. In countries where the weather is very hot, clothing is loose fitting and covers the body well.

2. Choose light colors that reflect the heat and thus keep the body cool.

3. Wearing long sleeves, in summer and winter, prevents the "alarm reaction" of the adrenals. This alarm causes a vigorous adjustment in the nervous system and the sensation of extreme overheating if even a light sleeve is worn in warm weather. The reaction is paradoxically characterized by an intolerance to covering the arms. It is an adaptation response of the nervous system to the stress of chilling.

B. Keep the head cool while in the sun by wearing a hat, avoiding the midday sun when possible, and by drinking plenty of water to promote free sweating.

C. Eat lighter foods, emphasizing fresh, raw fruits and vegetables. Heavy or sweet foods, fatty foods, or high protein foods cause much heat production.

D. Water. Perspiration can be promoted by drinking plenty of water. The skin and the lungs, which are the natural temperature controls of the body, can be much more efficient when an abundance of water is taken in.

E. Pop, coke, and flavoured drinks actually cause you body to have to use extra water to flush out the sugar and chemicals! A glass of coke takes more water out of your body than it adds. The high sugar or chemical sweeteners in pop and flavoured drinks, frozen punches etc. only makes you hotter and more thirsty. Water with a bit of unsweetened fruit juice added queches thirst and helps your body cope with heat much better. You can make great freezies for children by getting popsicle maker trays from the dollar store and filling them with real, pure unsweetened juice. Much better for the health than the chemical syrup in the commercial ones.

F. Do some wise planning to avoid rushing and excitement in hot weather.

At splash pools even on very hot days, watch out for chilling of a child's limbs and body.

Eating or drinking icy food or drinks when one is very heated is not wise and can lead to illness.