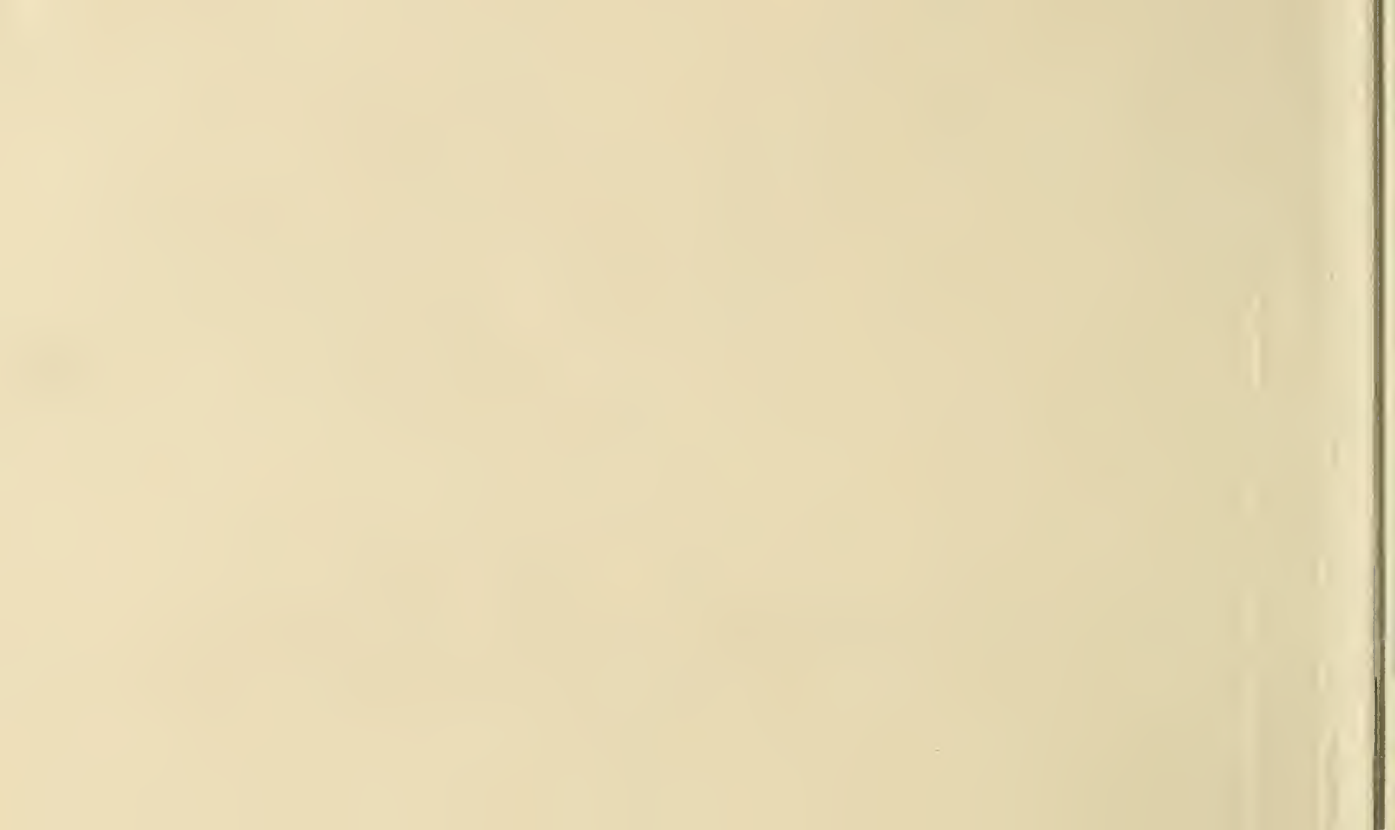
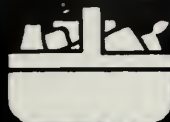


Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.





CONSUMER TIPS > >

KEEPING COMFORTABLE & HEALTHY IN HOT WEATHER
(Information from U.S. Public Health Service)

1. Exercise - take it easy; don't be too active when sun is at its peak; don't suddenly exercise a lot when you haven't been active all winter; don't exercise just before or just after eating. Swimming is healthy summer sport.

2. Sleep - get plenty of sleep at regular hours; try fan in bedroom to keep air moving; don't sleep in draft.

3. Baths - cool showers keep body invigorated, refreshed;

4. Food - don't completely change diet habits; eat less

heat producing foods, like fried foods, gravies, fats; eat plenty fresh vegetables, fruits; lean meat, fish & poultry, milk, eggs, cheese--good warmweather proteins.

5. Water - drink at least 6-8 glasses a day; if you sweat a lot, replace salt by drinking salty water or eating salty foods occasionally.

6. Clothing - wear light-weight, light-colored, loosely fitting clothing; cotton, linen good summer fabrics, also gingham, percale, chambray, seersucker, medium-weight broadcloth for women's dresses; seersucker, hopsacking, linen, linen-like cottons, gabardine for men's suits.

CONSUMERS' COUNSEL DIVISION
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WASHINGTON, D. C.

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