

HEAT

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After a hello in a British street the next usual topic of conversation is the weather. I have always been unable to understand why we British are so interested in the weather.

I have lost count of the number of people who on a very warm or even hot day say, "Isn't it a lovely day?" And if you dare to say that it is too hot you may be subject to criticism and personal attack. One lady retorted, "I get really angry when we get only a few days of decent weather and someone complains!"

Cold weather brings its problems. Old people do die of the cold but, the majority of us, when cold, can put the fire on or put on another sweater and get warm. When the weather is hot it is much more difficult to get cool and comfortable, and the fact of the matter is that very warm weather is far more injurious to our health than the cold weather ever is.

Hypothermia is not only brought on by the cold. It can occur after strokes and heart attacks or following unconsciousness after alcohol poisoning. And, as it is known that strokes and heart attacks occur more often in warm and hot weather and that the consequence of some such illnesses is hypothermia, it can be accurately said that the heat caused both the illness and the subsequent hypothermia.

The incidence of skin cancer caused by the heat of the sun is rising rapidly and yet people still walk around or laze about on the beach or at the side of the pool in the bare minimum of clothes and these are the people most at risk from skin cancer. But they don't listen!

Some even state that a good quality skin barrier cream is all that is needed and yet the people that use such creams and lotions still get skin cancer. Many medical experts have said that applying these protective oils is the same as frying an egg in a frying-pan! The sun is the heat, the lotion is the oil and you are the egg!

There are now 60,000 new cases of skin cancer a year in Britain caused by exposure to the sun. Last year 2000 people in England died of it, mainly young women who sunbathed in the bare minimum of clothes and most of whom wore barrier creams such as factor fifteen. But not only those. It was found that girls who did not sunbathe but dressed in the summer in low tops and miniskirts also contacted skin cancer and some died really horrible deaths. This is why in the Middle East, and elsewhere, women are always fully covered and skin cancer is rare.

A television documentary recorded the skin levels of six girls about to go on holiday in the sun. Level one was the safest level but level 10 was dangerous. All but one girl came back with level 10 which is dangerously high. The final girl was at level one before the holiday and came back at level 7 and yet they used safety creams most of the time.

The tests were carried in a reputable hospital.

Skin cancer in young women is often due to their sexual vanity and their parading themselves in the sun.

It is also proved true that because women and girls sunbathe and swim in very revealing attire during the summer and hot weather that this is when there are more sexual attacks upon women. It is also true that low tops and short skirts also encourage more frequent unwelcome attention and attacks. But the cry goes up that women should be able to wear what they want. That being so, there are bounds to be greater risks.

But no one listens! Women like to show off their bodies and for men to look!

This article is not intended to either preach or moralise but the Biblical teaching is that women should be modest in their dress and covered at all times. In view of the non-Biblical injunction, common sense and medical science agree! Proven facts agree!

Asthma is far more dangerous in warm weather and many asthma sufferers actually die from asthma attacks brought on by the heat of the sun. Comparatively few asthmatics die in cold weather.

This respiratory disease has symptoms which non-asthmatics also suffer. Hot weather causes many to have difficulty in breathing and often when it is hot it is said that there is no air about.

Nowadays, one in three people in British suffer from allergies because of the warmth of the sun and become really ill. Antihistamine tablets are proving less effective and some people suffer all through the summer with runny eyes and nose, constant headaches, painfully sore throats and feeling very low and miserable. And it is due to the heat of the sun!

There is heat exhaustion, heat stroke and sunstroke. It causes loss of consciousness as well as liver and kidney damage and can result in death. There are no conditions known as cold exhaustion or cold stroke.

There are more colds and influenza in summer than in winter months. Doctor's surgeries are busier in the hot summer weather than at any other time of the year, although a warm winter, or a mild winter, can encourage colds and influenza.

In the excruciating heatwave of July 2003 chemist shops were inundated with people wanting medicines for colds, sore throats, runny noses and dry coughs. Boots the chemist issued figures to show that the sales of these products were the highest ever. I actually saw queues waiting for chemist's shops to open and some of these queues were 70 strong.

Hot weather causes germs and bacteria to breed rapidly whereas the cold weather kills many germs. More people die of heart attacks and strokes in the hot weather than in the cold weather.

The hot weather causes people to be irritable, it increases 'road-rage' incidents, and even fatal accidents in addition to all the illnesses and allergies mentioned.

Even the most placid people can and do get very grumpy in hot weather.

Heath and forest fires are prevalent in the hot weather and these devastating fires spread to farm buildings and crops and even houses. Some of these fires are caused by children or a dropped cigarette-end but a percentage is caused simply by the heat.

The London Fire Brigade have cited cases of house fires, some of which have caused fatalities, due to the sun shining through windows and setting curtains alight.

In August 2003 we were promised the hottest day since 3 August 1990 when the temperature hit 98.8 degrees Fahrenheit. Britain recorded the hottest day ever in the UK when the temperature reached 100 degrees Fahrenheit. Railway tracks are buckling in the heat and could cause fatal accidents. Tarmac is melting on the roads and there is smog which is very dangerous for those with heart and respiratory problems.

In Wolverhampton in April the hottest day ever in that location was recorded, and this was in April!

Over eleven thousand people in France have died directly as a result of the heatwave so far this year. This is official from the French Health Ministry. The figure currently stands at 11, 435.

So far, the year 2003 has been the longest and hottest summer on record. And it isn't over yet!

It is the sun worshippers who are putting their lives at risk and yet many reject all this medical evidence and call people who warn of these dangers spoilsports and killjoys! After all, girls must get a tan and show off their bodies! They like men both to look at them and sexually fancy them. It panders to their vanity.

Sun beds are potentially lethal. But women must have tans and as someone has quipped, "A sun bed can give you a tan to die for!"

The sun worshippers are wrong. Very warm and hot weather kills and causes suffering and on a far far greater scale than does cold weather.

But people don't listen and will not accept the irrefutable medical evidence.

WARNING

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