

These tips are written for my students, people of Los Angeles who have prevailing westerly winds off the ocean, but could be applied anywhere if you understand wind direction and reversal, and "track" the times of day winds reverse due to topography or differential heating and cooling. Wind and water are our friends.

Dress: Although a lot of people like to wear black, and women's clothes are mostly made to cling and show maximum skin and shape, these are not the best for hot weather. Loose-fitting, light-colored clothing made of lightweight, breathable fabrics are much cooler. When I first worked in the African desert, I wore tank tops thinking they'd be the coolest, but loose, lightweight T-shirts were much better as they allow evaporation of sweat.* Theme park mist-ers are a model: use a spray bottle on your arms, face, and neck if you like. Perspiration and evaporative cooling are our friends (it's part of the water cycle!), as long as we remember about:

Hydration: Our body is made up of about $\frac{3}{4}$ water. If we lose body water to the air in hot weather, we must drink at least a gallon of water a day (eight 8-oz. cups), and more is better on really hot days.

If you feel dizzy or light-headed when hot, try to drink water and lie down so the blood can re-circulate in your head. See my blog on "Why dry air depletes us."

Sun protection: Lightweight, light-colored hats (you can always wet them if you're hot), sunglasses with UV filtering, sunscreen (I wear 2 different brands at once on long hike days, e.g., Backbone Trail, and lately, have been wearing long sleeves for gardening). Surfers do well to put sunscreen on their scalps, and maybe keep their hair a little longer. (My dad had to have some cancerous skin cut from his scalp.)

Keeping heat waves out of the house: If very hot days are predicted, e.g., a humid July, just after sunrise, close windows and doors, and double-layer the windows to trap the cool night air inside. I just made new drapes from my quilts (with loop hooks bought in curtain hardware). Instead of expensive curtain rod brackets, I used strong white birch branches (albeit, they're a little asymmetrical so far). Venetian blinds or sheer curtains won't keep out all the intense heat if afternoons are in the 90s or 100s: most of us don't have air-conditioning, and usually don't need it. Sheets, tablecloths, or other pretty fabric can be hung up with shower hooks or safety pins, simple curtain rods and nails. It's just temporary, and I often rotate curtains 2x/year anyway just to have different colors or fabric to look at in different rooms. I've made several sets of curtains with colorful fabric and duct tape: my friend from college, Tim Nyberg, started

Duct Tape Guys website (check it out; they're famous):

http://www.ducttapeguys.com/new_intro/index.html

If that doesn't work: Go to the mall.

If you have kids: try to take them on outings so they don't get "cabin fever," because if the house is closed up with extra layers during the hot part of the day, the air gets stuffy. Libraries, shade at the park (and remember spray bottles with water), and other inexpensive air-conditioned places are good. We often shift into a more nocturnal schedule during summer vacations, and go out to a bookstore or walk in the cool evenings. (In Cairo in July, they even had outdoor vegetable markets at 10:30 p.m., because the whole city comes out at night.)

Creating a wind tunnel at night: This is fun; it's like "harvesting." If you have east and west windows and there's an ocean breeze, put a fan pointing east in an east window (i.e., like an exhaust fan to suck warm air out), and let the wind blow through. If the air is still, you may want to have another fan coming in on the west (ocean) side. Wipe the screens clean, or remove and wash them with detergent and a hose, because particulates from refineries (El Segundo, Torrance, Wilmington, etc.) trap tiny bits of petroleum, and they trap windblown dust and pollens. There are mosquitoes around, so it's better to have screens, and if you can afford them, security screen doors for night air are worth the money.

When a big High pressure dome pushes desert air over the city and ocean, be careful when the wind first reverses because it's bringing the desert air back. (Usually, the South Bay gets cool afternoon sea breezes.) The other day during our heat wave, I watched, and it took 6 hours (!) until near sundown to cool off, and that's a lot of desert air! People think these are the "offshore winds" predicted from the night before, but they're ocean winds bringing desert air back in, at first.

Having a sense of humor instead of anxiety:

Above all, life is an adventure because we can't control or predict everything. It would be boring otherwise. A lot of people like to take vacations in the tropics, so global warming will bring some tropical and subtropical weather to us. It is **normal** for Earth's climates to change, and we should do all we can to reverse the human causes of carbon emissions and deforestation, reducing energy use and planting trees, walking more, etc. Other than that, instead of being in "ongoing crisis mode like the mood of the local news," we should have a sense of humor, creativity, inventiveness, and adaptation.

When all else fails, if it gets too hot, just "hose down." :-)

* On our Satwiwa waterfall hike, I'd forgotten sunscreen, so changed from my T-shirt to my lightweight cotton jacket (with long sleeves), and was amazed by how cool it was because air circulated underneath where my stomach skin was exposed to the air. All our skin pores perspire, but if we trap heat with clothing, we don't experience the "goal of perspiration, evaporation." Think of elephants' ears in the tropics, and their large body size generating heat that their ears cool through blood circulation. It's pretty cool.