

The Telegraph



JOYSTICK TO REMOTE

Jonathan Nolan on adapting video game to small screen **P2**



IFS AND BOTS

Will AI impact the 2024 general election? **P15**

MALE BESTIES

The liberal ideal of friendship is hard to realise in India **P14**

RETURN OF SKY

Boost for Mumbai Indians ahead of DC tie **P17**



48 PAGES

CALCUTTA SUNDAY 7 APRIL 2024 ₹ 7.00

XXCL

www.telegraphindia.com

ADVERTISEMENT FEATURE



Scientific ways to battle the summer heat wave this season



Sanjib Acharya
Owner, Serum Group
Mob: 98300 12154

With Poila Boishakh around the corner, the sunny skies have left the common man struggling with the increasing heat. An individual needs to adapt both a healthy diet and comfortable dressing to the weather to combat the ill effects of the weather. These are:

Wearing the right attire

Synthetic or natural fibre? What to choose? While synthetic fibres include Nylon, Terylene, Polyester, and others while natural fibres include Cotton, Tussar, Garad and Silk. Airflow through the fabric is challenging in synthetic fabrics while for cotton clothes, it is easier owing to the hundreds and thousands of pores in them. Mixing high-grade synthetic fibres with cotton or wool, variants like Teri-cotton or Teri-wool are created but neither are suitable for wearing during summer. Hence, it

is best to wear all-natural cotton fibres for everyone.

Role of water in human physiology

Since the increasing heat during summer causes excessive sweating, our demand for water increases. Sweating is crucial to the heat regulation of the human body. Water consumes 537 calories of heat to turn into steam.

When it is absorbed into the atmosphere, our body temperature drops. But owing to the heat in summer, this drying becomes slower and hence causes the issues of increased humidity. While the human brain tries to regulate temperature through the hypothalamus, this becomes increasingly challenging with high humidity in the air and sweating increases.

But when the surface temperature of the body crosses a threshold, the sweating stops and the body suffers from a heat stroke.

Extreme heat can be dangerous and even life threatening. Apart for heat related complications, cardiovascular and breathing should be monitored and suitable health related advice should be taken without fail.

YOUR
HEALTH
IS OUR TOP
PRIORITY

#WorldHealthDay

**NARAYAN MEMORIAL
HOSPITAL**

BRINJA MANTON

101, Diamond Harbour Road

Brinja Manton, Kolkata - 700054

Call : 033 6640 0000 / 62921 95061

200+ BEDDED
MULTISPECIALTY HOSPITAL

www.narayanmemorialhospital.org