Advice from Well-Known Physicians and Specialists Which Will Make the Sizzling Season Easier to Bear.

An Open-Air Bedroom Near the City,

The weather is so good, the days so warm, the nights so cool, that many people are turning to the open-air bedroom near the city.

On a City Rooftop.

The clothing of course, should be thin. Light, airy materials are best. Cotton, silk, or linen. The clothing should be loose fitting, allowing for freedom of movement. This will help to keep the body cool.

Abstentions Needed.

Vigorous exercise is also needed, but moderation is advised. Avoid heavy meals, especially just before bed. Avoid alcoholic beverages.

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Self-Care Tips for a Hot Summer.

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