



KEEP IT SPICY

This may seem counter intuitive but eating spicy food causes you to sweat without raising your body temperature. Sweating is your body's way to cool down quickly. This is the reason why so many desert cultures have such spicy food.



H₂O THERAPY

Keep a few bottles of water in the refrigerator. Drink water frequently on hot days. As you lose water due to dehydration, your body temperature rises. By replacing those lost fluids you'll stay nice and cool.



A LIGHT SPRAY

Keep a spray bottle filled with ice water in the fridge. When you come inside from the hot heat, you can spray your face with the cold water. It is a portable, personal sprinkler.



COOL COMPRESS

Using cold compresses on the body's pressure points can keep you cool. Fill a pot with water and ice. Dip a washcloth into the pot and place it on the back of your neck or forehead. You will feel your body cool down instantly.



LAY OFF THE SAUCE

Drinks that have alcohol and high concentrations of caffeine can cause you to dehydrate faster. No matter how refreshing that ice coffee or cold beer may look, stay away from them during heat waves.



SHOWER POWER

Sometimes, the toughest time during a heat wave is at night. The best way to sleep through a heat wave is to take an ice-cold shower before bed.

KEEP COOL



15 WAYS TO BEAT SUMMER HEAT

Those dog days of summer seem to last forever. With temperatures and electric bills rising, we look at ways to keep cool while saving a few extra dollars. Use these tips and tricks to have the coolest summer ever.



THINK COOL THOUGHTS

When confronted with 100-degree temperatures that could melt the plastic in a playground, it's best to let your thoughts drift to cold places. Picture icebergs, igloos, polar bears, and snowstorms.



ORDER OUT

Whatever you do, do not turn on your oven. Cooking with an oven will heat up the house. Instead, take this opportunity to have a barbecue, make a microwave meal or order in from your favorite restaurant.



COOL CLOTHES

Desert cultures have employed loose fitting, light clothing for centuries to stay cool in the scorching heat. So, stay cool with light colored, loose-fitting cotton clothing. Also, it never hurts to throw on a cool pair of shades to complete the look.



SHUT DOWN

Closing curtains or blinds (ideally with sun-deflecting white on the window side) can reduce the amount of heat that passes into your home by as much as 45 percent. So draw the blinds during the hottest part of the day (noon to 4 p.m.).



A GOOD SOAK

Important pressure points that will help your whole body stay cool during a heat wave are the soles of your feet. Fill a basin with water and ice cubes, pull up a chair, and then dip your feet in.



MINTY FRESH

Use menthol products to cool your skin. Use lotion with peppermint, peppermint soap, or powders with mint. Mint refreshes the skin and leaves a nice cooling sensation.



POPSICLE EFFECT

A helpful and tasty tip to stay cool is eating cold foods. Stock your freezer with your favorite ice pops or ice cream, and have one when you are getting a little too warm.



TINY BITES

Eating large protein-filled meals causes your metabolism to increase your body temperature. To avoid this, eat smaller meals four times a day. It will keep you cool and is healthier in the long run.



WHITE IT OUT

Desperate times call for desperate measures. Painting your roof white or a light color can actually deflect heat and cool down your entire house. No need for air conditioning.

Keeping Cool A Sensible Guide To Beating The Heat

Motorcyclist Magazine, John Stein



Keeping Cool A Sensible Guide To Beating The Heat:

Keeping Cool Peter V. Fossel, 1984 **The Essential Guide to Disneyland** Jessie Sparks, Whitney Dakota Johnson, 2022-09-01 Disneyland and California Adventure both offer amazing experiences but can often become overwhelming Let us teach you valuable time saving secrets that show you how to travel like a VIP with Disney Made Easy The Essential Guide To Disneyland Resort comprehensive tour guide written by Disney insiders In this book you will learn how to save money while still having fun at the parks with our extensive list of 30 freebies you can take advantage of around Disneyland If you want to save even more money check out our chapters on how to save money on food and how to choose the best hotels for your family size With the Disney Made Easy The Essential Guide To Disneyland Resort you can learn how to easily navigate the parks with our complete guide on how to use the new Genie We also go over how to avoid crowds and what months and days to visit to save you time and money In the Disney Made Easy The Essential Guide To Disneyland Resort book we have also included several planning charts and examples for you to use to put together the most magical Disneyland trip your family will never forget *Forthcoming Books* Rose Arny, 1984 **The Essential Guide to Walt Disney World** Jessie Sparks, 2023-02-15 Updated 2 15 2023 Walt Disney World is more than its four amazing theme parks and two water parks It goes far beyond the hundreds of restaurants and themed hotels Learn valuable time saving secrets that show you how to travel like a VIP in this comprehensive tour guide written by Orlando locals and Disney insiders It s Disney Made Easy Here is just a portion of what we share Lightning Lane Recent Operational Changes Over 50 freebies you can take advantage of around Disney World Special activities outside of the parks How to reserve Lightning Lanes and use Genie so that you don t waste time in hot lines How to get extra hours in the parks How to save money on food The best hotel value for your size of family Where to dine with your favorite characters How to get the most of your character meet and greet experience Romance in the parks What you will find inside Florida s newest town Disney Springs Walt Disney World s downtown shopping center with food and entertainment Information on behind the scene tours and special events How to avoid crowds What months and days to visit and What to wear to ensure your comfort during any season **Consumers Digest** , 1985 **Mayo Clinic Guide to Raising a Healthy Child** Angela C. Mattke, Mayo Clinic Children's Clinic, 2020-10-01 A parent s guide from one of the most reliable respected health resources that Americans have Publishers Weekly Drawing from the collective wisdom of pediatric experts at Mayo Clinic ranked 1 on US News World Report s 2020 2021 Best Hospitals Honor Roll Mayo Clinic Guide to Raising a Healthy Child addresses key questions and concerns many parents have about the preschool and school age years In this book parents learn what to expect in the lively wonder filled time between ages 3 and 11 They ll find answers to family dilemmas such as feeding a picky eater resolving sleep problems addressing bullying treating common injuries and illnesses and coping with complex health care needs Experts discuss what it takes to prepare a child for a rich and meaningful adult experience This book is intended to be a companion manual for

navigating those early to middle childhood years offering encouragement and trusted advice from some of the best experts around and helping your family find success The book is divided into 6 sections Section 1 addresses growth and development Section 2 focuses on health and safety Section 3 discusses important topics related to emotional wellbeing Section 4 covers common illnesses and concerns Section 5 is devoted to special circumstances in raising a child Section 6 provides tips and guidance creating a healthy family unit **Prepper's Long-Term Survival Guide** Jim Cobb,2014-03-25 Prepare your home and family for any life threatening catastrophe with this step by step survivalist guide filled with techniques strategies and DIY projects from a lifelong prepping expert The preparation you make for a hurricane earthquake or other short term disaster will not keep you alive in the event of widespread social collapse caused by pandemic failure of the grid or other long term crises Government pamphlets and other prepping books tell you how to hold out through an emergency until services are restored This book teaches you how to survive when nothing returns to normal for weeks months or even years including Practical water collection for drinking and hygiene Storing growing hunting and foraging for food First aid and medical treatments when there s no doctor Techniques and tactics for fortifying and defending your home Community building strategies for creating a new society American Book Publishing Record ,1984 Prepper's Long-Term Survival Guide, 2nd Edition Jim Cobb,2023-01-03 A Simon Schuster eBook Simon Schuster has a great book for every reader *The Cumulative Book Index* ,1984 A world list of books in the English language The Complete Idiot's Guide to Motorcycles, 5th Edition Motorcyclist Magazine,John Stein,2011-03-01 The book to drive biker fans hog wild The most complete book on motorcycles covers everything from motorcycle maintenance and appropriate gear to safety tips new rules and venues recommended buys and making the most out of trips on the open road It also includes a completely updated buyer s guide featuring photos and write ups of latest street sport and dirt bikes Revised edition with more than 400 photos Includes new information on the newest breed of fuel alternative and three wheel bikes **Architecture Series: Bibliography** ,1986

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ve got enough to keep them interesting and varied from Shrimp and White Bean Salad with Garlic Toasts to Grilled Caesar Salad Barely more effort are fresh summer recipes requiring the briefest stint in a pan such as Beet and Carrot Noodle Salad with Chicken or Braised Striped Bass with Zucchini and Tomatoes Ready to take the party outside You ll find all you need for casual patio meals prepared entirely on the grill from meat to veggies even pizza Throw a fantastic cookout with easy starters frosty drinks and picnic must haves like Picnic Fried Chicken Classic Potato Salad and Buttermilk Coleslaw Visited the farmers market Find ideas for main dishes as well as sides inspired by the seasonal bounty plus the best fruit desserts worth turning on the oven for To end your meal on a cooler note turn to a chapter of icebox desserts and no bake sweets

Motorcycling For Dummies Bill Kresnak, 2011-04-20 A practical guide that gets you geared up with proper riding techniques safety gear indispensable items for long trips and handling characteristics of various motorcycle types Few activities offer more fun and excitement than motorcycling but to get the most out of it there s a lot you need to know and that s where this informative motorcycle guide written in plain English comes in From buying and maintaining a bike to riding safely to finding great places to ride Motorcycling For Dummies puts you on the road with savvy and style whether you re new to riding or an experienced motorcyclist You ll get plenty of help in selecting the right bike and step by step instructions on performing routine maintenance tasks You ll also find out how to develop safe riding habits and maybe most important of all you ll learn more about motorcycling organizations and how to fit in with the biker crowd Plus this hands on resource shows you advanced riding techniques offers travel tips for long distance rides and even helps you get your kids started in motorcycling Discover how to Buy a new or used bike Select safe tough riding gear from helmet and jacket to boots and pants Get proper training and learn essential riding skills Insure your bike Pass even the toughest licensing test Try your hand at cruising touring sports biking and more Get involved in motorcycle clubs and events Deal with dangers on the road Customize your bike to improve both style and performance This comprehensive guide concludes with a motorcycling glossary a guide to motorcycling laws by state and an appendix with plenty of online resources Complete with lists of can t miss biking events legendary motorcyclists and must see motorcycling movies Motorcycling For Dummies gives a whole new meaning to the term easy rider *American Bookseller* ,1983 *Subject Guide to Books in Print* ,1971

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web musical writers julian fellowes robert b sherman richard m sherman george stiles anthony drewe characters character name gender part size vocal part s michael banks male lead treble boy soprano george banks male lead baritone bert male lead baritone jane banks female lead soprano mary poppins female lead soprano mezzo soprano

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web mary poppins it did now stand over there mary poppins pulls out a measuring tape holds it against michael and reads

just as i thought a noisy mischievous troublesome little boy michael you re making that up without a word mary poppins holds the tape for michael to read a noisy mischievous trouble stunned

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web based on p l travers beloved book series of the same name mary poppins became an immediate hit when it premiered as a movie musical in 1964 forty years later cameron macintosh conceived of an enchanting stage musical that combines elements of disney s film with material inspired by travers books

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