



STAY HYDRATED

Drink plenty of fluids, especially iced water, even if you don't feel thirsty



LEARN

Educate yourself on heat-related illnesses to learn how to recognise and prevent them and know when to seek help



CLOTHING

Wear light, loose-fitted clothing



BEAT THE HEAT

LISTEN TO YOUR BODY

Pay attention to how you feel. If you start to feel sick or very hot, stop what you're doing and go somewhere cool.

KEEP COOL

Stay in airconditioned rooms, consider the use of portable fans and cooling vests



TIME ACTIVITIES

Try to schedule outdoor activities during cooler parts of the day and take breaks in the shade to cool down



Summer Heat

G Psacharopoulos



Summer Heat:

Essentials of Chinese Materia Medica and Medical Formulas Shengyan Xi, Yuewen Gong, 2017-05-01 Essentials of Chinese Materia Medica and Medical Formulas New Century Traditional Chinese Medicine presents specific knowledge about the source medicinal nature action and application of more than 800 commonly used Chinese materia medica as well as the efficacy and application of more than 740 kinds of commonly used Chinese medical formulas Notably all of the content is presented in table form making the information easier to access understand and apply Each primary herbal medicine is introduced with color pictures and each primary formula is presented with efficacy analysis pictures The book provides readers with essential information on Chinese materia medica and formulas and how to use them accurately including the most common Chinese materia medica used in clinics and in commonly used clinical formulas This is an essential reference for traditional medical professionals and those interested in traditional Chinese medicine including advanced undergraduate and postgraduate students Includes over 800 Chinese materia medica and 740 medical formulas with their essential information Combines 514 color pictures of medicine material crude slices and 255 formulary efficacy analysis pictures Organized with concise forms facilitating understanding and memorization *The Art and Practice of Diagnosis in Chinese Medicine* Nigel Ching, 2017-05-18 This textbook is a complete diagnostic manual for students of Chinese medicine It covers how to collect and collate the relevant information needed to make a diagnosis and clearly describes the various diagnostic models in Chinese medicine **WHO international standard terminologies on traditional Chinese medicine** world health organization, 2022-03-03 The Saint Pauls Magazine ,1873 **The Transactions of the Royal Irish Academy** Royal Irish Academy, 1886 **Forecast** ,1925 The Gentleman's Magazine ,1881 Transactions of the American Ophthalmological Society Annual Meeting American Ophthalmological Society, 1919 **Proceedings of the American Association for the Advancement of Science** American Association for the Advancement of Science, 1883 **Homœopathic Journal of Obstetrics, Gynaecology and Pediatrics** ,1887 The Eton Calendar For... Eton College, 1899 *The Journal of Educational Sociology* ,1927 Agricultural and Industrial Progress in Canada ,1922 **Astronomy and Astrophysics** ,1889 The Eclectic Magazine of Foreign Literature, Science, and Art ,1872 **Fruit Growing** William Henry Chandler, 1925 *The Shakespeare Phrase Book* John Bartlett, 1881 **American Journal of Public Health** ,1927 The Geological Magazine Or Monthly Journal of Geology ,1895 The Irrigation Age ,1910

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