

## Escaping French Frites death in

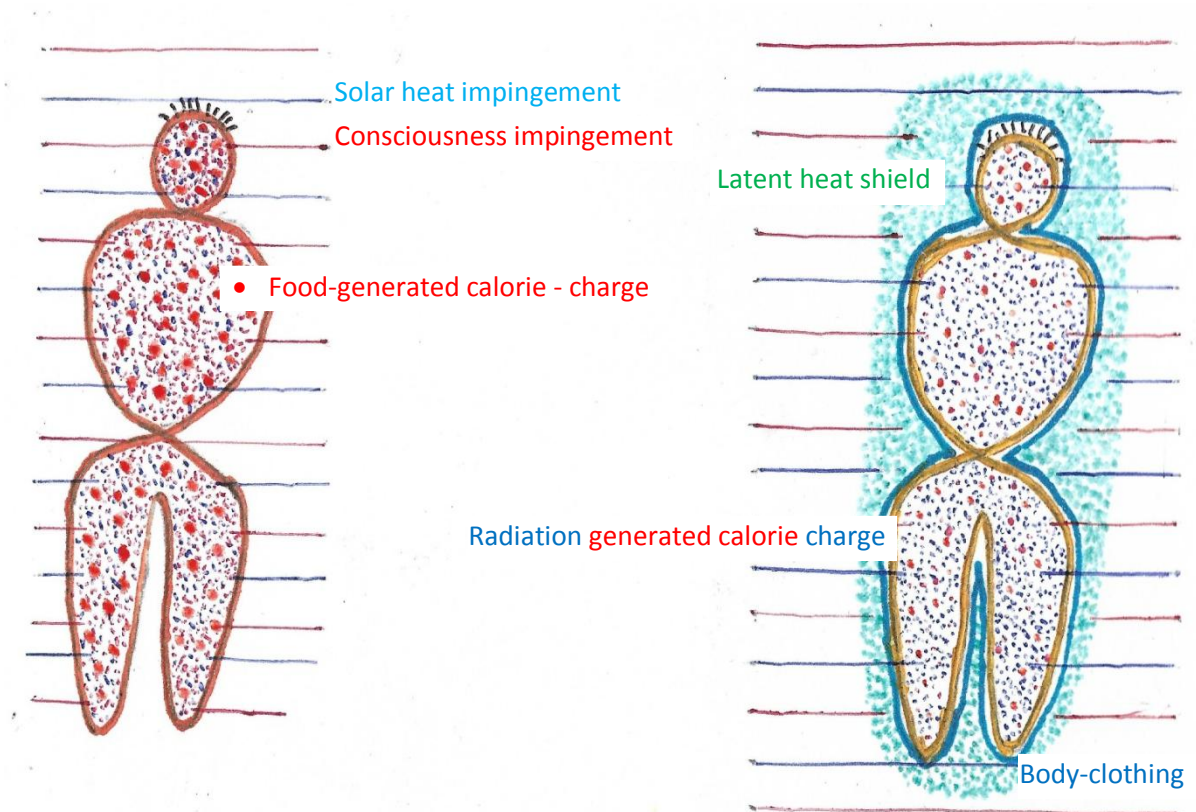
# E U R O P E

Summer has hit the world with tremendous fury this year, and Europe couldn't escape its wrath. Temperatures beyond 43° are hitting France while Germany is simmering at 40. People have gone mad. Some young German is seen naked on his moped; and, in Munich topless sunbather have sparked discussion on their social conduct. Spain is turning into an inferno. Under a similar heat wave around 1500 French lost their lives in 2003; and, now 4000 schools are closed in France to mitigate the problems of summer heat. Sprinklers are pressed in service to cool the body of people in stress on account of frying temperatures.

Strangely, Europe is the land where modern science has developed and concept about use of theory as basis for fundamentals in a situation dawned up there. Europe has seemingly forgotten now the tradition of *observation*, *theory* and *fundamentals* that were ruling the continent once upon a time. Down below is a note containing an observation, a theory and fundamentals, applicable in the case of maddening summer of Europe; and, it'll help the homo to pass summer easily. It's is all so simple (Fig. 1).

**OBSERVATION:** No effect of 50°C for hours under scorching sun

A Driver and I were travelling once in a truck from Abukhema (near Saudi-Iraq undemarcated zone) to Basra in mid-June. In the soaring noon temperatures of around 50°C the water in the radiator of the truck boiled; and, the vehicle stopped about 50 kilometers away from the starting point. Time was around 1 PM. We looked towards each other. The driver's cabin was no better than an oven. We came out of it under compulsion; there was some breeze around the truck. Madness of any kind didn't grip us nor was an unnerving fury due to a common situation of desert while we sat on the sandy ground under a little shadow of the truck. Both knew: we have



### Bare-body survival

### Shielded Survival

Figure – 1: Impact of high heat and consciousness on the well-fed bare body (left) and the fasting thickly clothed human with little food-calorie-loading (right).

to pass time till the water in the radiator cools. It was a compulsion because then only the journey could commence. Almost three and half hours were the time we spent almost without talking. Both were aware about a recent incidence: some Italians in a car had lost their way in the desert and died under scorching sun; there was no water in their radiator. However there was no worry in our minds - an Indian and an Arab - about the possibility the shadow of death upon us.

Passing the time under a scorching sun sitting under the shade of the truck didn't look something strange or terrifying to us. The Arab driver was dressed well compared me for the situation, however, I had realized. My thick trousers, a T-shirt on the body under my shirt were matching his long kurta (shirt) and pajamas; only my head was bare while he had a headgear. There wasn't much problem, however, during three and half hours.

A realization has dawned upon me today, when I look to the incidence of 1976 in context with the problems of Europe these days. How

parallel and perfect are the adaptation of clothing by the man in India and Iraq even without understanding the exact scientific theory for survival under high heat conditions. In modernization, I had have just discarded our traditional turban; else there was no need even to wet my head while braving the heat of Iraq desert. Maybe the education of theory to European community help them survive the global warming which is expected to gallop in future; and, may even kill the human species in not so distant future (1).

### **FUNDAMENTAL1: Body behavior different below and above 35°C**

A commoner in Europe has a single approach to beat the heat: bare the body; a German man on the moped and some topless women of Munich are examples. They are not aware that body-baring, a traditional custom for them for beating the heat, turns ineffective at 35° C. At 35 and higher temperatures, body cools no more. Instead, it absorbs heat from the high-temperature atmosphere; and, body-heating sets in. The change sets off new biological mechanism for cooling the body now - sweating triggers in; evaporation of sweat begins; and, a *latent heat* regime takes over the function of cooling the body to maintain the temperature of a warm-blooded mammalian body. It operates in the range of 35°C to 52° (beyond which commoners may not survive). When heat from the atmosphere hits the body, latent heat function in the present situation means quantity of heat absorbed in the isothermal transformation of phase from liquid sweat to water vapor. Very large calories of heat energy impinging upon the body from high temperature atmosphere (38-50°C) are neutralized from the evaporating sweat. Body doesn't lower the temperature for the comfort of man; but, it checks the rise of body-temperature beyond 35° C and helps a person to survive an expected sun-stroke under high temperature conditions.

### **FUNDAMENTAL 2: Not temperature, *consciousness kills***

Europe is a land where free consciousness in the atmosphere, recognized in India as Brahm, is not perceptible at 45° N (1); and, no wonder its value is missing in science. It is discovered as important now, however; because a correlation

exists between temperature deviation in India and the consciousness influx cycle (1). Consciousness is intimately associated with high temperature regime, is of the nature of latent heat in the energy potential; is absorbed by human body even across a latent-heat-barrier created by the sweating-skin (Fig.1 right); dissipates through the rising of body-temperature; and, it kills a person as if he is dying of sun-stroke.

### **Planning for Survival**

1: Effort for survival is first an individual's struggle on the biologic maxim of survival of *the fittest*. In the first place, a European should recognize: he/she is overfed and such high food-calorie-charged systems (Fig. 1, left) when exposed to high heat domain bare-bodied will absorb immensely large quantities of energy from atmosphere that may turn him/her unable to manage survival from the propelling force pushing the victim towards sunstroke-stroke. It is so because his body is already highly energy-charged.

2: Covering the body and head with a thick cloth ensures a good latent-heat-barrier stopping high-heat-energy of the sun to affect the body (Fig.1).

3: I have no idea about the operating strength of consciousness in Europe during the summer. I guess, it must be fairly high between May 20 and July 20 (Solar Latitude c. 20°N), and would push large quanta of consciousness among European men without any perception. Eating routine food during the dates could over-charge many people with consciousness. Sunstroke may hit them even after care to use latent-heat-barrier. Adults and elderly may consult dietician to cut down daily food-intake by 500 kcl. No other option for this! But, be sure; step ensures your summer survival and good health.

**J.**

Attadhistanam: June 4, 2019.

#### Reference

1Jagadishomrityunjay (2019) Is man hit by a new wave of extinction? [www.attadhistanam.com](http://www.attadhistanam.com).

15p.