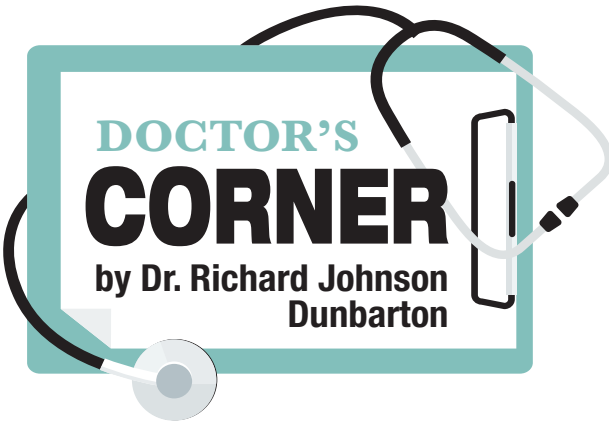




OUR WARMING PLANET

In 2019 I wrote a Bow Times piece entitled “Heat Stroke – How does that Happen?” This was to give you an idea of what happens as the body heats up and what to do about it. In the 7 years since then, the earth’s temperature has continued to rise, and waves of intense heat are now more common. According to NASA the last five years have been the warmest years on record ⁽¹⁾.

My wife and I were in Europe this June when they experienced the hottest June on record with temperatures of 111.7 F; in France, 104.9 F in Poland, and 93 F in the UK. Europe recorded 10,000 excess deaths during this heatwave and more than 9,000 were among people age 65 and above ⁽²⁾. The extreme heatwave disrupted power supplies and transportation and shut down schools. In the US weather alerts were in place for 40 million people in the western United States with warnings of temperatures reaching 105 – 115 degrees F ⁽³⁾. In addition, the threat of forest fires is real; the “Summit Fire” in Los Angeles County has burned over twenty-six hundred acres.

In the US, as of 8 July, 44 deaths have been attributed to the current heatwave most of which occurred in New Jersey. To date, there have not been any heat related fatalities from the current heat wave in NH. In the northwest, over 1400 people died from the 2021 heatwave and ¾ of them were over age 60. Our data collection tells us that 10 of the hottest years have come in the last decade... *our planet is getting warmer.*

As our body temperature rises built-in mechanisms try to dissipate the heat. The hypothalamus in our brain is the “thermostat.” Vasodilation in blood vessels near the skin allow cooling of the warm blood. Heart rate increases to move more blood to the skin. We sweat, and as the sweat evaporates it cools the skin. We instinctively seek cooler places and drink water. All this works well; until it doesn’t. As we age over 60 the above physiologic mechanisms do not work as well, and it becomes much more difficult to lower our temperature. When our core temperature gets to 106 degrees F (and that can happen very quickly) heat stroke can cause disability and death.

These are the basic first aid steps one should take to treat a person with heat stroke:

- 1. Call 911
- 2. Move the person to a cooler environment & remove outer clothing
- 3. Cool the person with cold water or ice. Soak their clothing with cool water.
- 4. Place ice on the head, neck, armpits, and groin

Remember: Prevention has better results than treatment! Plan ahead, stay hydrated, seek a cooler environment and be aware of your neighbor.

- 1. <https://science.nasa.gov/earth/explore/earth-indicators/global-temperature/>
- 2. The Business Times 13 July 2026
- 3. CBS News 12 July 2026
- 4. The June/July 2026 issue of The AARP Magazine has a good summary and perspective on the fallout of the earth’s rising temperature.

HEATSTROKE FIRST AID

SYMPTOMS MAY INCLUDE:

DIZZINESS, FAINTING

HEADACHE, CONFUSION

HIGH BODY TEMPERATURE

NO SWEATING

FLUSHED DRY SKIN

RAPID SHALLOW BREATHING

RAPID STRONG PULSE

NAUSEA, VOMIT

WEAKNESS OR CRAMPS

SEIZURE, UNCONSCIOUSNESS

MOVE THE PERSON TO A COOL, SHADY AREA

CALL EMERGENCY MEDICAL HELP

COOL THE PERSON'S ENTIRE BODY

COOL THE PERSON BY SPRAYING COLD WATER

USE A FAN TO LOWER TEMPERATURE

PLACE COOL WET TOWELS OR ICE PACKS ON THE NECK, ARMPITS AND GROIN

REMOVE EXCESS CLOTHING

GIVE WATER TO DRINK IF THE PERSON IS FULLY CONSCIOUS

HAVE THE PERSON LIE DOWN WITH FEET ELEVATED



Pick up a copy of
The Bow Times
at one these 23 locations!

- | | |
|------------------------------|----------------------------------|
| Barrel & Basket | Crust and Crumb |
| Blue Seal Feeds | Everyday Café |
| Bow Family Dentistry | Flanagan's South Ender Deli |
| Bow Irving | Individual Fitness |
| Bow Mobil | Johnson Golden Harvest |
| Bow Recreation Building | Lakehouse Tavern |
| Bow Town Offices | Merrimack Co. Savings Bank |
| Cedar & Main | Nina's Bistro, Hall St., Concord |
| Chen Yang Li | Pages Corner Store |
| Colonial Village Supermarket | Riverside Plaza |
| Concord Chamber of Commerce | Sugar River Bank, Concord Hts. |
| Concord Food Co-Op | Tucker's Restaurant |

HUCKLEBERRY

Propane Heating Oil

“Local, honest and committed to keeping you warm.”

796-2007

License #MBE1000505

We Deliver: PROPANE · OIL · KEROSENE DIESEL

Proudly Serving Bow for 20 Years!

E. COOKE

Plumbing & Heating LLC.

603.801.5720

FULLY LICENSED AND INSURED

ERIC COOKE

ericcooke137@gmail.com

54 Woodhill Road

Bow NH 03304

www.facebook.com/E.CookePlumbingandheating.com

NEW HAMPSHIRE

Nice

Dean B. Kaner

My dog sits in the shade because he doesn't want to be a hot dog.