

CENTRAL INTELLIGENCE AGENCY
Washington, D. C.

7 August 1950

NOTICE

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SUBJECT: Hot Weather Instructions

In order to avoid the effects of excessive heat, attempt to follow the following rules:

1. Clothing: Wear light-weight, light-colored, porous clothing which is not too closely fitted. Remember that the fewer synthetic fabrics do not absorb moisture, and may therefore add to discomfort.
2. Food: Eat more lightly than usual, particularly at lunch. Emphasize fruits, vegetables and salads. Avoid high calorie sweets and pastries.
3. Drink: Take water liberally, but avoid overloading of the stomach at one time. Confine "soft drinks" and coffee to a minimum because of overstimulating effects.
4. Salt: Additional salt is ordinarily not required by the average person doing sedentary work. Furthermore, salt tablets are not actually "cooling" and may even produce nausea or other disagreeable effects. Therefore, use a salt tablet one to three times daily only if you have perspired to an abnormal degree, or if you have found that salt actually makes you feel more alert.
5. Work: Make every effort to plan your day so that the most taxing problems may be handled during the cooler morning period, leaving more routine tasks to the afternoon. Avoid unnecessary physical activity or excitement.
6. Caution: If you have any physical defect or chronic illness which is aggravated by summer heat, consult your private physician, or the Medical Staff.

FOR THE DIRECTOR OF CENTRAL INTELLIGENCE:

Acting Executive

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