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Influence of Weather Conditions on the Organism of Seamen at Implementation of Professional Job at Large

How does a human organism depends on weather? The question of influencing of weather on a human organism was studied a lot yet not to the end. Not only medicine but also biology, meteorology, is engaged in research of similar processes, and also on the joint of sciences arising up a biometeorology.

In search the objective indexes of influencing of weather as external factor on a human organism it is necessary to conduct a multifactor analysis.

A basic task of biometeorology is a study of influencing of climate on a working man, and in particular case different variations of environmental conditions, its deviations from the ordinary state and change of indexes.

To the basic meteorological influencing parameters it is possible to take a personal feel of man: temperature, humidity of air, wind, pressure. Beside that it is necessary to take into account a sun radiation and radiation of local character, which also plays important role in the vital functions of man.

The main result of cooperation of all of afore-named indexes will be creation of the so-called «area of comfort» - original range of variations of values of temperatures and humidity of air, in which a person will feel a fit to.

It is necessary to avoid premises with the insufficient level of ventilation, ventilate apartments, work. It will help in saving of good feel and positive level of capacity.

The merit of biometeorology consists of that it enables to develop protective tools, for example, clothes for seamen, for arctic and other expeditions. The professional collaboration of meteorologists and doctors becomes a must. They every day rescue thousands of human lives due to operative prognostication and warning of population about imminent weather changes.

To resist an organism from meteodependence renders failing a deficit of iodine in an organism, that is instrumental means of strengthening against ***meteoreaction***.

Strengthening of nervous systems, limitation in drinks containing caffeine and alcohol. Night sleep on possibility should be made at one and the same time. Thus duration of sleep must make no less than eight hours. Delivered from insomnia, it is possible to put in a pillow a little bit of valerian or to drink some night sedative tea.

At any weather as many as possible time should be conducted on fresh air. To do an easy gymnastics in the morning and after it is a contrasting shower that strengthens vessels. Important is to consume an appropriate nourishing.