### Sunshine brings heatwaves

For the first time in May, the Beijing Municipal Warning Center upgraded its temperature warning to red, putting power suppliers and fire departments on alert, and causing outdoor activities to cease and classes to be suspended at all schools.

Beijing hit a record high of around 40°C on Thursday, even climbing to 42°C in some parts of the city, the hottest day on record since 1961, the capital’s Meteorological Bureau.

Here, tailored to scenarios common to students and young people who like outdoor activities or enjoy staying in air-conditioned rooms, different options for tackling the heat are presented. Understanding how our bodies react to the heat will also allow us to spend a safe and breezy summer.

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### How our body deals with heatwaves

#### INTESTINES

Our intestines help us to absorb the nutrients from food. But if the temperature is too high, it is easier for harmful bacteria to grow in the intestines, which can cause diarrhea.

#### HEART

When the skin sweats more and more, the heart works harder to pump more blood. The body will feel hot and weak.

#### GRAIN

To maintain body function, we need to drink more water. But if the temperature is too high, even after drinking water, the body still feels hot.

### Outdoors risks

Summer in Wuhan is unbearable, especially for students who do not have air conditioning in their dormitories. Jumping into pools and lakes in the neighborhood seems like a good idea. But Wang Ruiqi, 22, a management major at Wuhan University, experienced an unexpected problem while cooling off outdoors.

Half naked, he and another friend spent a sweating afternoon on a man-made beach by Donghu Lake. Their bodies were all tanned and they felt solar-charged. A few days later, however, their skin started peeling off – it was sunburn, which can lead to skin cancer.

According to the US Centers for Disease Control and Prevention, sunburn can significantly reduce the skin’s ability to release excessive heat, which aggravates the symptoms of skin cancer in the world.

### Sunrays increase cancer rate

According to the US Skin Cancer Foundation, skin cancer is one of the most common cancers in the world. A report by the Cancer Control Australia says that due to the popularity of outdoor activities and the high UV levels in the country, Australia has one of the highest rates of skin cancer in the world.

### Avoid dehydration

With temperatures reaching 37°C or above, you should drink 3 liters of water to keep hydrated.

### Sunscreen PA++

Apply sunscreen every few hours and after outdoor activity.

### Indoor solutions

- **Keep the doors closed.**
- **Turn on the air conditioner.**
- **Use air purifiers.**

### How you can save water

1. **Shower instead of a bath.**
2. **Turn off the faucet while brushing teeth.**
3. **Use a towel instead of a shower.**
4. **Reduce water waste during laundry.**

#### Good attitude key to first job success

### SNAPSHOTS

*Many employees dream of being their own boss. Where were you when you decided to start your own business?*

**At my last job**
- My colleagues started to ignore me.
- The workplace is a new ‘campus’ for me.

**At my last job**
- I was told that I was severely dehydrated.
- My boss was not happy with my performance.

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### Glossary

- **flavour** [flævə] n.
- **guarantee** [ɡuərɪn] v.
- **alternative** [ɔlˈtɜːrnmət] n.
- **verge** [vɜːr] n.
- **assign** [əˈsɪzn] v.
- **endorse** [ˈendərs] v.
- **tolerance** [ˈtɒlərəns] n.
- **percentage** [ˈpɛrkəntɪdʒ] n.
- **initiative** [ɪnɪˈtɪəriət] n.
- **stick** [stɪk] v.
- **transition** [trəˈziʃən] n.
- **innovation** [ɪnəˈvæʃən] n.
- **corporate** [kɒrˈpɔːt] a.
- **corporate** [kɑrˈpɔːt] n.

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SAE offers professional, recognized qualifications, and industry-relevant skills; he said.