Outline

1. Peoples’ mood toward the weather

A. Sunshine can affect happiness through a chemical in the brain that is produced on sunny days. We are happier with the sun shining.

B. SAD- Seasonal affective disorder is a real disorder affecting a small amount of people. It makes them happier or sadder in different climates.

C. Humidity can make people uncomfortable, in turn affecting our mood.

II. Health

A. Generally healthier in summer due to getting more exercise and it is much warmer.

B. More suicides and violence in spring and summer (we don't know why)

C. Frostbite in winter due to the cold shrinking our blood vessels to preserve heat.

III. Adaptation

A. Different cultures-different climates

B. Humans can get used to certain climates (adaptation)

C. People might tolerate certain weathers better because they are more used to it.