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Heat waves turn homes dangerous for all ages



If you can't access cooling in a heat wave, drink water constantly to stay hydrated and regulate your body temperature. GETTY IMAGES

Most heat-related deaths occur indoors; learn how to reduce risk

Zoltan Nagy
Eindhoven University of Technology
THE CONVERSATION

Most people know that heat waves can be dangerous. What they may not realize is that the heat indoors can be much worse than outdoors.

When the power goes out and air conditioning stops, a house starts to function like a greenhouse. Heat enters through windows and walls and has nowhere to go. Air stagnates.

Within hours, indoor temperatures can climb well above what the thermometer shows outside, especially on upper floors and in rooms with south-facing windows. Over longer periods, especially if temperatures don't cool off overnight, conditions can become lethal.

Most heat-related deaths occur indoors. When a heat dome sent temperatures soaring in the Pacific Northwest in 2021, 98% of the more than 600 deaths in British Columbia happened inside homes. Washington and Oregon also saw high numbers of deaths in homes that lacked air conditioning.

In Europe, where only 1 in 10 households have air conditioning, heat waves killed an estimated 60,000 people in



People and their dog sit under cooling tents in Austin, Texas, during a heat wave in 2023. Climate projections for Austin show that heat waves will double in frequency by the end of the century. SUZANNE CORDEIRO/AFP VIA GETTY IMAGES

2022 and 47,000 in 2023, largely inside buildings never designed for these temperatures.

People of all ages are at risk in heat waves like these. I spent eight years at the University of Texas at Austin studying how buildings respond to extreme heat. In a recent study, my team assessed the heat risk in every single-family home in Austin.

We found that even younger, healthy adults face far more risk than they realize.

How hot is too hot for a human body?

Your body maintains a core temperature of about 98.6 degrees Fahrenheit. To cool down, it pushes blood to the skin and sweats. But when air temperature is high, that convective cooling weakens. When humidity is also high, sweat cannot evaporate.

If the body has no way to release

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GOP push for answers about McConnell health

Phillip M. Bailey
USA TODAY

It's no longer just Democrats who are demanding answers about Republican Sen. Mitch McConnell's status nearly a month after the 84-year-old lawmaker was hospitalized in Washington, DC.

The senator's office still has not disclosed why McConnell was admitted. But the Kentucky lawmaker's staff sought to quell further speculation July 7 by releasing statements from allies who said they'd spoken with him.

That wasn't enough for at least two GOP House members who took to social media this week to air their concerns, saying U.S. officials should be

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Judge won't block New York gambling law

Kalshi sports contracts subject to state's rules

Jonathan Stempel
REUTERS

NEW YORK – A federal judge denied Kalshi's bid to block New York from enforcing its gambling laws against the prediction markets platform, amid a growing battle between federal and state regulators over authority to police the fast-growing industry.

In a decision on July 7, U.S. District Judge Analisa Torres in Manhattan said Kalshi did not deserve a preliminary injunction, because the federal Commodity Exchange Act did not supersede New York's gambling laws as

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