



<img alt="A spread from a Japanese children's magazine about heatstroke prevention. The left side features a girl in a pink shirt drinking water. The right side contains several panels of text and illustrations. Top right: 'No. 1169' and date '6月8日号'. Main title: '小学保健ニュース' (Elementary School Health News). Subtitle: '熱中症予防に「こまめに」「少しづつ」水分をとろう' (Prevent heatstroke by drinking 'often' and 'little by little'). Below it: '水や麦茶などをこまめに飲むことで、あせで失った水分を補給しましょう' (Let's replenish lost水分 by drinking water or barley tea often). Left column: 'どんな水分をとればいいの?' (What kind of water should I drink?). It shows two glasses: one with water and one with tea, both marked with a red circle with a minus sign. Below: '水や麦茶は、のどが渇いたときに飲むのがいちばんよしです。' (Water or barley tea is best to drink when you are thirsty). Right column: 'あせとともに体の外に出る「塩分」の補給の仕方' (How to replenish 'salt' lost through sweating). It shows a girl eating and a baseball player, with text: '朝・昼・夕にしっかりと食事をとる' (Eat well in the morning, noon, and evening) and '激しい運動時はスポーツ飲料を飲む' (Drink sports drinks during intense exercise). Bottom right: '水分をとらないでいると……' (If you don't drink water……). It shows a person sweating and text: '朝日にあせを多くかくと、蒸発するときに体の熱をうばって、体温が急遽に上がるのをおさえてくれます。ただし、あせをかくことで体の水分が失われるので、水や麦茶などでこまめに水分補給をする必要があります。激しい運動をするときの水分補給には、スポーツ飲料がよいですが、砂糖が多く入っているので、たくさん飲み過ぎないように注意しましょう。' (If you sweat a lot in the sun, it will cool your body down and prevent a sudden increase in temperature. However, if you sweat a lot, you will lose water, so it is important to drink water or barley tea. For intense exercise, sports drinks are good, but they contain a lot of sugar, so be careful not to drink too much). A small diagram shows a person with sweat droplets on their skin.)</div>