

Humans and Warm Environments

Citation for published version (APA):

Pallubinsky, H. (2018). *Humans and Warm Environments: Physiology, Health and Behaviour*. Gildeprint Drukkerijen. <https://doi.org/10.26481/dis.20180606hb>

Document status and date:

Published: 01/01/2018

DOI:

[10.26481/dis.20180606hb](https://doi.org/10.26481/dis.20180606hb)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

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PROPOSITIONS

related to the dissertation entitled

HUMANS AND WARM ENVIRONMENTS

Physiology, Health and Behaviour

1. Passive mild heat acclimation elicits similar physiological adaptations as induced by active heat acclimation, but to a smaller magnitude. *This thesis*
2. Fasting plasma glucose and fasting plasma insulin levels are reduced by passive mild heat acclimation in overweight elderly men. *This thesis*
3. Keeping a cool head promotes thermal comfort in the heat. *This thesis*
4. The thermoneutral zone for an 'average male person' (28°C-32°C) is not generally applicable in a dynamic thermal environment. *This thesis*
5. Personalised comfort systems can help to simultaneously improve individual thermal comfort and reduce building energy consumption. *This thesis*
6. In the last 130 years, the Earth has warmed by approximately 0.85°C. Each of the last 3 decades has been successively warmer than any preceding decade since 1850, suggesting a non-linear increase of temperature. *Adapted from IPCC, CUP (2015)*
7. Heat adaptation is characterised by gradual transition in three broad stages during which heat tolerance increases: physiological accommodation, short-term and long-term adaptation. *Nigel Taylor, Comp Physiol (2014)*
8. Thermoneutral environments might contribute to the 'weighty' tipping of the energy balance. As a return to varied natural ingredient diets is proposed for health, so too exposure to a more varied, natural range of ambient temperatures may be just what we need. *Adapted from Marken Lichtenbelt et al., Build Res Info (2014) and Moellering et al., Curr Obes Rep (2012)*
9. The cure for anything is salt water. Sweat, tears or the sea. *Isak Dinesen*
10. Auf Kosten der Intensität also erreicht der Bürger statt Lust Behagen, statt Freiheit Bequemlichkeit und statt tödlicher Glut eine angenehme Temperatur. *Adapted from Herman Hesse, Der Steppenwolf*
11. There is nothing to writing. All you have to do is sit down at a typewriter and bleed. *Ernest Hemingway*