

Subject: : Paflyfish General Forum

Topic: : heat wave

Re: heat wave

Author: : k-bob

Date: : 2013/7/16 6:56:33

URL:

Cleveland clinic on avoiding dehydration: drink early and often

[http://my.clevelandclinic.org/disorde ... avoiding_dehydration.aspx](http://my.clevelandclinic.org/disorde...avoiding_dehydration.aspx)