

Humidity

People often say, 'It's not the heat, it's the humidity.'

Honestly, have you ever heard of such stupidity?

Whether it's wet or dry, 90° is still too warm;

When it is that hot, I'd appreciate a good rainstorm.

I have studied meteorology and understand humidity can be unbearable.

But 110° in the shade quite honestly is simply also terrible.

People are not fools and they know that hot is hot,

So, what is the point in telling them that it is not?

It's a medical fact our bodies produce sweat to help cool you down.

And in this case, it's moisture that cools and not the other way around.

90% humidity could feel fine on a chill 50-degree day,

But even then some yell it's the humidity that makes me feel this way.

I think the next time someone says, "it's not the heat,"

Take them to a metal bench and have them take a seat.

Soon they will agree with you that hot is hot.

Be thankful for humidity, at least you're not in the dry desert where it's not!