

# WEATHER AND WELLBEING

Throughout history people have drawn connections between the weather and wellbeing. Weather can be a direct cause of accidents or death. Meteorological conditions can also influence mood.

**“At 12 o’clock came Mr Becher the coroner ... and took an inquest on the body of the poor man, the lightning had first shivered his hat, run down his back and entered his thigh, through the saddle and killed the horse, part of his stock buckle was melted as was also the plate on the underside of the saddle and he was most terribly scorched, their verdict was killed by lightning...”** (Diary of William Gould, 4 July 1783, MS 736)



Artist: Clive Upton (b1911). Issued by the Ministry of Fuel and Power. Collection of British War Posters, WWP 3/42.



Milk Delivery in flood, Nottingham, 1960. *Guardian Journal* photograph, courtesy of The Nottingham Post. Papers of HR Potter, HRP/F/1/3/13.



**“It rains outside and it rains in my head”**

(Letter from DH Lawrence in Surrey to Louie Burrows in Leicestershire, 30 October 1911, La B 150)

High or low temperatures have provided opportunities for sporting and leisure pursuits, such as skating on a frozen River Trent and building snowmen, or swimming and camping outside during fine weather. Although occasionally dangerous, these memorable activities have also provided great enjoyment.

**“The Stony Middleton boys have learnt to toboggan without a sledge – Very good fun as long as you don’t sit quite down – For if you do you have to send your trousers to the tailor afterwards”** (Letter from Edward Wrench to his children, 31 January–7 February 1886, Wr C 3040/81/1-2)

Extreme weather has often fostered community spirit, neighbourliness and charitable giving. Key community figures have demonstrated a commitment to maintaining normal service in the face of adversity, for example through deliveries of fuel, milk and bread, and the post. However, challenging weather has also led to disruptions in communication and transport infrastructure, isolating individuals from their family and friends.

**WEATHER EXTREMES**

Making and breaking records in Nottinghamshire



Engraving from *The Illustrated London News*, 6 November 1875. Central Store 1 Periodicals.



Skating, from Donald Walker, *British manly exercises* (London, 1843). Briggs Collection of Educational Literature LT210.GV/W2.