Basically prompt for introduction and abstract

Problems?

1. Imagine coming from an extremely cold climate to a preheated room which is set by some hard coded or rule based controller to 24 C. What would happen?. You would start sweating instantly. Because of the sudden change in the environment you would instantly start taking your cloths off to get thermally comfort.

Raw

1. [A sudden drop in temperature from hot to cold can be harmful to the human body, especially for people who have chronic cold-related problems](https://www.bing.com/ck/a?!&&p=e9115d71b93b07c8JmltdHM9MTcxMjk2NjQwMCZpZ3VpZD0wZDYzMGQ4ZS1mNzk0LTZiYjktMmJkZi0xOTljZjY3NDZhMWQmaW5zaWQ9NTc0OQ&ptn=3&ver=2&hsh=3&fclid=0d630d8e-f794-6bb9-2bdf-199cf6746a1d&psq=sudden+temperature+change+effects+on+body&u=a1aHR0cHM6Ly90aW1lc29maW5kaWEuaW5kaWF0aW1lcy5jb20vbGlmZS1zdHlsZS9oZWFsdGgtZml0bmVzcy9oZWFsdGgtbmV3cy9hbGVydC1zdWRkZW4tY2hhbmdlLWZyb20taG90LXRvLWNvbGQtY2FuLWJlLWhhcm1mdWwtdG8teW91ci1oZWFsdGgvYXJ0aWNsZXNob3cvNjkzNTQ5MTguY21z&ntb=1)[**1**](https://www.bing.com/ck/a?!&&p=25c295a176993276JmltdHM9MTcxMjk2NjQwMCZpZ3VpZD0wZDYzMGQ4ZS1mNzk0LTZiYjktMmJkZi0xOTljZjY3NDZhMWQmaW5zaWQ9NTc1MA&ptn=3&ver=2&hsh=3&fclid=0d630d8e-f794-6bb9-2bdf-199cf6746a1d&psq=sudden+temperature+change+effects+on+body&u=a1aHR0cHM6Ly90aW1lc29maW5kaWEuaW5kaWF0aW1lcy5jb20vbGlmZS1zdHlsZS9oZWFsdGgtZml0bmVzcy9oZWFsdGgtbmV3cy9hbGVydC1zdWRkZW4tY2hhbmdlLWZyb20taG90LXRvLWNvbGQtY2FuLWJlLWhhcm1mdWwtdG8teW91ci1oZWFsdGgvYXJ0aWNsZXNob3cvNjkzNTQ5MTguY21z&ntb=1). [This sudden change in temperature can dry your skin, the mucus membrane, eyes and cause asthma attacks, muscular pains, sinusitis, heat exhaustion, heat stroke, anxiety, impaired cognitive function and even premature death from heart and lung disease](https://www.bing.com/ck/a?!&&p=2cab33d829309f1dJmltdHM9MTcxMjk2NjQwMCZpZ3VpZD0wZDYzMGQ4ZS1mNzk0LTZiYjktMmJkZi0xOTljZjY3NDZhMWQmaW5zaWQ9NTc1MQ&ptn=3&ver=2&hsh=3&fclid=0d630d8e-f794-6bb9-2bdf-199cf6746a1d&psq=sudden+temperature+change+effects+on+body&u=a1aHR0cHM6Ly90aW1lc29maW5kaWEuaW5kaWF0aW1lcy5jb20vbGlmZS1zdHlsZS9oZWFsdGgtZml0bmVzcy9oZWFsdGgtbmV3cy9hbGVydC1zdWRkZW4tY2hhbmdlLWZyb20taG90LXRvLWNvbGQtY2FuLWJlLWhhcm1mdWwtdG8teW91ci1oZWFsdGgvYXJ0aWNsZXNob3cvNjkzNTQ5MTguY21z&ntb=1)[**1**](https://www.bing.com/ck/a?!&&p=aa550b24eda0c1c8JmltdHM9MTcxMjk2NjQwMCZpZ3VpZD0wZDYzMGQ4ZS1mNzk0LTZiYjktMmJkZi0xOTljZjY3NDZhMWQmaW5zaWQ9NTc1Mg&ptn=3&ver=2&hsh=3&fclid=0d630d8e-f794-6bb9-2bdf-199cf6746a1d&psq=sudden+temperature+change+effects+on+body&u=a1aHR0cHM6Ly90aW1lc29maW5kaWEuaW5kaWF0aW1lcy5jb20vbGlmZS1zdHlsZS9oZWFsdGgtZml0bmVzcy9oZWFsdGgtbmV3cy9hbGVydC1zdWRkZW4tY2hhbmdlLWZyb20taG90LXRvLWNvbGQtY2FuLWJlLWhhcm1mdWwtdG8teW91ci1oZWFsdGgvYXJ0aWNsZXNob3cvNjkzNTQ5MTguY21z&ntb=1)[**2**](https://www.bing.com/ck/a?!&&p=bc357a29dd63dd09JmltdHM9MTcxMjk2NjQwMCZpZ3VpZD0wZDYzMGQ4ZS1mNzk0LTZiYjktMmJkZi0xOTljZjY3NDZhMWQmaW5zaWQ9NTc1Mw&ptn=3&ver=2&hsh=3&fclid=0d630d8e-f794-6bb9-2bdf-199cf6746a1d&psq=sudden+temperature+change+effects+on+body&u=a1aHR0cHM6Ly93d3cuc2NpZW50aWZpY2FtZXJpY2FuLmNvbS9hcnRpY2xlL3doYXQtY2xpbWF0ZS1jaGFuZ2UtZG9lcy10by10aGUtaHVtYW4tYm9keS8&ntb=1). [Changes in temperature may also increase a person’s susceptibility to catching a cold or other respiratory infection, and cause headaches and joint pain](https://www.bing.com/ck/a?!&&p=e44b1e7190f80766JmltdHM9MTcxMjk2NjQwMCZpZ3VpZD0wZDYzMGQ4ZS1mNzk0LTZiYjktMmJkZi0xOTljZjY3NDZhMWQmaW5zaWQ9NTc1NA&ptn=3&ver=2&hsh=3&fclid=0d630d8e-f794-6bb9-2bdf-199cf6746a1d&psq=sudden+temperature+change+effects+on+body&u=a1aHR0cHM6Ly9nbG9iYWxuZXdzLmNhL25ld3MvOTYzMTgxMC9oZWF0LWNvbGQtd2VhdGhlci1jYW5hZGEtaGVhbHRoLw&ntb=1)[**3**](https://www.bing.com/ck/a?!&&p=ed15711adf0b2ea0JmltdHM9MTcxMjk2NjQwMCZpZ3VpZD0wZDYzMGQ4ZS1mNzk0LTZiYjktMmJkZi0xOTljZjY3NDZhMWQmaW5zaWQ9NTc1NQ&ptn=3&ver=2&hsh=3&fclid=0d630d8e-f794-6bb9-2bdf-199cf6746a1d&psq=sudden+temperature+change+effects+on+body&u=a1aHR0cHM6Ly9nbG9iYWxuZXdzLmNhL25ld3MvOTYzMTgxMC9oZWF0LWNvbGQtd2VhdGhlci1jYW5hZGEtaGVhbHRoLw&ntb=1).
2. Specially target people with old age