

No Sweat

How do people keep cool in hot climates? Clothing is one way, and *No Sweat* reveals how fiber and material preferences, weave structure, apparel construction and design, color selections, motifs, surface coatings, and sun protection offer relief from the heat in centuries-old traditional and contemporary high-tech textiles.

See how today's high-performance, synthetic microfiber athletic wear, made for "moisture management," pays homage to the 19th-century Chinese *duijin zhu kanjian*, a jacket of interlaced segments of bamboo stalks, worn as an undergarment to create a barrier between the body and any outer robe.

Lightweight cloth, leno or gauze weaves facilitated air circulation for retaining a fresh appearance. *Go-kochi-ro*, a leno woven silk, was popular in Taisho Period (1912-1926) Japan for use in unlined summer kimono. Motifs and colors had strong metaphorical and cultural connotations, such as the use of water swirls and light blues to impart a cooling effect on the wearer.

Gambiered gauze, from the Guangdong Province of southern China was dyed with natural juices of the *shoulang* yam (*Dioscorea cirrhosa*) and later glazed in river mud offering antiseptic merits as well as a faint scent. Before the invention of air conditioners, Japanese used cooling *yuton*—paper floor mats, treated with *kakishibu*, persimmon tannin containing anti-bacterial properties that reportedly have the ability to bring down one's body temperature. *No Sweat* showcases the significant role that textiles achieve in promoting healthful living.