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**THE EFFECTS OF WEATHER ON A PERSON
ВЛИЯНИЕ ПОГОДЫ НА СОСТОЯНИЕ ЧЕЛОВЕКА**

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This work is about the effects of weather on a person. Nowadays big attention is paid to weather. It has direct influence on our organism and plays big and sometimes decisive role in our life. Six weather parameters: temperature, wind power, sunlight, precipitation, air pressure, and photoperiod influence on a person most of all.

Weather can slow down the development of different diseases and promote to recovery. It has not equal affect on the state of health of different people. The organism of a healthy person gets accustomed to the changed conditions of environment at weather change. As a result healthy people practically do not feel negative influence of weather.

Today there are various opinions on influence of weather on our mood. Some scientists consider that it doesn't influence on mood. Other researches show that: humidity, temperature, and hours of sunshine had the greatest effect on mood. It was researched that there is a relationship between heat and violence, also pleasant weather (higher temperature or barometric pressure) was related to higher mood, better memory, and "broadened" cognitive style during spring as time spent outside increased. Rainy or cloudy cool weather and sad nature can create a depression, the suppressed mood and to cause negative emotions, the quantity of the sun light influences on behavior of people and their mental condition too. In the world 5 % of population (100 million people) suffer from depression. In our country – 6-10 % (about 500.000 people).

Scientists have also come to the conclusion that the number of suicide cases also depends on the quantity of sunlight in this or that country. For example the percentage of such cases in Norway where the weather is mostly rainy, snowy or foggy is much higher than in southern countries. According to official statistics, 1000 000 people commit suicide every year. Last year in our country 2.666 suicides (27, 5 cases on 100.000 population) were registered.