

permissible in some cases, but as a rule it is best to get along without them. The best sweaters are those in the form of Cardigan jackets that can be laid aside should the temperature rise considerably during the day.

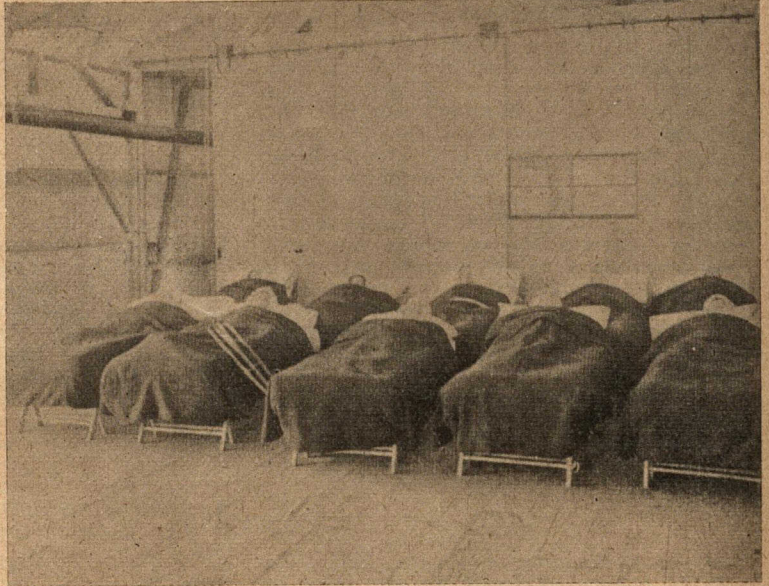
When "sitting out" every patient should wear a fur coat that comes down well below the knees. Owing to the great demand for fur coats, the popular "coonskin" has risen greatly in price and many substitutes have been placed upon the market. However, the majority of "sitters-out" will find no coat of sufficient warmth unless it is made of skin or some impervious material. Every coat should have a high collar, covering the ears and have wind guards in the sleeves. A sash tied snugly about the waist adds greatly to the warmth of the coat. Such sashes are widely worn in Canada, and are usually of a bright color, red chiefly. A short leather jacket lined with lamb's wool is an admirable covering while walking, as members of either sex should not walk in long fur coats.

THE HANDS

In all but the coldest weather, outdoor life need not necessarily interfere with the use of the hands in writing, reading or playing games. At least, the hands can be kept comfortably warm until ink flowing from a fountain pen in actual use freezes at the point.

During four winters the writer has found considerable hand work not only possible but also quite pleasant while using a somewhat unusual protection. This consists of, first, a thin, easily fitting cotton (summer) glove which allows perfectly free movement of the fingers, and, second, a warm mitt worn over the glove.

A mitt is not a mitten, but a fingerless and thumbless glove, or a glove with fingers and thumb which are tipless and so short as to cover only the basis of the fingers and thumb of the hand. In its simplest form it may be a long wristlet reaching from well up the wrist down nearly to one-third of the length of the fingers. Through this wristlet at the proper distance from the finger end is left a hole for the thumb. The wristlet is knitted



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or crocheted of worsted. The simplest form is improved by knitting at the thumb hole a short covering for the base of the thumb.

The making of such mitts might furnish profitable employment for some patient of whom other patients would gladly buy so soon as the convenience and comfort of the thin glove and warm mitt, worn together in a patient's winter outdoor life, are known and appreciated. This is the more true because such mitts are not to be found, so far as the writer knows, in the American market.

In a temperature of twenty or thirty degrees below zero the ordinary mitten, with thumb, or fur-lined gloves may be found necessary.

For driving, mittens will be found to give by far the greatest warmth. All gloves or mittens should be large and loose, not tight or binding at any part. Gloves with tight wristbands may be the cause of much discomfort, but long, loose wristbands covering for some distance the sleeves are very satisfactory. In nothing should more care be exercised than in the choice of gloves and mittens. With the exception noted previously, they should always be of fur or pure wool.

THE FEET

While sitting still out-of-doors no part of the body suffers more severely than the feet. If you wish to be thoroughly comfortable, pay especial attention to your footwear. Woolen stockings are almost absolutely necessary, though in some cases a pair of thin cotton stockings under the woolen gives the most comfort. As many as five pairs of