

PORCHES

Persons living in a health resort are often struck with the inconsistencies of the new arrivals. Every attention is paid to the selection of a room. It must be comfortable, well warmed and provided with several easy chairs. So far, so good, but in many cases this ends the matter and porch-room and comfort out-of-doors receives scant, if any, attention. The foolishness of neglecting to select a comfortable spot where you must spend eight to ten hours every day needs only to be mentioned to be recognized. Choose your quarters without forgetting that where you want most comfort is out-of-doors. Having settled upon a suitable place immediately (do not postpone this for two or three months because you expect to go home "in a few weeks") lay plans for your comfort out-of-doors. Expend all you can afford to make yourself comfortable, and omit no details within your financial resources.

CHAIRS

Next in importance comes the choice of a suitable chair. Many varieties, both in style and price, are on the market. The "Dettweiler" and "Adirondack Recliner" are probably the most comfortable, though somewhat expensive. They each have adjustable backs and when upholstered are very warm. The ordinary steamer chair, with an extended foot rest and a book rack, is an excellent chair, but the back is immovable.

Two excellent cheap chairs have been put upon the market in the last few years. They consist of canvas stretched upon a wooden frame. One of these is self adjusting, and while, sitting in it you can change it to any angle from an upright to a reclining position. A chair similar to this is made with an iron frame work, which makes it more expensive but more durable.

TABLE

It is important to the comfort of the patient to have a table handy on which to keep books, writing material, etc. An adjustable table, the top of which a patient can swing in front of, or away from him at will, is

preferable. If possible also have a small bookcase within reach. A book rest such as are used on Morris chairs can be attached to the table or chair. A book rest permits the hands to be under the rug and hence much warmer.

COVERINGS FOR CHAIR

One very important thing to be remembered is that all the warm air that rises from the body is replaced by cold air from below. This applies to beds as well as to couches and chairs. The only way to prevent the cold current of air from below is to cover the chair first with some material impervious to air. A fur rug is by far the best thing for this purpose, but for those who have not the means of obtaining such, several layers of newspaper will answer just as well. It will be a surprise to many to find what a difference such a simple covering makes. On top of this layer of paper, if such is used, a mattress or its equivalent lends remarkably to warmth and comfort. The fur rug, if used, may be spread on top of the mattress.

CLOTHING

The clothing should be light in weight and porous, but sufficiently warm. For underclothing, garments of wool mixed with cotton are probably the best as they are not costly and in most cases they give sufficient warmth. However, linen mesh underwear has found favor with many persons of late. While the clothing and underclothing should not be too heavy, heavy wraps should be used.

Learn to abandon chest protectors and other swaddling clothes. Anything that bundles up the chest and neck is bad. A chamois vest that can be easily removed is



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