

How to Be Comfortable Sitting Out in Winter

THERE are, no doubt, many who will say at once that such a thing as being comfortable while sitting out in winter is an impossibility. It may be for some who lack the will to make the attempt but this must be confined mostly to those who do not care to get well.

The only inducement that needs to be offered to anyone sick from tuberculosis to do such a thing is that no proof is lacking that sitting out of doors "in the winter" is the thing of all others that does most to effect a cure. It is said to do twice as much good as sitting out for the same length of time in summer.

The greater benefit derived from winter sitting out has several explanations. First, with the ground covered with snow, there is little chance of the air being impregnated with the irritating dust of summer. Second, the warm air of summer by preventing rapid radiation from that great neglected breathing surface of the body, the skin, submits the body to severe poisoning influences of substances that ought to be excreted. Possibly the heat generated by the body is one of the most harmful of retentions of this sort. The result of this retention is a condition of nervous tension and consequent vitalexhaustion. Third, as Dr. Burney Yeo has written, the higher daily variations in temperature of winter are conducive to the highest development of the vital forces necessary to combat disease.

Far beyond all these attempts at explanation, however, there stand the facts and figures incontrovertible that patients who are faithful in sitting out get well far more quickly in winter than in summer.

This being so it behooves us all to make the best of it, and to be as comfortable as possible, which really means very comfortable if we take the proper precautions.

It means a daily battle for many, but for those who accomplish eight or ten hours a day in the open air, there is the battle won, the feeling of pride in a day's duty well done, and the opportunity for some to boast about it, all of which are, in themselves, sources of satisfaction.

There comes in here too the duty to your neighbor, who probably suffers as much if not more than you do. Let him see you faithful and he will be more faithful himself. Perhaps nowhere does the influence of good or bad example show itself more plainly than in sanatoria reserved for the care of those suffering from tuberculosis.

There is no use disguising the fact that it is a great deal harder to sit out in winter than in summer, and while many do it with a fair amount of pleasure for a certain number of hours daily, others find it very irksome. Many of these latter find it so, often

because they do not take the proper precautions against the cold. And since it has the great ultimatum of getting well, and is for this reason a necessity, every effort should be made to keep as comfortable and as warm as possible.

SHELTER.

The most important thing is to find a sheltered spot, where one is protected from wind and snow. Wind has a more cooling effect on the body than a still atmosphere thirty or forty degrees lower in temperature. For a patient resting outdoors, then, shelter



SLEEPING OUT GARB, LATEST STYLE.

from strong wind is essential. In most sanatoriums the porches on which patients rest are protected by glass screens. Glass screens are probably the best, as sunshine is admitted. Where there are no glass screens there should be canvas or some sort of a wind shield. A revolving shed or shack, enclosed on three sides, is probably the most satisfactory protection from the wind. For many who cannot afford such a shed, one, or better two, movable wooden or canvas screens are often all that is necessary. The sheltered porch should be so arranged that it can receive the direct sunshine all day long. To protect the head from direct sunshine, a small roller window shade can be attached to the base of the window-shield sash and raised whenever necessary.