

Keep warm during cold weather field work

LANCASTER — With cold weather already here and people searching for ways to stay warm, the National Association of Hosiery Manufacturers and the Woolen Hosiery Institute are suggesting that consumers give careful consideration to their clothing needs, and to the natural characteristics of certain fibers, like wool. Whether you face lowered thermostats at home in the house or barn or in the field what you wear is certainly an important part of the effort to fight off the cold. And cold weather presents more than just discomfort; there is also real danger from over exposure and frostbite especially when you work in the fields for a great length of time. And what you wear, including your hosiery, deserves important consideration.

But more people have little or no understanding of how their bodies react physically to such weather, nor do they fully comprehend the various natural characteristics of certain apparel items and types of fibers.

There is an important relationship between the body, the environment, and the proper clothing that should be understood. By not fully understanding this relationship, people trying to

protect themselves often make the situation worse.

Physically, the human body tries to maintain a steady temperature of 98.6 degrees for the comfort and protection of the major internal organs. Deviation of this body temperature by just a few degrees can cause illness, or even death.

As everyone knows, the body produces heat on its own through various body functions and activities. You are readily aware that strenuous activities during hot weather builds up body heat which is passed off by sweating. But heat can also be lost simply because the surrounding temperature is cold and is reducing the body heat faster than you can produce it.

Shivering is the usual result, and a sure sign that people should take precautions to protect themselves. Without protection, fatigue, confusion, dizziness, and loss of coordination can occur as the condition worsens. In extreme cases of such "over exposure" death can even occur in less than an hour.

Naturally, the only real cure for such cases of extreme "over exposure" is to get inside out of the cold weather. Exercise also produces body heat, and can ac-

tually save your life during an emergency until you reach safety or help arrives.

But these are "extreme cases," and what most people are concerned about is simply being comfortable during this period of cold weather. Proper clothing is the best defense in combating both the extremes of exposure to the outside elements, and the discomforts of a "chilly" house or barn.

One should not forget that the body also can get "over heated" even in cold weather, and this is why it is important to choose the "proper" clothing for the specific situation. The "layering" of clothing has long been advocated as the best idea. This way, layers can be added or subtracted as needed to control comfort. The air trapped between the layers provides insulation and is heated by the body.

It is also important to ensure that the body can "breathe" and allow moisture to pass through the

fabric and away from the skin, while moisture from rain or snow is prevented from entering.

The natural fiber wool has been the choice of people for years for many apparel items because it is a natural insulator for the body from outside changes in temperature, and because it absorbs moisture well and dries from the inside out so that you do not have wet feeling next to the skin.

Under normal conditions in winter, people most often complain of cold feet and cold hands. While the torso is somewhat easier to keep warm, it is more difficult to keep these extremities up to the proper temperature.

A lot of people in this weather move to the use of wool socks. This will probably suffice for inside wear, but when moving outside, a light-weight wool sock covered by heavier hosiery will go a long way in keeping your feet and toes warm

and dry.

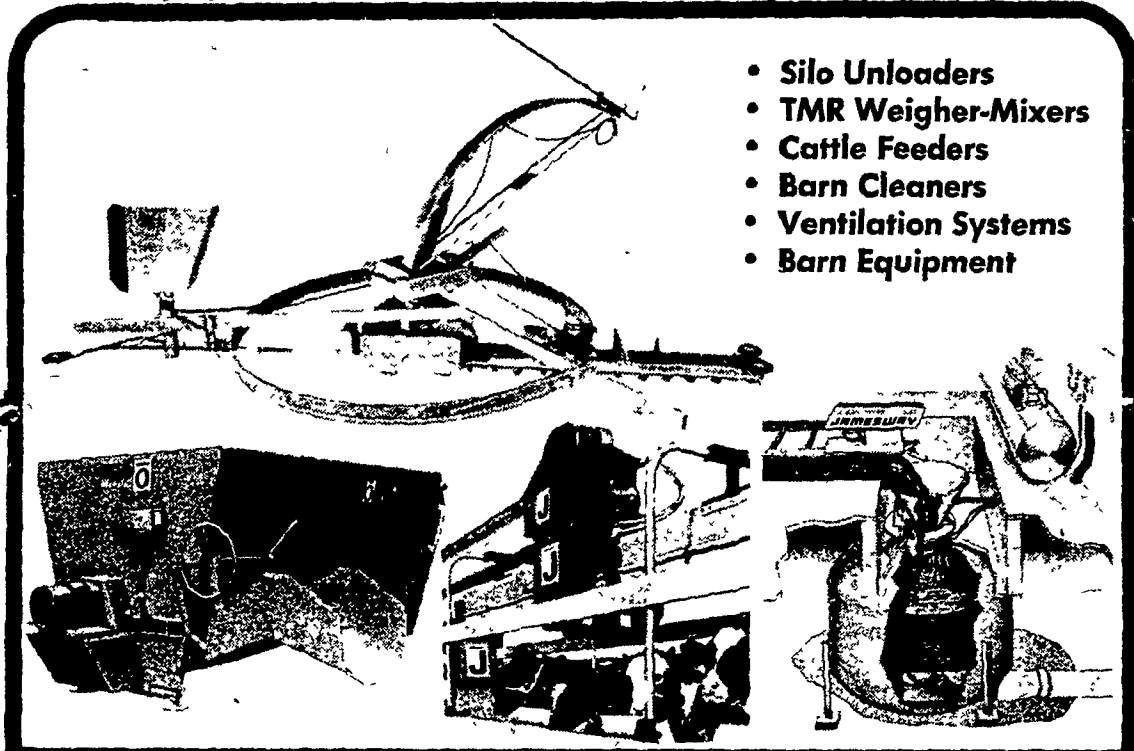
The same principle of course applies to the hands and fingers, where a pair of wool mittens are often better than fully-lined gloves. In fact, many people find the best combination is a pair of light gloves, covered with wool mittens.

Frostbite is an ever-present danger during winter, and most often affects the area around the hands, feet, and face. Frostbite is actually the freezing of water between the cells of the body which results in the formation of ice crystals. It is extremely dangerous and painful and once should not take chances during periods of extreme cold.

The combination of proper clothing and common sense is probably your best guard against the elements of winter. The proper use of apparel items, including hosiery, is always wise.



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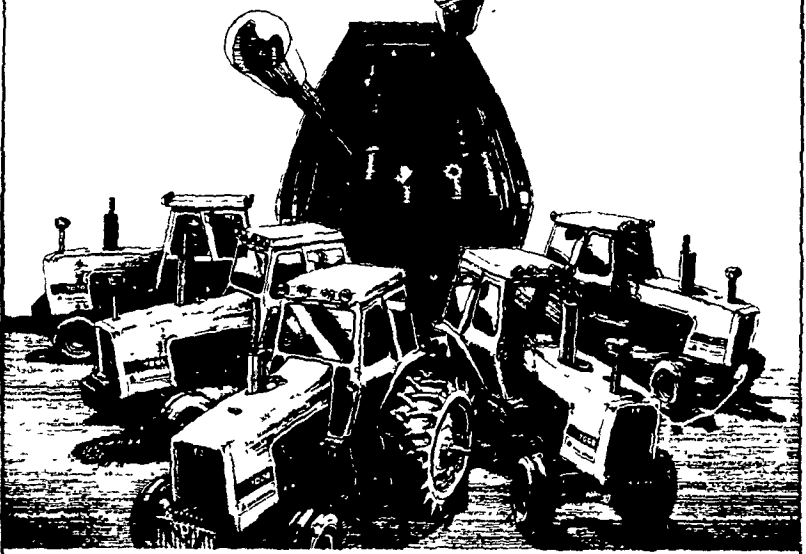
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