

4 NOTES ABOUT COLD:

PREVENT COLD BY COVERING YOUR HEAD WHICH LOOSES 1/3 OF YOUR BODY HEAT. COVER ALSO YOUR NOSE WHICH LOOSES 50% OF YOUR HEAT AT THE LEVEL OF THE HEAD OF COURSE.

PREVENT COLD FEET BY PUTTING HAY OR NEWSPAPER AS SOLE. DAMPNES IS WHAT CAUSES COLD.

IF YOUR FEET ARE WARM THE REST OF THE BODY IS ALSO WARM. MAKE SURE YOUR SHOES ARE NOT TO TIGHT AND THAT THE NEWSPAPER SHEET IS FOLDED 4 TIMES, 1/2 A SHEET SHOULD DO IT.

CUT THE EXCESS FROM THE HEEL, & CHANGE OR REPLACE EVERY NIGHT  
(or as often as needed).

PASS ALONG ANY TIPS OR COMMENTS TO US  
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Sorry about all caps! Cold freeze my caplock!?!