

Summer's coming: plan to cool it!

It may be hot to be cool, but it's definitely not cool to be hot. Not for most of us with MS! Fortunately, a multitude of personal cooling devices are for sale all over the Web. They range in type and complication from bandanas that cool after a quick soak in tap water to vests with freezer inserts—and even a full-size cool quilt.

A cool head

Bandanas, scarves, and neck wraps are on sale at a variety of sites, including Polar Products, www.polar-products.com, which offers neck wraps that tie or close with Velcro for \$8.95. Misty Mate, www.mistymate.com, has a wide variety of bandanas for \$5.95 each in addition to its name-brand item, discussed below. More bandanas for \$5.99 are at www.stageoneproductions.com, which sells many products under the name MiraCool. All of them get cool with a simple soak in water.

My personal favorite is a neck wrap from Body Cooler, at www.bodycooler.com. The Thera-Collar, \$25, goes around the neck and has a flap



Dew Rag

that can hang either down the front or down the back. It's pricier, but I like the extra cooling coverage.

A more unusual item comes from Silver Eagle Outfitters, at www.silvereagleoutfitters.com. For \$16, you can buy the Dew Rag, which fits under a bicyclist's helmet. Silver Eagle has baseball-type caps that cool as well. All items are made of Hydro-weave, in three layers, combining fabrics that both attract and repel water so the inside layer stays cool after dunking without getting the user wet, according to the Web site.

A cool hug

Vests are another staple among cooling devices. Some offer "phase change" cooling, which is simply an insert that is soaked, and then refrigerated or frozen.

Stage One Productions, which sells MiraCool and Polar Products, mentioned above, offers vests from \$26.99 to \$46.99. Glacier Tek, www.glaciertek.com, has vests from \$100 to \$160 depending on style. Glacier Tek says its cooling packs maintain a constant

temperature of 59 degrees for up to 2½ hours. The cooling packs can be replaced as they warm up by soaking the extra packs that come with the vest for 20 minutes.

The easiest vests to use, and my recommendation, are from Silver Eagle. They range in cost from \$36 to \$55. They are smooth, not bulky, and have front zippers.

Body Cooler offers a bra insert for \$11, which is perfect for people like me who tend to warm up quite a bit in that particular area.

Cool at wrists and ankles

I've noticed that the temperature of my wrists and ankles seems to influence the temperature of the rest of my body, so I like the \$20 Coolband, available at www.coolbandcity.com. The Coolband "system" involves arm and leg bands

made of terrycloth into which you insert the custom-sized freezer packs. Each Coolband set comes with extra inserts, so one set can stay frozen while you're wearing the

other. The large bands easily slip over the feet and hide discreetly under socks.

Night cool

If you bake at night, try the Chillow, www.soothsoft.com, for \$29.99. This water-filled pillow is designed to draw heat out of the body but not stay too cold all night. If a cooling pillow isn't enough,



Silver Eagle cooling vest

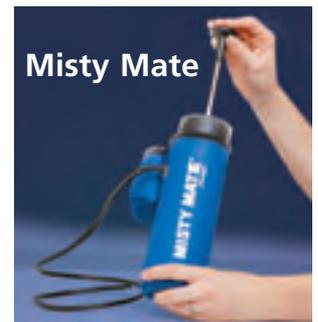
try the quilt from Silver Eagle Outfitters for \$55. The CoolQuilt gets soaked in water to chill out, but it won't get you wet. It too is designed to draw heat out of the body while you sleep without cooling you too much, which could be dangerous.



Chillow

A working cool and an airy twist

The maker of the Chillow also offers CompuSooth, a gel-filled wrist rest for use at the computer, for \$15.95. The wrist rest molds itself around the user's wrists, cooling the body while the user is busy working.



Misty Mate

To add an airy twist to any cooling action, try one of the Misty Mates at www.mistymate.com. These water pumps spray a mist of water that evaporates, cooling the air around you. Prices range from \$14.95 to \$29.95.

Cool to the core

To get the cool all the way inside, try drinking a smoothie. For a bunch of recipes that require only a blender, rather than a special machine, go to www.recipesource.com, www.allrecipes.com, or www.epicurious.com. Delicious!

Webhead Sharon Brown has to beat the heat: she lives and works in Florida.