The Heat is On

DURING THE COLD WINTER MONTHS, it's the extremities – particularly our hands – that get cold first. Over the centuries, we've come up with some ingenious ways to cope.

Then... Legend has it that the first hand-held heater was invented during the Sui Dynasty when the Emperor was visiting Jiang Su Province and complained of the winter cold. His servants asked local craftsmen to fashion a small copper and porcelain heater that could be filled with hot coals and that the Emperor could hold in his hands. The Emperor loved the tiny heater and would often hold it hidden in the large sleeves of his ceremonial robes, a fad that soon caught on with other dignitaries.

Now... Today's hand-held heaters are more efficient, if less aesthetically pleasing. Most are battery-operated, come with different temperature modes – Standard/Advanced/Turbo – and have a “constant temperature” safety control so that there is no danger whatsoever of them becoming too hot. At 50g, they also weigh a lot less than the Emperor’s version and they’re tiny enough to fit into even the less generous modern sleeve, though are more often kept in the pocket.