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| Autore                  | Nordskog Michael   |
| Titolo                  | The opposite of cold [[electronic resource] ] : the Northwoods Finnish sauna tradition / / Michael Nordskog ; photography by Aaron W. Hautala ; foreword by David Salmela ; introduction by Arnold R. Alanen   |
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| Descrizione fisica      | 1 online resource (209 p.)   |
| Altri autori (Persone)  | HautalaAaron W   |
| Disciplina              | 977.6  |
| Soggetti                | Finnish Americans - Minnesota - Social life and customs<br>Finnish Americans - Superior, Lake, Region - Social life and customs<br>Sauna - Minnesota - History<br>Sauna - Superior, Lake, Region - History<br>Minnesota Social life and customs<br>Superior, Lake, Region Social life and customs  |
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| Note generali           | Description based upon print version of record.  |
| Nota di bibliografia    | Includes bibliographical references and index.   |
| Nota di contenuto       | Contents; Foreword; Introduction: The Sign of the Finn; Sauna in the New World; Immigrant Saunas in the Lake Superior Region; Finland's Sauna Culture; The North American Lakeside Tradition; The Value of Heat; Keeping the Wood-Fired Sauna Tradition Alive; Acknowledgments; Notes; Index   |
| Sommario/riassunto      | As many in the north country can attest, one of life's great pleasures resides in the tradition of sauna-sitting in 180-plus-degree heat and throwing cool water on oven-hot stones to create a blast of steam (called loyly ), followed by a jump in the lake, standing naked in subzero temperatures (or even a roll in the snow), or just relaxing on the cooling porch. To the uninitiated, there is a strange, alluring mystique to the art of Finnish sauna. But to an ever-increasing number of people-from their small urban saunas to backwoods and lakeside retreats-the culture and practice of Finnish sauna |