

declared too warm. It is apparent, therefore, that to accept the readings of a dry bulb thermometer as a gauge of the sensible temperature is clearly unscientific, inadequate and misleading.

Moisture evaporating from the body produces a sensation of chilliness, which is not in accord with the temperature, for evaporation invariably abstracts heat. The cooling effect of evaporation is well demonstrated by dropping on the skin a little ether, alcohol, or any other liquid which volatilizes at ordinary temperatures. With the humidity normal the evaporation is so slow as to produce no sensible effect, for as the vapour approaches the saturation point the tendency to evaporate is not so strong. With the humidity at 30 per cent, however, the rate of evaporation is very rapid, making it necessary to maintain high temperatures in order to offset the chill of evaporation. Moreover, since different constitutions keep the skin differently moistened, a temperature satisfactory to one person may be too hot or too cold to suit another, if the air is dry enough to make the cooling effect of vaporization an important factor.

In describing a series of tests, Dr. Henry Mitchell Smith states, "In the first place, it was observed that with a proper percentage of moisture 70°F was uncomfortably hot, 68°F warm, and 65° comfortable. By proper percentage of moisture is meant one which is never below 50 per cent or above 70 per cent average about 60 per cent. It was determined by repeated experiments that a temperature of from 65° to 68° and a relative humidity of 60 per cent produced the most comfortable conditions which were in marked contrast to a temperature of 72°F with a relative humidity of 30 per cent. The former felt warm and balmy, the latter notwithstanding the higher temperature, chilly and dry, and the slightest motion of the air suggested a search for the source of suspected drafts. Moreover, properly moistened indoor atmosphere lacks all the oppressive dry feeling so characteristic of the average artificially heated room, seeming more like the corridor of a well ventilated hotel. The quieting effect of such an atmosphere is striking. There is an indescribable sense of relaxation and "poise" contrasting strongly with the feeling of nervous tension so frequently experienced in overheated dry rooms."

In speaking of the effects of dryness Dr. Smith says, "The skin and the mucous membrane of the respiratory passages are the principle sufferers, since these tissues are always kept moist with their own secretions, and from them water is freely abstracted to satisfy this large