

each other warm by their own radiation, and wearing heavier clothing, the heat emission from the human body is very much reduced.

It is naturally difficult to determine the relative bearing of foulness and of overheating, each depending so much on the degree and also on humidity, but the fact remains that overheating has been shown to be injurious in itself and is apt to be more so when combined with foul air, humidity and with pollution through unsanitary heating apparatus. Equable, moderate temperature is, therefore, one of the primary hygienic requirements.

The logical way of meeting it is effective heat control, not only to suit the weather, but to take care of the heat from occupancy. With steam heat, which does not lend itself readily to central regulation, automatic devices for individual rooms are necessary in rooms occupied by a number of persons who are not expected to pay attention to the heating service. In other cases some form of graduated hand control of local radiation may be sufficient. Sometimes fair service can be obtained by the use of long distance devices, facilitating better control of a plant by the engineer from a central point. With hot-water heating, automatic regulation is desirable, mainly in rooms that will be crowded on occasion. On the whole, it is easiest with that system to maintain equable conditions. Still better results could be obtained by using gas for fuel in house-heating boilers, as is done for the bath heaters. The additional operating expense is no longer prohibitive in view of the saving in labor and other advantages. This combination of gas with hot-water heat should be the ideal domestic plant of the future. In this connection it is well to remember that the best heat regulation is often set at naught by some extraneous heat source, such as a hot flue, or a warm floor. All such cases should be looked out for in planning and taken care of.

Cool Air is More Wholesome to Breathe.

Aside from the desirability of avoiding excess of heat, there is still another lesson in Fluegge's findings. It is well known that a considerable portion of the heat emitted by a human body is contained in the exhaled air. Cooler air inhaled means increased emission owing to additional heat necessary to raise it to the temperature of the body. If the air is cool and sweet besides, it will be inhaled more freely and stimulate functions. Hot and dusty air makes more labor in breathing, gives less oxygen, if only for the same volume, and keeps circulation below the normal. It follows that the lowest air temperature compatible with comfort is the most rational. We all know that the indoor temperature at which one may feel comfortable varies considerably, according to the temper of the occupants, with the relative humidity and other conditions. But our sense of comfort is probably effected quite as much by the temperature of the surrounding objects, as they radiate heat or absorb it from the body. Thus we need less clothing on a sunny day than in cloudy weather, with equal air temperatures. This is so, because radiant heat will pass through the air and to its destination, without appreciably raising its temperature. Incidentally, it will be understood, that air is not spoiled by the heat rays, but by convection, or contact alone. For these reasons a room is apt to be most comfortable if the bulk of its walls is thoroughly warmed by continuous heating service, but the air be kept relatively cool by occasional opening of windows or by a constant inflow of sweet, uncontaminated air not heated beyond room temperature. This idea of warming the walls, or the structure, rather than the air within, is conducive to equable conditions, and reduces the tendency to overheating, by the heat sources,

as well as by the air supply, as each can be regulated effectively, and will not interfere with the other. Warmer room air, on the other hand, produces a lower percentage or relative humidity, and naturally tends more to excessive dryness and dust pollution by heating.

For the same reason it appears to be more advantageous to utilize the radiant heat of direct surfaces, rather than the heat emitted by convection. This would favor the selection of low, widely spaced, flat radiation, which is generally also more sanitary.

Cool Air and Radiant Heat vs. Hot Air.

The theory of warm walls and cool air also points towards the ideal for the solution of all heating and ventilating problems, that is, to reproduce for indoor life those atmospheric conditions which we know to be most pleasant and wholesome. A direct system with continuous service, with moderately warm, well distributed, clean surfaces giving more heat by a mild radiation than by convection, combined with a tempered air supply in some sanitary form, will certainly be the nearest approach to the mild radiant heat of the sun and cool bracing air. Any apparatus using fresh air as a heat carrier will produce the opposite effect, resembling more the enervating sirocco, or warm, cloudy weather. In any event, such apparatus necessarily gives warmer air and cooler walls since it is the air that must heat the walls. Besides, the higher the incoming air must be heated, the more it will lose of its natural sweetness. Hot air heating also tends to produce strata of warmer air overhead, and cooler air near the floor, a condition which is undesirable from the hygienic as well as the economical point of view. Again, the problem of controlling the heat without either disturbing the air supply or causing other discomforts is decidedly more complex.

There are instances, of course, where heating by air may be indicated, or permissible. The indirect method, however, should be resorted to only in such cases where the heat requirement is relatively small, so that the air supply need not be warmed to an undesirable degree which will spoil it for purposes of ventilation. The same amount of heat may, of course, be obtained with smaller volumes at higher temperatures as with large volumes at lower temperatures, but the best authorities agree that it should not be brought in to a room at more than 110 deg. F. Rietschel puts it at 104 deg. This is a severe limitation for conditions maintaining here. About 120 deg F. would seem justified. In cases where it would still result in excessive volumes it is nearly always advisable and proper to reduce the heat requirement by extra protection.

The indirect system is often installed with the idea of securing better ventilation than is expected by direct heat alone. As a matter of fact, the air renewal in either case depends largely on the natural outward leakage afforded by the structure and the draught power of any vent flues available. The inward leakage in one case comes through the register, in the other case through walls and windows. The latter air is apt to be sweeter and purer than that from the stacks. Moreover, the window ventilation can be increased without stopping the heat supply from radiators while the draught in a hot-air flue is liable to be reversed under wind action when heat is most needed. The idea of better ventilation through hot air heating is, therefore, nearly always a delusion.

(Continued next week.)