thru direct radiation and also by the evaporation of moisture from the body.

Now, if the air becomes over-heated, radiation cannot take place, in fact the reverse will happen. Furthermore, if the air is already saturated with moisture, evaporation will cease. In this state, the two most important factors for maintaining the balance of temperature in the normal body are absent. We suffer for it in the shape of head-aches, drowsiness, and lassitude.

The tragedy of the "Black Hole' 'of Culcutta is a ghastly example of the results of extreme heat and humidity. All but a score of the one hundred and forty-six forced in that small room succumbed before they were liberated.

Since the scientist has obligingly shown us the causes of the ill effects from bad air, our friend the efficiency expert comes along in his train with tabulated results of caried ventilation in terms of quality and quantity of work done. He claims that there is no variation in the turn-out of work on account of mere impure air, provided the temperature and humidity are at normal, but if the temperature of a room be raised from 68 degrees F. to 86 degrees F. there will be a resulting loss of 39% of efficiency. Well worth knowing, isn't it?

When it is possible, it is still by far the better method to get plenty of fresh air from outside. The human body has become adapted to the average humidity of the great out-of-doors and is healthiest there. The heating indoors can be more readily and accurately adjusted than the humidity.

So still keep on freely ventilating your rooms, only, incidentally it is just as well to know why you do it.

A. K.E.,'22.