In other cases the exhaled breath of human beings was condensed, then dried, sterilized, mixed with distilled water, and injected beneath the skin of rabbits and mice. Here, as before, no sign of disturbance was shown. In comparison with this, both rabbits and a puppy were killed by injecting sufficient quantities of pure distilled water.

A considerable portion of the above data has been obtained from the Smithsonian Miscellaneous Collections, Volume 60, No. 23, which gives a large number of other tests along similar lines.

Having shown, in a general way, the course of reasoning followed in discrediting the older theory of ventilation, let us now see what has been advanced to take its place.

More than thirty years ago Hermans suggested that the results of poor ventilation might be due, in some way, to heat rather than the chemical condition of the air, and recent investigations have been carried out along this line.

Experiments show that an ordinary adult will produce, and must be relieved of, sufficient heat in the course of an hour to raise the temperature of 1,000 cubic feet of air 15 or 20 degrees. In addition to this, a considerable amount of moisture is given off, partly by perspiration and partly as vapor in the air exhaled from the lungs.

Unless this heat and moisture are promptly removed the body becomes surrounded by an envelope of stagnant air, having the same effect as an oppressive day in the summer, with a high temperature and excessive humidity.

The remedy for this condition is evidently suitable temperature and humidity regulation and air movement, which combination forms the basis of design for the latest systems of ventilation.

The physiological effect upon the human body of overheating is a derangement of the vaso motor system, that is, the nerves which regulates the circulation through the blood-vessels, other than the action of the heart. For example, a cool wind striking the skin, stimulates, through the sensory nerves, the vaso motor constrictors, which causes the small vessels near the surface to contract and drives the blood deeper in the tissues and so preserves the bodily heat. A warm wind, or other source of external heat, causes the superficial vessels to dilate and draws the blood to the surface, thus cooling it more rapidly and maintaining the normal bodily temperature. Health, and life itself, depends upon a uniform temperature of the blood, the usual sunstroke of heat prostration being the result of a very slight rise in temperature. When the heat regulating functions of the body are interfered with by an envelope of still air, at a high degree of temperature and humidity, the usual discomforts of a sultry day or a badly ventilated room are experienced.

Briefly stated, living beings constantly produce and give off to their surroundings an excess of bodily heat. This heat must be disposed of, and is constantly carried away from the body, partly in the air exhaled from the lungs, but chiefly through the skin by radiation and conduction assisted by the evaporation of perspiration. It is evident that the prompt removal of this heat will depend upon a surrounding atmosphere neither too hot nor too moist, and furthermore that the process will be hastened if the air is in motion.

Either too high a temperature or too much moisture in the air will retard the cooling of the body, and when these two conditions occur at the same time, as is usually the case in a poorly ventilated room, the result is doubly harmful.

According to this conception, the problem of ventilation is one of physics and not of chemistry. It seems strange that although more than thirty years have elapsed since this doctrine was first advanced, so little has been known of it outside of laboratories, and that the theory of an excess of carbon dioxide and a mysterious organic poison has prevailed so persistently until the present time.

An interesting coincidence which may be mentioned at this point is, that the usual allowance of thirty cubic feet of air per occupant per minute, based on the amount of dilution to maintain a certain standard of chemical purity, is also the amount of air which is required to remove the heat and moisture given off by one person when introducing it into the room at a temperature 10 degrees less than the room temperature, which is about as low as is possible without causing drafts or chilling the occupants.

This fact is not only of general interest, but serves to show that our modern ventilating systems, while designed upon a wrong assumption, may be made to fulfill the requirements of our later ideas, pending future developments in the way of greater efficiency and effectiveness.

Thus far the new theory of ventilation has been stated as a fact without giving any of the reasons leading up to its adoption.

Investigations in this direction have been under way for a number of years and are quite fully reported in the publication of the Smithsonian Institution previously referred to. Only a few of the simpler experiments will be mentioned in the present article.

In a series of tests at the Institute of Hygiene in Breslau, and reported in 1905, normal individuals were placed in a cabinet of about 80 cubic feet capacity and confined for periods up to five hours until the carbon dioxide rose to 100 to 150 parts in 10,000. No symptoms of illness or discomfort were felt, and the chemical impurity of the air had no effect upon the mental activity of the occupant so long as the temperature and humidity of the air were kept moderately low. Raising the temperature to 75 degrees and the humidity to 89 per cent., with the carbon dioxide at 120 parts in 10,000, caused much discomfort. Breathing outside air through a tube gave no relief under these conditions, while breathing air from the cabinet by those outside caused no discomfort.

Circulating the air within the cabinet, by means of a fan, without changes in temperature, humidity, or chemical composition, removed the disagreeable symptoms experienced by the occupants. When the chamber was cooled to 62 degrees there was no feeling of discomfort, although the carbon dioxide rose to 160 parts in 10,000.

Recent investigations have also been carried out along a similar line in the Physiological Laboratory