of the London Hospital Medical College with practically the same results.

In this case the chamber was of wood made air tight with suitable insulation, and equipped with an electric heater, a coil through which cold water could be circulated, humidifying apparatus, and two electric fans for circulating the air within the chamber. Without going into details, the results showed that decreased oxygen and an increase in carbon dioxide up to 200 to 500 parts in 10,000 had little effect upon the pulse, while the temperature and humidity had a profound effect. The feelings of discomfort which were produced depended upon the excessive heat and humidity and were relieved by cooling and stirring the air by means of the water coil and fans. The carbon dioxide could be suddenly raised to 200 parts in 10,000 without the occupants becoming aware of it. Those outside the chamber could breathe air from within, through a tube, without experiencing any of the discomfort felt by those inside when the temperature and humidity were high, while the breathing of outside air by those within the chamber brought no relief.

A series of tests carried out some time ago by the Chicago Commission of Ventilation seemed to show that there was a temperature and humidity range within which the occupants of a room were comfortable, and this range has given rise to what is called the "comfort zone." This means that there is a maximum temperature with a minimum relative humidity, and a minimum temperature with a corresponding maximum relative humidity, between the limits of which the occupants of a room are comfortable. In other words, there seems to be no *best* temperature or *best* relative humidity: but the maximum temperature at which one is comfortable will be associated with a minimum relative humidity and the minimum temperature for comfort will have associated with it a maximum relative humidity.

Under the conditions of the tests made, it was found that a temperature of 64 to 70 degrees with a corresponding relative humidity of 55 to 30 per cent. seemed to be the limit: that is, the comfort zone was between 64 degrees with 55 per cent. humidity, and 70 degrees with 30 per cent. humidity.

We have heard much recently of the necessity of more humidity in the air we breathe, the atmosphere of our dwellings and public buildings being likened to that of an arid desert.

While a certain amount of moisture adds to our comfort, too much is injurious to health, as shown by the experiments just described. Taken alone, a certain degree of humidity does not signify very much, within certain limits, but must be considered in connection with the existing temperature: the combination being what produces comfort or discomfort. It is probably safe to say, where no special provision is made for humidity control, that during the winter our dwellings are too dry and our audience halls and theatres too moist. This is due to the proportion of cubic space per occupant, being large in the former and small in the latter case.

While much has been said of the harmfulness of too dry an atmosphere and its effect upon the mucous membrane of the respiratory passages, there seems to be some reason to doubt that lack of moisture, within practical limits, has any particular effect in this direction.

The membranes of the throat and nose are kept moist by the secretions from certain glands provided for this purpose and not by the moisture in the air which we inhale. Of course the drier the air the greater will be the tax upon these glands, but the surfaces themselves will remain moist so long as the function of the glands is not overtaxed. It seems more likely that the sensation of smarting in the throat and nose, which is often experienced in a dry atmosphere, is due to dust rather than a low degree of humidity.

While dry air does not necessarily contain more dust than moist air, a low humidity tends to extract moisture from the floors, furniture, and other objects and thus liberates a certain amount of dust which is readily picked up by the moving air. It is probable that one of the most important beneficial effects of outdoor sleeping is breathing a comparatively dust free air. The relative humidity is higher at night and the amount of dust in the air consequently low.

The most extensive investigations in both theoretical and practical ventilation are being carried out in this country by the Chicago Commission on Ventilation and the New York State Commission on Ventilation.

The former was organized in February, 1910, and has done a large amount of practical work along the line of ventilation as related to schools, churches, theatres, industrial buildings of various kinds, and street cars. The work is carried on partly in laboratories, especially equipped for this purpose, and partly in buildings in actual operation, where tests are conducted under practical working conditions.

The New York Commission was organized in June, 1913, and began its actual work in December of the same year.

The phases of the problem which have been given special study may be classified as follows:

Chemistry of the Air—Oxygen, carbon dioxide, organic matter, odors, ozone.

Air Conditioning—Temperature, humidity, dust.

Mechanics of Ventilation—Air volume, air movement, heating of air, cooling, recirculation, natural and artificial ventilation.

Efficiency of installation and operation. Ventilating apparatus.

The laboratory is equipped with a ventilation chamber having a capacity of 1,150 cubic feet, which is provided with apparatus by which the air of the chamber may be confined and rebreathed, or renewed at any desired rate, may be maintained at any desired temperature and humidity, may be kept quiet or in motion, may be removed, washed and recirculated, and may be given any desired chemical composition.

In this chamber from one to six persons may be confined for any length of time. On certain days they may engage in definite mental tasks, while on other days they perform a definite amount of physical work under a given combination of air conditions. By the quantitative study of a considerable number of bodily functions, such as temperature, sensitiveness of the skin, blood-pressure and pulse rate, respiratory exchange, the production of heat, duration of digestion, various changes in the urine, etc., an endeavour is being made to learn in what respects, if any, the physical and mental efficiency are altered by changes in air conditions.