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Humidity and comfort! We all know that warm, dry air dries up the mucous membranes and is unpleasant; while very moist air interferes with evaporation and causes oppression and lassitude. What is the best degree of humidity has not been determined. Moderate humidity may be anything from 30 to 70 per cent. when the temperature is high. Most people can not tell the difference between 30 and 60 per cent. humidity when the room temperature is moderate. The best humidity from the health standpoint probably lies between 40 and 60 per cent., depending upon temperature and circulation; for stagnant air, no matter how pure, is not stimulating.