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By Major A. H. Thiessen  
Science Service Meteorologist

Breathing of the continents! The continents have the habit of inhaling and exhaling once each year. As cold weather approaches, the air over vast land areas cools rapidly by radiation because more heat is lost than received. It therefore becomes denser. This air flows out toward the warmer oceans; the continents are then exhaling. Upon the approach of summer, the continents absorb the sun's rays readily and grow rapidly warmer. The air therefore becomes lighter and rises, and flows from the cooler oceans inland; the continents are then inhaling. This breathing in and out is most perfectly fulfilled in Siberia, where the air is very dense and cold in winter, and light and warm in summer.

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