

For release                      By Major A.H. Thiessen  
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Air, a food! Man breathes                      about 34 pounds of air daily, supplying the body with about two-thirds of its energy. The amount of air breathed in by anyone weighs about five times as much as his food. Air, then, is an extremely necessary commodity, and considerable study has been made to ascertain what is the best air. It was found that its temperature should be about 68 degrees, with humidity between 30 and 70 per cent. To be most invigorating, air should be moving; it is then considered fresh. If it should be necessary to cool it in summer, its temperature should not be much below that of outside air; if outside air is 95 degrees, then the cooled air should be about 80 degrees.

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