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The comfort zone! We all seek the "comfort zone," which is a certain limited range of temperature and humidity giving bodily comfort. The limitations of the zone of comfort vary from season to season and with the country. For instance, the comfort zone in winter lies in brackets of higher temperatures and humidities than in summer, when lower temperatures and drier air are enjoyed; also people living in the tropics are comfortable in higher temperature and humidities which might be oppressive to those living in United States or Canada. At this time of year people enjoy about 70 degrees temperature and 65 per cent humidity.
