

For release
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Air a source of energy! Not all of our energy comes from the food we eat, as most people think; only one-third of it. The air we breathe supplies two-thirds. These are, then, added reasons for breathing pure air, for having a better air diet. To make air more efficient for play, work or study it may be cooled or warmed, dried or humidified, cleaned and deodorized, and lastly circulated. The average man of 150 pounds breathes about 30 pounds of air each day. He lives most of the time indoors where the kind of air he breathes may be controlled or modified.