

For release                      By Major A.H. Thiessen  
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Summer comfort! In providing for human comfort humidity and temperature are always taken into account, but of almost equal importance is air circulation. The heat of the body is used up in part in evaporating water from the lungs and skin. As long as the perspiring mechanism keeps up, comfort is maintained, provided, of course, there is water to evaporate. Perspiration may be hindered or stopped by injury or fatigue, or by the air being saturated with water vapor. When these things happen heat-stroke may result. So keep cool by allowing the body to evaporate its moisture. Good air circulation and correct condition of clothing aid much with evaporation of water from the body.