For release by Major A. H. Thiessen
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Air and life! Everyone knows how essential the oxygen of the air is to life. While the proportion of oxygen in the free air is almost invariable, at high elevations there is less than at sea level, and dilution may occur anywhere by an increase of water vapor or carbon dioxide. However, at high elevations where oxygen has been reduced as much as one-third, there seems to be enough for bodily needs. And carbon dioxide is harmful only when increased to 4% of the air. This rarely occurs even with tightly closed windows and doors. What is important is that there be ample ventilation to do away with the feeling of closeness due to a combination of warmth and moisture. -----