

For release
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Ventilation! The danger of discomfort in a poorly ventilated room is due not to insufficient oxygen or an increase in carbon dioxide given off in breathing, but to high temperatures and humidity and no air movement. Discomfort is due to interference with the processes of body temperature regulation. Ordinarily a person gives off 100 to 400 heat units, depending upon the degree of exertion. If the air is too warm or too moist, the body can not give off its heat readily and discomfort begins immediately. In all experiments relief was obtained as soon as the air was circulated. Good ventilation consists in moderately moving air of 68 degrees temperature and 50% humidity.
