



HARDY

Pages from a catalogue

AIR IS NOT ONLY HOT OR COLD
IT IS ALSO MOIST
OR DRY

In hot weather, humidity acts like an overcoat on the human body. It prevents the escape of inner heat. It discourages the evaporation of perspiration moisture—and evaporation is one method by which body heat is dissipated. On the other hand, heated air in a room during winter tends to lose too much of its humidity with the result that mucous membranes become irritated, and discomfort follows. This condition tends to reduce efficiency and to interfere with general pleasantness.

THE NORMAL INDIVIDUAL IS SENSITIVE TO

EXTERNAL TEMPERATURE
HUMIDITY
AND AIR MOTION

There is an optimum for physical activity which gives a sense of comfort and well-being and an increase in efficiency. Maintaining a constant temperature and humidity in moving air within this optimum range—60-65 degrees Fahrenheit, relative humidity 20-50 per cent—makes least demand upon heart and respiratory organs. Cleaning the air, too—removing irritating gases and odors—has its effect, since it is a factor in conditions involving the mucous membranes of the upper and lower respiratory tract. As medical science has demonstrated, the human machine is a delicate and sensitive mechanism, operating most effectively under conditions that best contribute to its physiological and psychological well-being.