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Chapter 2

PHYSIOLOGICAL PRINCIPLES

Chemical Vitiatio of Air, Physical Impurities in Air, Thermal Interchanges Between the Body and Its Environment, Adaptation to Hot Conditions, Relation of Air Conditioning Needs to Metabolism, Acclimatization, Effective Temperature Index, Physiological Objectives of Heating and Ventilation, Summer Comfort, Influence of Humidity, Influence of Air Movement, The Four Vital Factors

VENTILATION is defined in part as *the process of supplying or removing air by natural or mechanical means to or from any space.* (See Chapter 47). The word in itself implies quantity but not necessarily quality. From the standpoint of comfort and health, however, the problem is now considered to be one of securing air of the proper quality rather than of supplying only a given quantity.

The term *air conditioning* in its broadest sense implies control of any or all of the physical or chemical qualities of the air. When applied to comfort air conditioning, however, the A.S.H.V.E. Code of Minimum Requirements of Comfort Air Conditioning defines it "as the process by which simultaneously the temperature, moisture content, movement and quality of the air in enclosed spaces intended for human occupancy may be maintained within required limits. If an installation cannot perform all of these functions, it shall be designated by a name that describes only the function or functions performed."

CHEMICAL VITIATION OF AIR

Under the artificial conditions of indoor life, the air undergoes certain physical and chemical changes which are brought about by the occupants themselves. The oxygen content is somewhat reduced, and the carbon dioxide slightly increased by the respiratory processes. Organic matter, which is usually perceived as odors, comes from the nose, mouth, skin and clothing. The temperature of the air is increased by the metabolic processes, and the humidity raised by the moisture emitted from the skin and lungs.

Contrary to old theories, the usual changes in oxygen and carbon dioxide are of no physiological concern because they are too small to produce appreciable effects even under the worst conditions of normal human occupancy. Only in such unusually air-tight enclosures as submarines need the increase in carbon dioxide and the reduction in oxygen be considered. The amount of carbon dioxide in air is often used as an index of odors of human origin, but the information it affords rarely