

CONTENTS

Introduction	ix
1. The Human Body a Heating and Cooling System	1
2. The Sensation of Warmth or coolness	9
3. How Activity Level Influences the Body's Generation of Heat	23
4. Investigating Thermal Behavior of Interior Materials	33
5. Making the Most of sunlight and Artificial Light with Design and Color	43
6. Solar Heat Absorption and Storage	55
7. Exposure of the living space: Climatic Analysis of an Interior	61
8. Windows: Shading and Insulating Devices	82
9. Thermal Mass in the Interior	96
10. Insulating from Within	104
11. Solar Interiors	116
Appendix: Manufacturers	154
Bibliography	157
Index	159