

# Contents

	Preface	v
<b>1</b>	Energy Balance	1
<b>2</b>	Metabolism	14
<b>3</b>	Expenditure of Energy	33
<b>4</b>	Thermophysiology	42
<b>5</b>	Regulation of Temperature	70
<b>6</b>	Adaptation	95
	Appendixes	
	I. A Standard System of Symbols and Units for Thermal Physiology	107
	II. Measurement of Temperature	114
	III. Calorimetry	120
	IV. Models of Energy Exchange	132
	Index	143