1 **Physiological regulation of evaporative water loss in endotherms: is the little red**

2 **kaluta (*Dasykaluta rosamondae*) an exception or the rule?**

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15 Summary

16 It is a central paradigm of comparative physiology that the effect of humidity on

17 evaporative water loss (EWL) is determined for most mammals and birds, in and below

18 thermoneutrality, essentially by physics and is not under physiological regulation. Fick's

19 Law predicts that EWL should be inversely proportional to ambient relative humidity

20 (RH) and linearly proportional to the water vapour pressure deficit (Δwvp) between

21 animal and air. However, we show here for a small dasyurid marsupial, the little kaluta

22 (*Dasykaluta rosamondae*), that EWL is essentially independent of RH (and Δwvp) at low

23 RH (as are metabolic rate and thermal conductance). These results suggest regulation of a

24 constant EWL independent of RH, a hitherto unappreciated capacity of endothermic

25 vertebrates. Independence of EWL from RH conserves water and heat at low RH, and

26 avoids physiological adjustments to changes in evaporative heat loss such as

27 thermoregulation. Re-evaluation of previously published data for mammals and birds

28 suggests that a lesser dependence of EWL on RH is observed more commonly than

29 previously thought, suggesting that physiological independence of EWL of RH is not just

30 an unusual capacity of a few species, such as the little kaluta, but a more general

31 capability of many mammals and birds.

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34 Key index words: evaporative water loss, relative humidity, water vapour pressure

35 deficit, ambient temperature, mammal

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37 Running Head: Regulation of water loss in endotherms

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Introduction

Understanding the effects of relative humidity (RH) on physiological parameters, particularly evaporative water loss (EWL), is important because of the theoretical effect of RH on EWL and consequent effects on other physiological variables (e.g. body temperature, T_b; metabolic rate, MR; thermal conductance, C), especially for mammals and birds. It is a central paradigm of comparative physiology, for mammals and birds at T_a in and below thermoneutrality and over the short-term (i.e. hours), that EWL is determined essentially by physics [1-3], and not physiological regulation, although EWL is often actively enhanced for thermoregulation at high ambient temperature (T_a) and can be modified in the longer term by development and acclimationry.

Based on Fick's law of diffusion [1-3], EWL depends on the difference in water vapour concentration (χ) between the body surface (χ_{sat}; assumed to be saturated, RH = 100%) and ambient air (χ_o) i.e. EWL α (χ_{sat} - χ_o). Ambient water vapour concentration depends on RH and χ_{sat}; $\chi_o = (^{RH}/_{100})\,\chi_{sat}$. °K) EWL and χ_{sat} are expected to increase exponentially with T_a (°K) e.g. $\chi_{sat} = 9.16\ 10^8\ e^{-(5218/T_a)}$ [4]. Water vapour pressure (wvp) is an equivalent measure of water potential to χ [1] so EWL should be inversely and linearly related to ambient wvp and positively linearly related to water vapour pressure deficit (Δwvp = wvp_{sat} - wvp_o). Various studies have reported that EWL changes inversely with RH and wvp, or linearly with Δwvp, for various small endotherms at and

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58 below thermoneutrality [e.g. 5-13], as expected from physical principles. However, a few

59 studies have reported a lower or even opposite relationship between EWL and RH, wvp

60 or Δwvp [12-14]. This raises the important question of whether these endotherms have

61 physiological regulation of EWL at low and moderate T_a, which could confer substantial

62 advantages for balancing their water budget. However, complexities with these studies,

63 such as use of RH, wvp or Δwvp, heterothermy [13], postural adjustments [14],

64 measurement method and protocols [13, 15], and use of skin or ambient temperature to

65 calculate Δwvp [16] make it difficult to interpret these patterns.

66   Here, we measure the effect of varying ambient T_a and RH on hygric, metabolic

67 and thermal physiology for the little red kaluta (*Dasykaluta rosamondae*). This small

68 (35g) dasyurid marsupial has several physiological characteristics of arid habitat

69 mammals, including a low and thermolabile T_b, low basal metabolic rate (BMR) and

70 EWL, high point of relative water economy, and ready use of torpor [17]. We might

71 expect the EWL of little red kaluta to deviate from a theoretical linear relationship with

72 Δwvp, if such deviation has adaptive value such as water conservation. We explore the

73 effects of RH and Δwvp on EWL for the kaluta and other small endotherms in

74 comparison with biophysically predicted expectations, then we consider the implications

75 of effects of RH on EWL for thermal and metabolic physiology.

76

77 **2. Materials and Methods**

78 **(a) Study Animals**

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79   Eight little red kalutas (seven males, one female) were collected in northern

80   Western Australia [see 17]. They were housed individually at T_a ~20°C, with a 12:12

81   light:dark cycle, and were fed mince, tinned cat food and mealworms, with *ad lib.* water.

82

83   **(b) Respirometry**

84   Metabolic rate (oxygen consumption, VO_2; carbon dioxide production, VCO_2)

85   and EWL were measured by flow-through respirometry [18]. An Aalborg GFC17 mass

86   flow controller regulated compressed air flow through a 265 ml chamber at 350 ml min^{-1},

87   inside a temperature-controlled room at a T_a of 25, 30 and 35°C. RH was controlled at

88   each T_a (approximately 17, 36, 56 and 78 % RH) by saturating inlet air at known

89   temperatures, using a Lauda K-2/R refrigerated water bath, then warming to T_a; RH was

90   calculated from saturation wvp at the water bath temperature and T_a, using standard

91   equations [19]. Excurrent RH and T_a were measured with a Vaisala HMP45A probe, and

92   a subsample was drawn through a column of drierite then a Servomex OA174 or A184

93   O_2 analyser and a Hereus-Leybold Binos or Hartmann and Braun Uras 10E CO_2 analyser.

94   Analysers were interfaced to a PC via digital multimeters and serial ports. Excurrent O_2,

95   CO_2, RH and T_a were recorded every 20 seconds throughout the experiment, using

96   custom-written software (Visual Basic v6). T_b was measured immediately at the end of

97   each experiment using a RadioSpares 611-234 thermocouple meter, with a plastic-tipped

98   thermocouple inserted ~2 cm into the cloaca.

99   The O_2 analysers were two-point calibrated with compressed nitrogen (BOC

100   gases) and dry ambient air (20.95%). The CO_2 analysers were calibrated with compressed

101   N_2 and a certified gas mix (0.53% CO_2; BOC gases). The RH probes were calibrated over

102   a wide range (using air saturated at a known temperature then warmed to ambient T_a as

103   described above), and calibration was routinely confirmed using 1% RH air (dried with

104   Drierite) and 100% RH air (saturated; by breathing on the RH probe). Flow meters were

105   calibrated using a Sensidyne Gilibrator 2.

106   Kalutas were fasted for 24 hours before commencement of experiments, then

107   measured for no less than 6 hours at each T_a and RH combination (measured in random

108   order) until O_2, CO_2 and RH were stable and minimal for at least 20 minutes [see 15].

109   VO_2, VCO_2 and EWL were calculated after [18] using a custom written analysis program

110   (Visual Basic v6). Respiratory exchange ratio (RER) was calculated as VCO_2/VO_2.

111   Metabolic heat production (MHP) was calculated from MR using the measured RER after

112   [2] and evaporative heat loss (EHL) was calculated from EWL using 2.4 J mg^{-1} H_2O [3].

113   Wet thermal conductance (C_{wet}; J g^{-1} h^{-1} $°C^{-1}$) was calculated as MR/(T_b –T_a) and dry

114   thermal conductance (C_{dry}; J g^{-1} h^{-1} $°C^{-1}$) as (MHP– EHL)/(T_b-T_a), for (T_b - T_a) > 1 $°C$.

115   EWL was also corrected for Δwvp, which was calculated as the difference

116   between saturation wvp and ambient wvp at the measured RH and T_a. It is customary to

117   calculate Δwvp as the difference between wvp at 100% RH and ambient T_a and wvp at

118   ambient RH and T_a (e.g. 7, 14, 20). Skin temperature is more appropriate than T_a to

119   calculate Δwvp [16], but its measurement is more difficult so ambient temperature is

120   generally used as a proxy. The Δwvp will be similar, particularly at low ambient wvp,

121   unless there is a very large difference between T_a and T_{skin}.

122

123   **(c) Statistics**

124   Values are presented as mean $\pm$ S.E., with N = number of individuals and n =

125   number of measurements. Multivariate repeated measures ANOVA (mRMANOVA) with

126   two levels of within-individual repeat (T_a and RH) and *a priori* polynomial contrasts

127   were used to analyse the repeated measurements of individuals. Statistical analyses were

128   conducted using a custom-written Excel spread sheet [21] and SPSS (v21 for Windows).

129

130   **3. Results**

131   Mean body mass of kalutas was 33 ± 0.6 g over all experiments (N = 8, n = 84).

132   Kalutas rested quietly in the chamber, at all T_a and RH combinations. There was no

133   significant difference in body mass with either T_a or RH treatments.

134

135   **(a) Effects of T_a and RH on EWL**

136   There was a significant effect of T_a on EWL ($F_{2,5}$ = 20.5, P = 0.004), but no

137   significant overall effect of RH ($F_{3,4}$ = 6.03; P = 0.058) by mRMANOVA (figure 1).

138   However, a significant quadratic contrast for EWL (P = 0.045) over all RH treatments,

139   combined with a very insignificant mRMANOVA effect ($F_{2,3}$ = 0.059; P = 0.943) and no

140   significant polynomial contrasts (P > 0.678) for the three lowest RH treatments (RH =

141   78% removed from the model) indicate that EWL was significantly lower at the highest

142   RH but did not differ between the three lower RHs. The insignificant interaction between

143   T_a and RH ($F_{6,1}$ = 5.23; P = 0.317) suggests the patterns in EWL with RH were consistent

144   for each T_a.

145   When EWL was expressed per Δwvp (EWL/Δwvp; figure 2), there was a

146   significant effect of T_a ($F_{2,5}$ = 15.5; P = 0.007) and RH ($F_{3,4}$ = 10.5; P = 0.023) by

147   mRMANOVA. A significant contrast (P = 0.012) indicated that EWL/Δwvp was

148   significantly higher at elevated RH. A significant T_a-RH interaction term (P = 0.011)

149   suggests that the EWL/Δwvp pattern with RH was different for the three T_as. EWL/Δwvp

150   values for kalutas at low RH, from T_a = 11 to 38 °C [17], are included in figure 2.

151

152   **(b) Effects of T_a and RH on Other Physiological Variables**

153   There were significant T_a effects for T_b ($F_{2,5}$ = 93.3, P < 0.001), VO_2 and VCO_2

154   ($F_{2,5} \geq$ 33.4, P $\leq$ 0.007) and C_{wet} and C_{dry} ($F_{1,6} \geq$ 13.3, P $\leq$ 0.011). We did not determine

155   C_{wet} or C_{dry} at T_a = 35 °C because (T_b - T_a) was < 1. There were no overall RH effects for

156   T_b ($F_{3,4}$ = 2.50, P = 0.198), VO_2 and VCO_2 ($F_{3,4} \leq$ 3.39, P $\geq$ 0.134), or C_{wet} and C_{dry} ($F_{3,4} \leq$

157   2.34; P $\geq$ 0.215). For all RH data, there was a weak linear effect (P = 0.020) of RH on T_b,

158   with higher T_b at the higher RH. There was no significant effect of RH on T_b (P = 0.173)

159   when the highest RH data were excluded, indicating that there was no effect of RH on T_b

160   except at the highest RH where T_b increased slightly.

161

162   **4. Discussion**

163   Previous studies have shown that EWL changes with T_a, RH and Δwvp in a

164   complex manner [5-14]. Our findings for kalutas of considerable independence of EWL

165   from RH suggest physiological control. T_a influences on EWL also differ from

166   biophysical predictions. Furthermore, re-examination of effects of RH and Δwvp on

167   EWL data from previously studies suggests that our results for kalutas are not unusual

168   amongst small endotherms. Maintaining constancy of EWL at low RH not only conserves

169   water but also affects thermal and metabolic physiology.

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(a) Effect of T_a on EWL

Above the thermoneutral zone (TNZ), EWL of endotherms typically increases more rapidly than predicted from T_a alone, reflecting augmented EHL for thermoregulation when $T_b > T_a$ [2, 3, 22, 23]. This physiological response is also apparent for kalutas; at T_a above thermoneutrality, EWL is enhanced, with a successively higher EWL/Δwvp between 31 and 38ºC [17; figure 2] and a higher EWL/Δwvp at 35 ºC compared to 25 and 30 ºC (this study; figure 2).

At T_a below TNZ, EWL of endotherms is often constant or even decreases with increasing T_a [e.g. 24, 25], rather than increasing exponentially with T_a as would be predicted (by the physical effect). Kaluta are no exception. EWL is relatively constant at T_a in and below thermoneutrality [30 ºC; 17] so EWL/Δwvp decreases as T_a increases from 11 to 31ºC (figure 2); this pattern differs from the physical model that EWL is proportional to Δwvp. This non-exponential effect of T_a on EWL below thermoneutrality is generally attributed to the counteracting effects of T_a on respiratory and cutaneous EWL. Thermoregulatory adjustments in MR, increase respiratory ventilation and EWL at low T_a, which counterbalances the expected decrease in cutaneous EWL [e.g. 24, 25]. In light of our findings for EWL constancy at low RH, an alternative interpretation of this EWL constancy at low T_a is that EWL is acutely regulated over this T_a range. Whatever the explanation for this EWL constancy below the TNZ, marked deviations in EWL from the simple physical effects of T_a indicate some form of physiological regulation, for thermoregulation via proportionally increased metabolic heat production or water conservation by direct regulation of EWL.

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(b) Effect of RH on EWL

Just as deviations of EWL from the physical effects of T_a reflect regulatory processes, comparison of EWL responses to variation in RH at a constant T_a with a biophysical model also provides evidence of physiological regulation of EWL. Various studies have reported that EWL changes inversely with RH and wvp (or linearly with Δwvp) for small endotherms [5-13], consistent with a simple physical model. However, some studies have reported a lower or no relationship between EWL and RH or Δwvp, generally at low or moderate T_a [12-14]. EWL is independent of wvp at 20 ºC for rock pigeons; adjustments in respiratory ventilation or expired air temperature might account for this [12]. For heterothermic male and post-lactating female little brown bats, there was no wvp effect on EWL at T_a of 28 or 33 °C [13], suggesting that EWL is a controlled rather than a physical process, and there was an unexpected linear relationship between EWL and wvp at $T_a = 37$ °C. We [14] previously reported that EWL of brushtail possums was constant at low RH, at a thermoneutral T_a (25 ºC); we attributed this EWL constancy at low RH to postural changes and a body core to extremity thermal gradient. Our data for kalutas, showing an unexpected constancy of EWL under environmental conditions that would be expected to perturb water balance, suggests that EWL was under active physiological regulation, reducing their EWL at low RH (high Δwvp).

Only these few species have been reported to deviate from the expected physical EWL-RH-Δwvp model, whereas most others apparently conform to it. However, we have re-analysed data from other studies examining the effect of RH, wvp or Δwvp, on EWL to evaluate how well those data fit the expectation of a linear physical effect of Δwvp on

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216　EWL. We found that the expected linear relationship between Δwvp and EWL is less

217　universal than first thought.

218

219　**(c) Biophysical model for EWL and RH**

220　We use here a simple conceptual framework for the biophysical relationship between

221　EWL and Δwvp (at T_as at or below 35 °C) to assess how EWL data from published

222　studies conform to this model. According to the simple Fickian model for diffusion, we

223　would expect a positive linear relationship between EWL and Δwvp that passes through

224　the origin (no EWL when there is no Δwvp). To compare data from these disparate

225　studies, we normalised the data so that EWL at the lowest Δwvp would fit on an arbitrary

226　"relative EWL" line; data from higher Δwvp should then also fit on the line if the

227　relationship was Fickian. We found that results from some studies conform to the Fickian

228　model, but many results do not (figure 3). In particular, for many species the relative

229　EWL decreases substantially below the expected linear relationship at high Δwvp. The

230　potential significance of these deviations from the simple Fickian model has not

231　previously been evaluated in a conceptual framework, and was often not even recognised

232　in the original studies. Our re-evaluation of previous data for mammals and birds shows

233　that a lesser dependence of EWL on Δwvp is more common than previously thought. Our

234　interpretation is that physiological independence of EWL of Δwvp is not just an unusual

235　capacity of a few species, such as the little kaluta, but is a more general capability of

236　many mammals and birds.

237　　　Decreasing curvilinear relationships for EWL-Δwvp are of particular interest

238　because they suggest physiological regulation of EWL at low RH. That EWL is plastic

239　and under physiological control over periods of weeks to months in response to

240　developmental and/or acclimatory changes in water requirements has been demonstrated

241　for birds and mammals (26-29). However, active regulation of EWL over a period of only

242　six hours has not been previously considered. Although mechanisms that acutely enhance

243　EWL for thermoregulatory purposes at high T_a or high RH are well documented e.g.

244　salivation, sweating, panting [2-3], mechanisms that could acutely modify EWL in and

245　below thermoneutrality are not. Potential mechanisms for decreasing EWL at high Δwvp

246　will depend on the relative partitioning of cutaneous and respiratory avenues of EWL,

247　and may include decreased cutaneous EWL e.g. by modification of skin lipids [30-32],

248　and/or reduced respiratory EWL e.g. by lowered expired air temperature by nasal

249　counter-current heat and water exchange [25, 33-36].

250　　　　We propose that our description of acute deviation of EWL from the expected

251　physical model for EWL at moderate and low T_a is evidence for acute physiological

252　regulation e.g. over a few hours. This EWL regulation at low RH is presumably an

253　adaptation to conserve body water when EHL is not required for thermoregulation. This

254　likely has considerable adaptive significance, particularly for species with limited access

255　to free water such as the arid-habitat kaluta. A conservative estimate of the water savings

256　for kalutas (calculated by assuming a linear relationship between EWL values at the

257　highest RH, and EWL = 0 at RH = 100%, and extrapolating this relationship to the lowest

258　measured RH then subtracting the observed EWL) indicates that the EWL of kalutas at

259　about 20% RH is only about 40-50% of that predicted if EWL increased as expected

260　biophysically, saving the kaluta at least 1.0 to 4.6 mg H_2O g^{-1} h^{-1}, depending on T_a.

261

(d) Other physiological implications of EWL-RH effects

There is a paucity of data for endotherms that examine the effects of RH on other physiological variables that impact homeostatic thermoregulation, such as T_b, MR and C . If RH had the expected biophysical effect on EWL, then we would expect compensatory thermoregulatory changes in MR, or impacts of changes in EHL on T_b. For example, wvp may affect T_b for kangaroo-rats, particularly at high T_a [37]. For brushtail possums [14] there was a significant RH effect on MR at $T_a = 30$ ºC, sufficient to maintain a constant T_b when EWL (and thus EHL) was reduced at higher RH. However, RH does not affect T_b or MR for some rodents [6, 7, 38]. For kalutas, T_b increased significantly only at the highest RH, where EWL (and thus EHL) were significantly reduced; at lower RH, EWL as well as T_b, MR and C were independent of RH. Kalutas did not adjust MR or C to maintain constant T_b at the high RH, reflecting their general thermolability [17].

This observation highlights another important consequence of EWL constancy with varying RH/wvp/Δwvp. Constancy of EWL avoids thermoregulatory impacts that would occur as a result of changing EHL. Constant EWL (and thus EHL) at differing RH keeps T_b constant without the need for compensatory changes in MR and/or C.

284 and animals were held under licence from the West Australian Department of

285 Environment and Conservation.

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287 **Data Accessibility**

288 Raw data are provided online as Electronic Supplementary Material.

289

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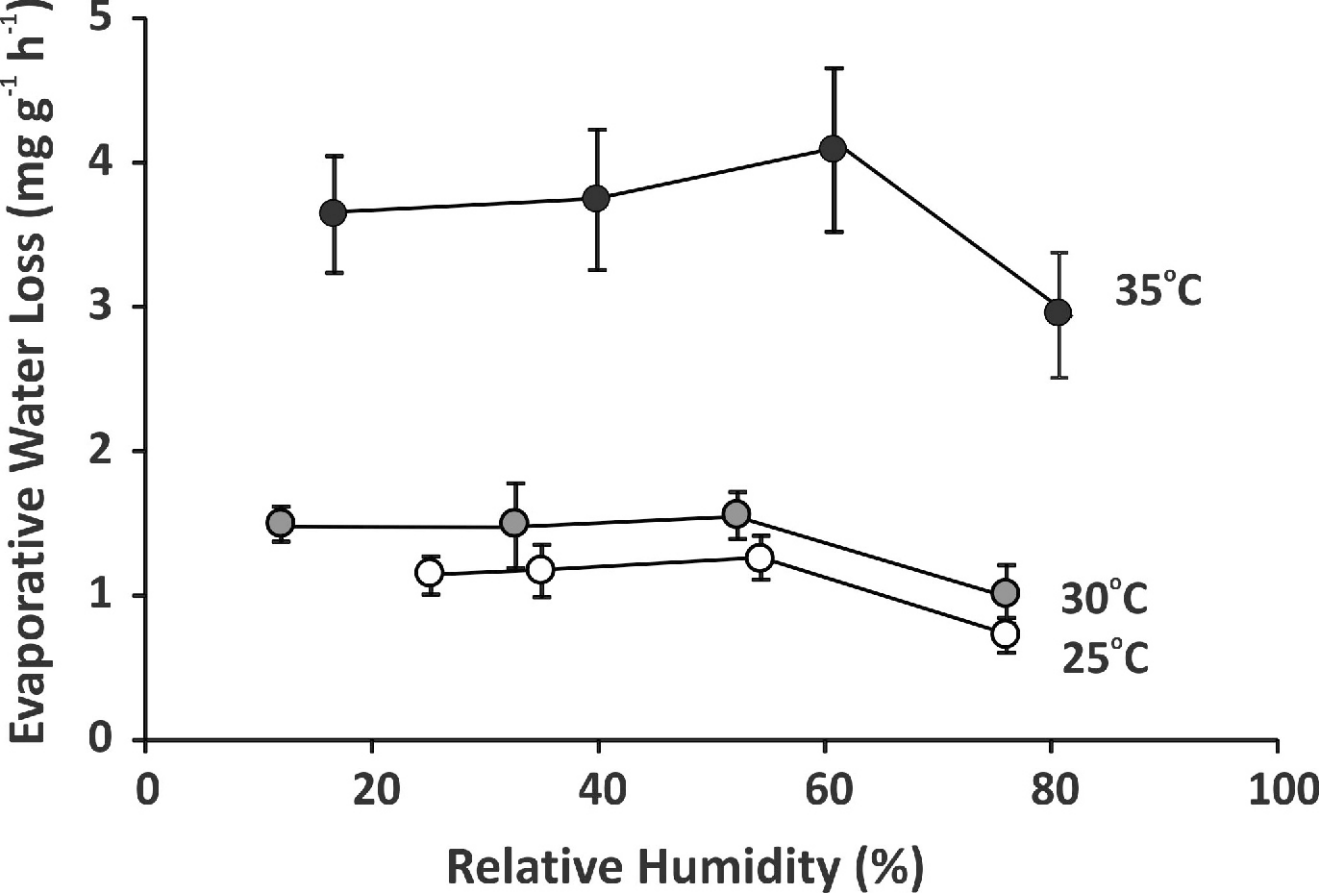390   *Physiol. A* **45**, 121-125.

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393   **Figure 1.** Evaporative water loss of little red kalutas (*Dasykaluta rosamondae*), over a

394   range of ambient relative humidities, measured at ambient temperatures of 25, 30 and 35

395   °C. Values are mean ± SE, N = 8.

396   **Figure 2**. Evaporative water loss relative to water vapour pressure deficit, of little red

397   kalutas (*Dasykaluta rosamondae*), over a range of ambient humidities (RH) and different

398   ambient temperatures (T_a; values in figure). Values from this study (circles) are for four

399   RH at three T_a; values from [17] (diamonds) are for T_a from 11 to 38 ^{o}C, at low RH. A

400   simple physical model of evaporation predicts no effect of T_a or RH on EWL/Δwvp (see

401   text).

402   **Figure 3.** Conceptual model (thick black line) for the expected physical relationship

403   between evaporative water loss (EWL) and water vapour pressure deficit (Δwvp), based

404   on diffusion (Fick's Law), compared with the relative EWL for various endotherms from

405   the literature (numbers indicate source). The Δwvp is calculated as ((100 – ^{ambient}

406   ^{RH})/$_{100}$)*saturation water vapour pressure at the ambient temperature. Evaporative water

407   loss is scaled for each species so that the EWL for the lowest measured Δwvp fits on the

408   expected physical model line. Data that fall below the expected physical line are

409   consistent with a regulated decrease in EWL (i.e. water conservation) whereas data that

410   fall above the expected physical line are consistent with an increased EWL at higher

411   Δwvp (i.e. enhanced water loss).