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**ABSTRACT**

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An adsorption element **(81, 82)** is formed by an alternating lamination of flat plate members **(83)** and corrugated plate members **(84)**. Each flat plate member **(83)** is a given  
5 rectangle of  $L_1/L_2 = 2$ . In the adsorption element **(81, 82)**, humidity adjusting side passageways **(85)** are opened on side surfaces of the adsorption element **(81, 82)** which are located on the longer-side side of the flat plate members **(83)**. Additionally, cooling side passageways **(86)** are opened on side surfaces of the adsorption element **(81, 82)** which are located on the shorter-side side of the flat plate members **(83)**.