

**SUNSHINE.**—The Rev. George Griscom, D. D., of London, recently delivered a lecture on Sunlight, in which he demonstrated how carbonic acid gas is deleterious to human life by exhaling into a bottle the air from his lungs, and then placing a light therein, which was at once extinguished. The life of a living insect, the doctor said, would have been extinguished as quickly. The oxygen which is necessary to life is derived from plants through the operation of the sun's rays—the yellow ray—and the vegetables in return absorb the poisonous carbon exhaled from the human lungs. Both these operations take place only in the sun's rays, hence the impropriety of sleeping with plants in our room. With man the sun's rays play a part very important. Under their operation continual change is taking place in the human system; a constant chemical process is in operation. The act of death was a mere chemical operation, produced by the incapacity of the system to inhale the necessary oxygen and exclude the poisonous carbon of the system. To preserve this condition in a healthy system, as well as the development of the mental powers alike in old and young, a due proportion of sunlight is necessary.

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A Literary and Religious Magazine,

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