

is, permitting them to lie naked upon the bed or floor, free from the encumbrance of clothes, so that their bodies may be thoroughly brought under the influence of good air and bright sunlight. The children of savages, as well as negroes, who are often allowed to run about in the open air, freely exposed to the influence of the light, have finely developed muscular structures, and generally enjoy robust health."

The testimony of Alexander von Humboldt affords additional confirmation of this fact: "Deformities and deviations from healthy physical development are exceedingly rare in certain races of men, especially those who have the skin strongly colored, and who wander about naked under the brilliant light of the tropical regions. These have muscular, fleshy bodies, rounded contours, and present none of the deformities so frequently observed among the inhabitants of other climates."

No one who has remained long at Constantinople can have failed to observe the strong, ruddy appearance of the *hammals*, or porters, who are also the firemen of the Turkish metropolis. These men wear nothing above the belt during the summer season, and I have certainly never seen elsewhere so many model athletic forms as are gathered together by an alarm of fire at this gem of the Orient. Much advantage is no doubt derived by our oarsmen from the practice of rowing stripped to the waist, thus exposing a considerable surface of the body to the invigorating action of the sun as well as the wind.

A curious confirmation of the value of light in the development of the growing animal organism was afforded by the experiments of Dr. W. F. Edwards, made something more than fifty years ago in France. He found that the development of frogs' eggs was almost completely prevented by placing them in darkness, and that even a tadpole kept in a dark place, though it attained an unusual size, did not change its form; a result since verified by Dr. Hammond, who found that while the transformation was delayed for an indefinitely long time by confinement in darkness, the creature became a frog in a few days when supplied with light.

Among the disadvantages of deficient sunlight may be noted an increased susceptibility to contagious diseases. Sir David Brewster observes that in cholera years it was invariably found that the deaths were more numerous in narrow streets and northern exposures, where the salutary beams of light and actinism had seldom shed their beneficent influences.

In view of the deplorable effects of the deprivation of sunlight upon the normally healthy, the consequences of a like privation in the case of the sick may reasonably be supposed to be very serious. On this point Dr. Hammond says, in his treatise on hygiene: "I shall never forget the appearance presented by the sick of a regiment I inspected in Western Virginia. They were crowded into a small room, from which the light was shut out by blinds of india-rubber cloth. Pale and exsanguined, ghost-like looking forms, they seemed