

and in which the white races do not thrive. Great as is the adaptability of the white man to altered conditions he has not been able yet to acclimatise himself to tropical countries, which are now as they have always been the home of the lower races. For this there are many reasons, apart from the constant sunshine which takes a very inconsiderable part in its causation. In these countries the sunshine is accompanied by great heat and dryness of the air. During the racing season which is often in the summer time there is no sunshine but the heat is more intense, and is steamy, moist and relaxing. All tropical residents know well how intensely debilitating the damp heat of the rainy season becomes. Malaria and other parasitic diseases are other potent factors of degeneration, and in many cases alcoholism plays a not inconsiderable part. There are sufficient causes in evidence to account for the deterioration of the white race in tropical countries without attributing it to a hypothetical deleterious influence of the sunlight. If we admit that when long continued and intense, sunshine in the tropics may prove exhausting, a sufficient explanation is afforded by the glare causing a continuous strain upon the eyes, and affords no support to the theory that the actinic rays of the sun deleteriously affect our tissues. Even in the tropics sunlight helps to keep up man's flagging energies, which soon begin to droop in its absence. When his head and back are properly protected from the heat rays and his eyes from the glare, a white man can work freely and with enjoyment in the tropics, provided that his constitution has not been injured by alcohol or malaria. His skin acts freely, his mind is clear and his body vigorous, and these results are independent of the action of the actinic rays of sunlight upon his body, but depend upon the concomitant low relative humidity of the air and the generally high barometric pressure. Proper clothing is necessary and generally the white garments which are so universally used are hygienically the best. To wear under them black clothes as recommended by Mr. Heustis, would simply predispose to heat stroke.