

# WESTERN CANADA MEDICAL JOURNAL

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VOL. I.

FEBRUARY, 1907

No. 2

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## THE EFFECT OF SUNLIGHT UPON WHITE MEN.

*(With Special Reference to Conditions in the West.)*

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I must apologize to you, gentlemen, for inflicting my views upon you. I shall not be able to discuss the matter in question with that technical fitness to which you are accustomed, and I have no doubt my paper will be followed by severe criticism on that point. I do not hope to convince you all of the truth of my thesis—especially those of you who happen to be over forty. I am myself, however, somewhat convinced of the truth of my theory, and its importance is my justification for making my views thus public.

Perhaps I may begin with a statement of the movement of my own mind in the development of the thesis of this paper. I had been seeking an explanation of certain conditions prevalent in the west, as for instance, the prevalence of neurasthenic and uric acid conditions and the difficulty, especially on the part of women, for persons coming from the East to become acclimatized. I had spent a number of years in the semi-tropical Islands of Bermuda, and I was again and again impressed with the similarity of much in the west with what I had experienced in that country. And yet the climates were quite dissimilar. One day I was reading an article upon the effects of sunlight upon protoplasmic material, and it flashed across my mind that in this direction lay the solution of the problem. Though the west differs from the tropics in climate, yet they were alike in one important particular—both were regions of almost constant sunshine. "Sunny Alberta!" How we have loved the name, and gloried in our sunny skies! And well we might, for are not they the creators of our wealth? But what if this very sunshine, which is the hope and promise of our harvests, is at the same time the source of many of our bodily ills? If white men were not able to live in the sunny lands of the South, might they not be forced to abandon the equally sunny lands of the North? Acclimatization had proved to be