

VALUE OF SUNLIGHT IN THE HOME.

THE potent influences of sunlight upon health can hardly be exaggerated.

Mr. Wingate in an article in the *Building News* says: "No element is more important to consider in selecting a home than sunlight. Its presence is indispensable to health and comfort; its absence is a sure aid to gloom, want of happiness and disease.

Dr. Weir Mitchell, in his interesting researches on snake poisons, found that the poisons of the deadly cobra, if exposed to sunlight for a brief time, became harmless. Prof. Huxley has shown that yeast increases indefinitely in volume amid darkness and damp, while in sunlight just the reverse is the case. Sunless houses are the creators of sickness.

Yet it is amazing to find so many houses built in utter disregard of the necessity of sunlight. There are hundreds of city homes, expensively built and occupied by wealthy tenants, which are as deficient in light as an average tenement house. Yards barely ten feet deep are common, especially with corner houses, and scores of families with ample means and refinement seem content to live in rooms which have no outlook beyond a blank wall or the rear windows of their neighbors. The inconvenience and destruction of comfort and privacy caused by this deprivation are patent, but a more serious consequence is the injury to health. Dr. Bell, in his recent work on "Climatology," says: "Free access of light favors nutrition and regularity of development, and contributes to beautify the countenance, while deficiency of light is usually characterized by ugliness, rickets and deformity, and is a fruitful source of scrofula and consumption in any climate." This statement is corroborated by a fact noticed by Dr. Hammond, that "various experiments demonstrate that the action of light is of benefit in many conditions, anæmia, chlorosis and phthisis being among the number." It is probable that one of the chief benefits derived by invalids from a winter sojourn

at Alpine or tropical resorts is due to the larger amount of sunlight enjoyed.

What Florence Nightingale says of the value of light to those who are ill, indicates no less its necessity for those who are well. "Second only to fresh air, however, I should be inclined to rank light. Direct sunlight, not only daylight, is necessary for speedy recovery. Instances could be given, almost endless, where in dark wards, or in wards with a northern aspect, even when thoroughly warmed or in wards with borrowed light, even when thoroughly ventilated, the sick could not by any means be made speedily to recover.

The dark side of the street, is far more subject to disease than the light side. Sir James Willie found three times as many cases of disease on the shaded side of the barracks at St. Petersburg as on the other side. Dupuytren is said to have wrought a cure in the case of a lady in a seemingly desperate condition, by simply removing her from her dark quarters to a brighter residence, and keeping her as much as possible in the daylight.

Dr. Farrar, who has paid special attention to the effect of the presence or absence of light in living rooms upon health, found that in his own case when occupying a room facing north, his general health was not nearly so good as when his window had a southern exposure. General experience will confirm this conclusion. Human beings, like plants, need an abundance of light, and if denied it they pine and wilt.

WINDOWS.

The height of a window has an important bearing on the amount of sunlight which is admitted, and also upon the ability to ventilate a room. If a window is low a stratum of hot air may lodge near the ceiling; hence, the windows should be high enough to carry off the foul air when they are lowered. Curtains, lambrequins, and other draperies to windows and doors also hinder the admission of light and the free circulation of air, while they accumu-