

was a remedy among the ancient physicians for many affections of the body, and he mentions particularly dropsy, inflammation of the kidneys, and paralysis.

Hippocrates, in prescribing for a fever with chills, directs that the patient warm himself in the sun. Aurelianus and Celsus also refer incidentally to the advantages of sunshine, the latter recommending for those of weak digestion, a house "well lighted, having the winter sun"; and he further observes that for patients of this class, exercise in the sun, if the head can bear it, is better than exercise in the shade. It should be noted also that Celsus warns these same dyspeptics against the "meridian sun," and that both he and Galen comment on the evils that may result from excessive insolation, or exposure to the solar rays.

To come to more modern times. In 1815 Jean Francois Cauvin presented to the Faculty of Medicine at Paris, of which Duopuytren and Pinel were then members, a thesis on the benefits of insolation.

The effects of sunlight on animal life were also discussed by J. C. Ebermier, E. P. Girard, E. Horay, and others, prior to 1820."

In 1837 we find Dresig putting forth at Leipsic a latin dissertation entitled "Solication; or the Insolation of the Ancients," and ten years later, at Gottingen, Richter gave the medical world another dissertation in the same language on "Insolation, or the Power of the Sun on the Human Body."

Since then curious and interesting experiments and observations have been made by Becklard, Becquerel, Draper, Edwards, Gardner, Hunt, Landgrebe, and others, and yet a learned French authority, in the "Encyclopedic Dictionary of Medical Sciences," in process of publication, speaking of the action of light upon the animal organism, frankly says: "We do not know, in short, what is the exact effect produced by light. Does it act directly, or is its only effect to modify the intensity of certain functions, such as respiration? this is what we do not know."

So much for our solar scientific physiological knowledge, or rather ignorance. As to the practical therapeutics of the case, there has been, perhaps, until very recently, no real scientific advancement since Dr. Jonathan Perreira, of London, completed in 1848, the revision of his admirable "Elements of Materia Medica and Therapeutics," in which he recognizes both solar light and solar heat among the "physical, but imponderable," remedies. Of solar light he remarks that it acts as a "vivifying and vital stimulus," promoting "development and nutrition," and he further says: "In maladies characterized by imperfect nutrition and sanguification, as scrofula, rickets, and anæmia, and in weakly subjects with œdematious limbs, free exposure to solar light is sometimes attended with the happiest results."

As to solar heat, after observing that the ancients were well acquainted with its "salutary influence" on the human system, and frequently made therapeutic use of it, he adds: "Exposure to the solar rays, or as it is termed, insolation, may be employed as a stimu-