

sunlight in small quantities is probably beneficial, in larger measure it becomes hurtful and even positively fatal.

2. When we pass from the animal to human life we meet with a new factor, reason, which makes it difficult to prophesy much from the lower standpoint. Reason modifies instinct, and often flatly contradicts it. Men will pursue lines of conduct contrary to both reason and instinct when it lies in the pathway of desire. Nevertheless, we find that both nature and instinct combine, the one to protect and the other to seclude man from the sunlight. As we study the distribution of the races of men over the face of the earth one fact stands out prominently, namely, that nature has so provided that the skin of men is dark or light in proportion to the cloudiness of the land which is their native habitat. The degree of heat is immaterial, for we find that the natives of the arctic zone are equally dark with those of the semi-tropics, the former for protection from the reflex sunglare, the latter from the direct rays. Only in cloudy lands do we find white men at home. This truth may be formulated into a law of whiteness, namely: "The whiteness of a people is in proportion to the cloudiness of the skies under which the people live." Cloudy and foggy lands have been ever inhabited by big blonds, sunny lands by little dark men. Compare the big yellow Swede with the little dark Italian. Think of the immense amount of intelligence and virile force which has come forth out of the fogs of Ireland and the north of Scotland to aid Britain in her conquests of war and of peace. The reason why men in sunny lands are dark is, of course, because the dark colors cut off the actinic rays of sunlight which are so dangerous to animal protoplasm.

We shall have to revise in the light of these facts, our ideas as to the unmitigated benefit of sunlight, at least for white people. In the earliest days of the race, when men followed instinct more than they do now, and were more robust, they avoided the sunlight as much as possible; they spent the day in the shade. And this is the case to-day with men of little culture. In spite of what the doctors say they persist in darkening their homes. A great deal of eye trouble which is becoming more and more prevalent among children is due to too great exposure to sunlight. The instinct of the mother is to put her baby to sleep in a darkened room, until some doctor gives that the door-step or the veranda is the place. Then you have a child stimulated to an activity and development far too rapid, and later on arrested development and anæmia. The custom too of planning hospitals so that every room is at all times flooded with sunlight is bad therapeutics, and many a patient, especially during convalescence, would make a more rapid recovery if