

light. Owners of cattle do not seem to realize that sunlight is just as essential to the health of animal life as it is to plant life and even at the present time it seems to be impossible to teach some people that light is not detrimental to the health of dairy stock. It is especially necessary where, through want of fresh air and exercise, the circulation is sluggish and the system depressed.

"Light stimulates the circulation, and with increasing oxidation more CO_2 is given off, and the functions of the whole body are quickened and enlivened; but sunlight also retards the growth of germ life, and the vitality of certain forms of bacteria, *including tubercle bacilli*, is destroyed in a few hours' time by the direct action of the sunlight."

While we have numerous facts proving that the frequency of pulmonary diseases and glanders is diminished by an increased supply of air and light, I shall cite one more which is related by Prof. Law and which bears on this subject. He says, according to the above report: "In 1877 I recognized the existence of tuberculosis in the Jersey herd of of Troy. The worst were slaughtered, but some incipient cases in young animals were turned out in a pasture by themselves, where they passed the summer in apparently robust health, but they began to droop when returned to the barns in the fall."

Although we are aware of these facts—I need only remind you of the experiments made long ago by Dr. Trudeau and others—we forget and neglect the lesson taught by them. And these lessons are not only of importance in the treatment of cases in which tuberculosis exists, but also in the prevention of the disease in those in which its appearance is to be feared.

If the Cattle Commissioners of Massachusetts ask for more light in the barns of their herds, can I be considered unreasonable if I make a plea for more light for the human beings of New York? What do we find in regard to this matter? Let us consider one of the modern residences on Fifth or Madison Avenues, belonging to people who can afford any luxury. Unless the house is situated on a corner, the light, as a rule, comes in only through the front part, the rear generally receiving no natural light at all, as every inch of the available space has been built upon. And even in the front, the sun rarely has a chance of getting into the rooms, for there are one, two or three pairs of curtains and portieres preventing this and allowing only a "dim religious light" to filter through, just as in the barns mentioned above. But it is evident that we need much sunlight, just as well as animals and plants. Consequently no one will be surprised when I say that I advise my phthisical patients to get as much sunlight as possible. I therefore do not take the pessimistic stand of a great many scientific men of to-day who say any climate is good, provided the air be pure. True, pure air is very important for tuberculous patients, but sunlight is an additional factor and one of vast importance which must not be overlooked.

Where this beneficial healing power, the sun, is not available,