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SUNLIGHT AND SOLARIZATION IN HEALTH AND DISEASE.

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According to Plutarch, when the youthful Alexander visited Diogenes at Corinth, he found the famous cynic tranquilly lying in the sun. The warrior affably saluted the philosopher, and asked him if he could do him any service.

"Only stand a little out of my sunshine," replied Diogenes. This incident occurred when this renowned Athenian had reached the age of "three-score and ten"—long past the eccentric days of his life in a tub, and his daylight lantern searches for an honest man; and there is good reason to suppose that he really valued the invigorating solar rays more than any boon Alexander could give. Nor was he alone in his devotion to sunshine, for, as we learn from Pliny, it was a common practice in Greece for old men to recruit their energies, both mental and physical, by exposing themselves naked in the sun—a fact which Hippocrates might have had in view when he wrote: "Old men are double their age in winter, and younger in summer."

Among the Romans, the two Plinys accustomed themselves quite as much to sunshine as did the sensible and shrewd Diogenes. Pliny the elder, a man of acuteness and extraordinary intelligence, would employ his leisure after dinner in summer, lying in the sun. His nephew, the younger Pliny, who relates this fact, had himself, at both his country seats, gardens bordered with thick hedges, where he could walk completely nude, thus immersing his whole body in the solar blaze. In fact, the love of sunshine was a marked feature of old Roman life, the dwelling being generally provided on the roofs or southern walls with balconies or terraces, termed *solaria*, where the occupants, sitting or reclining, could sun themselves at their ease.

This use of light and heat was rather prophylactic than remedial. The therapeutic efficacy of sunshine, however, was by no means unknown to the ancients.

Gorræus, as cited in Main's "Expository Lexicon," published in London in 1860, says that *heliosis*, or exposure to the rays of the sun,