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? WHY THE WEATHER ?

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HEALTHFUL SUNSHINE

The distribution of bright sunshine and the winter advertisements of sunny resorts assume a new significance as a result of recent investigations concerning the physiological value of ultra-violet light. The curative value of sunlight has been known for years, but the nature of the effect of sunlight has been but imperfectly understood. During the last two years, however, great advances have been made in understanding the nature of the curative action of sunlight and of foods like cod-liver oil, in cases of rickets. The curative foods give off ultra-violet light as a result of chemical change, and, therefore, act as does any other source of ultra-violet light, such as sunlight outdoors or passing through quartz windows, or the light from a quartz screened mercury-vapor lamp. Substances such as cod-liver oil, egg yolk, bilé, and sperm oil naturally radiate ultra-violet light cure rickets; other foods that have been exposed to ultra-violet light acquire curative properties. Even irradiated air seems to be more effective than air not so treated. The marked effect of ultra-violet light in promoting the growth of chickens indicates that we have not heretofore sufficiently appreciated the essential importance of such radiations in the physiology of higher organisms.

It is evident that, while quartz windows, quartz lamps and irradiated food will become popular, many people will prefer the natural light from the sun and sky out-of-doors. And we should soon see advertisements of winter resorts proclaiming the benefits from their plentiful supply of natural ultra-violet light and the dangers of the low values during winter in smoky, cloudy cities.

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