A Light Without Man's Aid.

In considering the influence of light upon man, and the necessity of artificial illumination, the trainee may be led to inquire regarding the use of that which nature supplies, and enjoy the delightful sensation of sunlight in the morning hours, it is well to remember that, if for the convenience of the human race, it is the function of the sun to give light, it is equally true that, as a source of light, the sun is not wholly sufficient, and we are further led to ask whether it is not necessary to have artificial illumination.

A few observations regarding the Sun at the time of its rising, at noon, and during the night may be of use, and of considerable importance. At the time of its rising, the sun is on the horizon; at noon, it is overhead; and during the night, it is below the horizon.

It has been observed that the light of the sun has a tendency to increase the activity of the muscles of the body, and that it is therefore necessary to have artificial illumination.

In considering the use of artificial illumination, it is well to remember that the sun is a source of light, and that it is therefore necessary to use artificial illumination.

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