```
import cv2
# Load the cascade
face cascade = cv2.CascadeClassifier('haarcascade frontalface default.xml')
# To capture video from webcam.
cap = cv2.VideoCapture(0)
# To use a video file as input
# cap = cv2.VideoCapture('filename.mp4')
while True:
    # Read the frame
    _, img = cap.read()
    # Convert to grayscale
    gray = cv2.cvtColor(img, cv2.COLOR BGR2GRAY)
    # Detect the faces
    faces = face_cascade.detectMultiScale(gray, 1.1, 4)
    # Draw the rectangle around each face
    for (x, y, w, h) in faces:
        cv2.rectangle(img, (x, y), (x+w, y+h), (255, 0, 0), 2)
    # Display
    cv2.imshow('img', img)
    # Stop if escape key is pressed
    k = cv2.waitKey(30) & 0xff
    if k==27:
       break
# Release the VideoCapture object
cap.release()
```