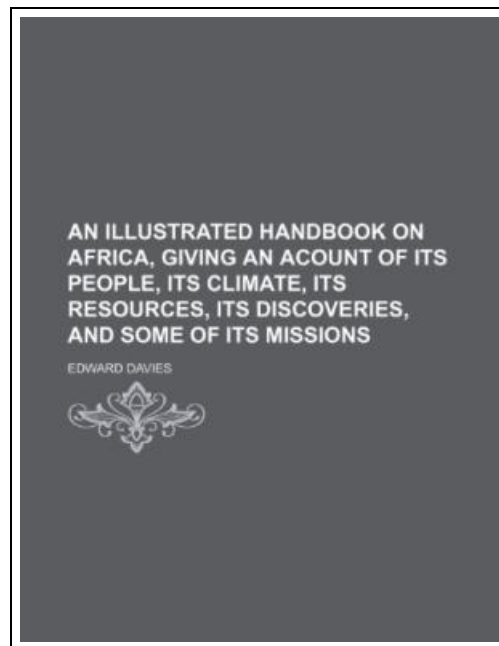


## An Illustrated Handbook on Africa, Giving an Account of Its People, Its Climate, Its Resources, Its Discoveries, and Some of Its Missions



Filesize: 8.08 MB

### ***Reviews***

*Absolutely one of the better ebook I have got actually read. Indeed, it is actually engage in, still an amazing and interesting literature. I realized this book from my i and dad advised this ebook to learn.*

***(Flo Welch)***

## AN ILLUSTRATED HANDBOOK ON AFRICA, GIVING AN ACOUNT OF ITS PEOPLE, ITS CLIMATE, ITS RESOURCES, ITS DISCOVERIES, AND SOME OF ITS MISSIONS



To download **An Illustrated Handbook on Africa, Giving an Account of Its People, Its Climate, Its Resources, Its Discoveries, and Some of Its Missions** PDF, remember to click the link under and save the document or have access to additional information that are related to AN ILLUSTRATED HANDBOOK ON AFRICA, GIVING AN ACOUNT OF ITS PEOPLE, ITS CLIMATE, ITS RESOURCES, ITS DISCOVERIES, AND SOME OF ITS MISSIONS ebook.

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1886 Excerpt: .you are newly arrived from a temperate climate. The temperature of your bath is not safe below 85 deg. Let your bath be in the morning, or before dinner. The tepid bath is the most suitable. 13. Fruit should be eaten in the mornin oranges, mangoes, ripe b;manas, guavas and papaws. Oaly the juice of the pineapple is to be recommended. Never eat any fruit in the tropics at dinner. The same prudence that is required for protection against draughts, sudden chills, catarrh, bronchitis and pulmonary diseases in Europe, should be exercised, with the only difference that in the tropics the clothing should not be so heavy. The diseases on the Congo are very simple, consisting of fevers and dysentery. The fevers are: 1. Common ague, less to be feared than an English cold. 2. The remittent fever, which is an exaggeration of the ague; this may last several days. 3. The pernicious bilious type, which is attended with serious complication and is more dangerous. This form may be altogether avoided by living wisely and well. Intoxicating drinks and tobacco are a damage. Dr. Martin gives tho following rules: 1. Care in diet, clothing and exercise are more essential for health than medicine. 2. Observe strict temperance and moderate th3 heat by all possible means. 3. After the heat has predisposed the body, the sudd3ii influence of cold has the most baleful influence. 4. The best way is to keep the body cool and avoid heating...



[Read An Illustrated Handbook on Africa, Giving an Account of Its People, Its Climate, Its Resources, Its Discoveries, and Some of Its Missions Online](#)



[Download PDF An Illustrated Handbook on Africa, Giving an Account of Its People, Its Climate, Its Resources, Its Discoveries, and Some of Its Missions](#)

## Other Kindle Books



**[PDF] Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .**

Follow the link below to download "Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications ." PDF document.

[Download](#) [eBook](#)

»



**[PDF] Ohio Court Rules 2012, Government of Bench Bar**

Follow the link below to download "Ohio Court Rules 2012, Government of Bench Bar" PDF document.

[Download](#) [eBook](#)

»



**[PDF] Ohio Court Rules 2012, Practice Procedure**

Follow the link below to download "Ohio Court Rules 2012, Practice Procedure" PDF document.

[Download](#) [eBook](#)

»



**[PDF] A Kindergarten Manual for Jewish Religious Schools; Teacher s Text Book for Use in School and Home**

Follow the link below to download "A Kindergarten Manual for Jewish Religious Schools; Teacher s Text Book for Use in School and Home" PDF document.

[Download](#) [eBook](#)

»



**[PDF] A Year Book for Primary Grades; Based on Froebel s Mother Plays**

Follow the link below to download "A Year Book for Primary Grades; Based on Froebel s Mother Plays" PDF document.

[Download](#) [eBook](#)

»



**[PDF] Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselves By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625)**

Follow the link below to download "Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselves By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625)" PDF document.

[Download](#) [eBook](#)

»