

# **THE MAINTENANCE OF HEALTH IN THE TROPICS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649489077

The Maintenance of Health in the Tropics by W. J. Simpson

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

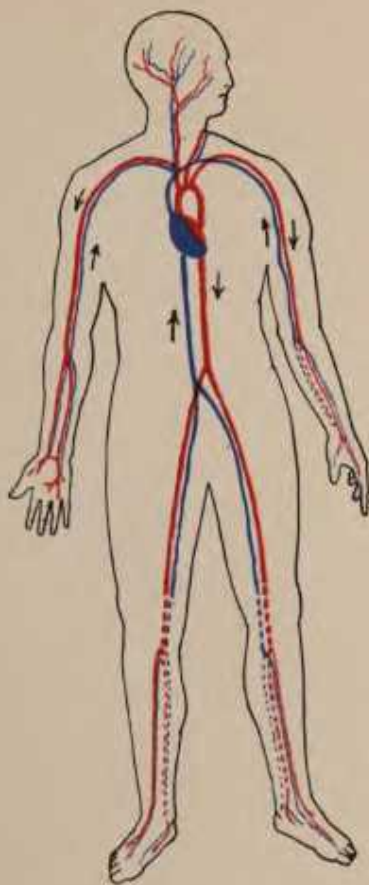
This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**W. J. SIMPSON**

**THE MAINTENANCE  
OF HEALTH IN THE  
TROPICS**





ARTERIES—RED.  
VEINS—BLUE.

# The Maintenance of Health in the Tropics

BY

W. J. SIMPSON, M.D., F.R.C.P.

*Professor of Hygiene, King's College, London; and Lecturer on  
Tropical Hygiene at the London School of Tropical Medicine*



Published under the auspices of The London School of  
Tropical Medicine

NEW YORK  
WILLIAM WOOD AND COMPANY  
MDCCCCV

ALL RIGHTS RESERVED.

L401  
S61  
1905

## PREFACE.

---

This handbook on the Maintenance of Health in the Tropics is written at the request of the Committee of the London School of Tropical Medicine, and is published under their auspices. It is felt that a small manual dealing with Personal Hygiene in a simple and popular manner is much needed, and would be very useful to those residing in or visiting the Tropics.

W. J. SIMPSON.

*King's College,  
March, 1905.*





# CONTENTS.

---

## CHAPTER I.

CLIMATE AND PERSONAL PRECAUTIONS ... .. 1

Climate.—A European requires to exercise reasonable care for his health in the Tropics.—Precautions against undue exposure to the sun's rays.—Heat stroke and heat exhaustion and their treatment.—Exercise essential to health in the Tropics.—Precautions against chills.—To be careful not to expose the body when overheated or fatigued to sudden cold.—To wear suitable garments next the skin day and night.—Prickly heat.—Use of a cholera belt.—Precautions in regard to bathing.—Sleep.—Precautions to avoid infection of malaria.

## CHAPTER II.

DIET ... .. 18

Excess of animal food should be avoided.—Meals.—Necessity for precautions in the selection and preparation of food.—The strictest moderation is required as regards alcoholic drinks.

DRINKING WATER ... .. 24

Personal supervision required for the purification of drinking water.—The water should be boiled.—If filtered, kinds of filters that should be used.—Treatment of muddy and turbid waters.—Tea and Coffee.—Ice and Soda-water.

## CHAPTER III.

DWELLING HOUSE ... ..	32
-----------------------	----

A house close to native huts unhealthy.—Site must be dry.—Two-storied houses preferable.—Rooms should be high.—Precautions against erecting a damp house.—Coolness obtained by ventilated air space between the roof and ceiling.—Corrugated iron must be lined with felt or wood or both.—Coolest houses are those with interior courtyard.—Bathroom.—Tanks to store roof-water.—Servants' quarters.

## CHAPTER IV.

ILLNESSES OF THE TROPICS AND THEIR PREVENTION	39
Prevention of bowel complaints.	

MALARIAL FEVER ... ..	40
-----------------------	----

Different types of malarial fever.—General symptoms.—Causation of malarial fever a parasite in the blood.—Manner by which the parasite gains an entrance into the blood for a long time unexplained. — Observations leading up to the explanation.—The anopheles mosquito proved to be the agent.—Description of the anopheles and its life history.—Winged stage.—Egg stage.—Larva stage.—Pupa stage.—Mode of infection of the mosquito.—Mode of infection of human beings by the mosquito.—Preventive measures.—Protection of a malarial patient from the bites of mosquitoes.—The protection of healthy people against bites of mosquitoes.—Italian experiments.