

**ON DUTY UNDER A  
TROPICAL SUN.  
BEING SOME  
PRACTICAL SUGGESTIONS**

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On Duty Under a Tropical Sun. Being Some Practical Suggestions by S. Leigh Hunt & Alexander S. Kenny

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**S. LEIGH HUNT & ALEXANDER S. KENNY**

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ON DUTY  
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SOME PRACTICAL SUGGESTIONS

FOR

*THE MAINTENANCE OF HEALTH AND BODILY COMFORT  
AND THE TREATMENT OF SIMPLE DISEASES;  
WITH REMARKS ON CLOTHING AND EQUIPMENT FOR THE  
GUIDANCE OF TRAVELLERS IN TROPICAL COUNTRIES.*

BY

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## PREFACE.

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THE suggestions in the following pages are offered with a view to assisting those whose duties may necessitate a temporary residence in the East, but who, from lack of previous experience, may not be aware of the simple means of counteracting and palliating many of the petty annoyances and personal discomforts which are attendant upon residence in tropical climates. The compilers have limited themselves to suggestions which have arisen solely in their personal experience in Egypt, India, Burmah, Australia, and elsewhere, and they have every reason to believe that they will be found practically useful.

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# ON DUTY UNDER A TROPICAL SUN.

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## CHAPTER I.

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### GENERAL REMARKS ON TROPICAL CLIMATES.

ON any expedition leaving this country, the general arrangements by "heads of departments" are so admirable, that the following suggestions might, at first sight, appear to be uncalled for and unnecessary, especially by those whose position and opportunities enable them to profit by the precautions taken for the general welfare of the troops and others in Government employ. Nevertheless, although such arrangements for the general good are so