

**WEST AFRICAN HYGIENE; OR,
HINT ON THE PRESERVATION OF
HEALTH, AND THE TREATMENT OF
DISEASE ON THE WEST COAST OF
AFRICA**

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CHARLES SCOVELL GRANT

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West African Hygiene.

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West African Hygiene;

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HINTS ON THE PRESERVATION OF HEALTH, AND THE TREATMENT OF DISEASE

ON THE

West Coast of Africa.

BY

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PREFACE.

THIS pamphlet is intended more especially for the information of Europeans, not belonging to the Medical Profession, who are called upon to reside on the West Coast of Africa. I have therefore only noticed such Diseases of the Coast as are most prevalent and most dangerous, and in which some knowledge of effectual remedies might save fatal delay.

I have endeavoured to make myself intelligible to any unprofessional reader, and I have for that reason avoided the use of technical terms.

If the hints embodied in these pages prove of service to Europeans—especially when stricken with sickness, and far from skilled assistance—I shall be well rewarded; and I should be abundantly gratified to find that my efforts have not been entirely useless.

C. S. G.

ELMINA,

March, 1882.