

Meteorological and Medical Observations on the Climate of Egypt with Practical



Meteorological and medical observations on the climate of Egypt, with practical hints for invalid travellers: Ist aus im Repert. v. II. Afr. vorgetragen

by Anna Kaminski

★★★★☆ 4.9 out of 5

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By John Davy, M.D., F.R.S., Inspector-General of Army Hospitals

This book is a comprehensive guide to the climate of Egypt, with observations on its effects on health and practical advice for travelers. It was written by John Davy, M.D., F.R.S., Inspector-General of Army Hospitals, and was published in London in 1821.

The book is divided into three parts. The first part provides a general overview of the climate of Egypt, including its temperature, humidity, rainfall, and winds. The second part discusses the effects of the climate on health, including its effects on the skin, the lungs, the digestive system, and the nervous system. The third part provides practical advice for travelers, including advice on clothing, food, and drink.

Davy's book is a valuable resource for anyone interested in the climate of Egypt. It is also a fascinating read for anyone interested in the history of medicine and travel.

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Part I: General View of the Climate of Egypt

The climate of Egypt is characterized by its hot, dry summers and mild winters. The average temperature in Cairo in July is 30 degrees Celsius (86 degrees Fahrenheit), while the average temperature in January is 13 degrees Celsius (55 degrees Fahrenheit). The humidity is generally low, and there is little rainfall.

The winds in Egypt are generally from the north or northeast. These winds are often strong and dusty, and they can cause sandstorms.

Part II: Effects of the Climate on Health

The climate of Egypt can have a significant impact on health. The hot, dry summers can cause heatstroke, dehydration, and sunburn. The cold winters can cause respiratory problems and hypothermia.

The dust and sand in the air can also irritate the skin and lungs. This can lead to respiratory problems, such as asthma and bronchitis.

Part III: Practical Advice for Travelers

If you are planning to travel to Egypt, there are a few things you can do to protect yourself from the effects of the climate.

- Drink plenty of fluids to stay hydrated.
- Wear loose, lightweight clothing to keep cool.
- Protect your skin from the sun with sunscreen and a hat.
- Avoid strenuous activity during the hottest hours of the day.
- If you have any respiratory problems, be sure to bring your medication with you.

By following these tips, you can help to reduce your risk of getting sick while traveling in Egypt.

Egypt is a beautiful and fascinating country with a rich history and culture. However, it is important to be aware of the potential health risks associated with the climate before you travel there.

By taking the necessary precautions, you can help to ensure that your trip to Egypt is safe and enjoyable.



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