

(b). 11 *a.m.* to 4 *p.m.*.—This is the time of the day when the sun's rays beat down most heavily. The temperature gradually increases to about 110° F., reaching its height at about 1 p.m. The atmosphere is stifling; there is not a breath of air, and even in the shade one experiences a horrible sense of a heavy weight pressing upon the chest.

Gradually the temperature begins to fall, and at 4 p.m. we find the thermometer registering about 85° F.

(c) 4 *p.m.* to 12 *p.m.*.—The air gradually becomes cooler, gentle breezes spring up, and by degrees a sense of well-being begins to steal over the body. As darkness comes on, however, a peculiar, moist swampy kind of a scent seems to pervade the atmosphere.

Then comes the mosquito, sand-fly and other irritating insects that the flesh is heir to, and, unless carefully surrounded with nettings, one's life becomes a burden.

(d) 12 *p.m.* to 6 *a.m.*.—Here we find the state of the weather most undecided. Generally at about 2 to 3 a.m., a cold breeze springs up and the temperature may fall as low as 40° F. This cold spell is often the cause of very serious results for the following reason: When a man retires, say at 11 or 12 p.m., he requires a minimum of clothing. This generally consists of a pajama suit and a sheet. With the loss of consciousness, the sheet is often cast off, and when the cold breeze comes it has full play upon an unprotected body with open pores, and hence causes a chill.

In a large majority of cases the exposed part is either the abdomen or chest, and I have seen several cases of pneumonia and dysentery all attributable to this cause.

At sunrise a thick fog or mist arises from the numerous swamps and lagoons and hangs over the land until the more powerful rays of the rising sun dissipate it.

These are, roughly speaking, the four different stages of the climatic changes during the 24 hours.

The country as a whole, along the coast is mostly swampy and low-lying.

Long lagoons or inland seas traverse the coast for