

Cold climate is beneficial in regions with mild temperatures such as Northern Europe. Where extremely cold climate engenders a sense of despondency, extremely hot climate induces lethargy in individuals. Conversely, moderately cold climate develops the tenacity to keep oneself warm and well-fed. Similarly, people in tropics do not have to exert themselves to stay warm and well-fed due to mild climate and abundance of resources. Therefore, the difference between people from areas of such contrasting climates resemble our own energy levels throughout the year during different seasons.