

Effects of Climate on Humans

A cold climate in northern Europe stimulates energy by creating obstacles that require effort to overcome. Moderate cold has a refreshing effect on people encouraging them to work hard. In such climates, individuals must build strong houses, wear thick clothes, gather fuel, and secure nourishing food. These activities develop their physical and mental abilities.

Tropical regions require minimal effort for survival. Clothing and fire are unnecessary, food is easily available, reducing the need for exertion. This difference also appears in seasonal changes. These contrasts show how environment, balancing survival needs with climate through distinct patterns of work and rest. Cold climates promote active effort while warmth reduce demands for sustained exertion.

words in passage approx
precis = 374

words in precis ~~approx~~ = 112