

2018- Preci

DAY: _____

"Climate and Human Exertion"

The advantageous influence of Cold is clearest in temperate regions, where it stimulates energy by presenting obstacles that can be overcome. Human effort declines when difficulties are either overwhelming or absent, but it rises when moderate struggle is required. Hence extreme Cold deadens exertion, heat lessens motive, yet moderate cold braces mankind. To endure it, man must construct strong houses, procure thick clothes, collect food, and secure nourishing food, all demanding constant effort. A similar difference appears in the seasons: hot weather makes ~~man~~ humans languid, while cold weather rouses both body and mind to vigorous activity.