

though this benefit is likely to be increased still further after he leaves the place. As the end of the third week approaches he feels a little lassitude and fatigue, and requires to be watched by a careful eye. The number of baths varies from eighteen or nineteen in delicate women who cannot stand further heat, to twenty-four in robust patients.

It is specially in the treatment of *rheumatoid arthritis* that Helouan is most successful, improving the patient's state at the time, and rendering him less liable to acute attacks in the future, the improvements, as I have just said, often going on in his system for six months.

As at all other similar establishments, there is a favourable record of individual cripples who are laboriously carried to the springs, and eventually walk away wreathed in joy!

Helouan is not yet widely known to the medical profession or to the public; but the cases of this disease which have given the bath a fair trial have invariably improved.

Helouan is of no avail for cases of acute or recent *gout*, and might even do harm by checking the local manifestation of a constitutional poison. In chronic gouty swelling or stiffness, or gouty tendency, eczema, psoriasis, or in that form of gout which is not connected with portal congestion,