

could run a few steps, walk downstairs quickly and without ungainly gait, and she had very little pain, and much less cracking in the knee-joints. The improvement was chiefly due to sunshine and the dry climate, and when the air of Cairo became hot and dry in April she improved all the more. The following August she could play golf in Scotland for two hours at a time, and had had no return of stiffness in the joints, though the previous summer she had been unable to walk on the links even with the aid of a stick. These brief notes of two cases are sufficient to show that Egypt is worth a trial to sufferers from rheumatoid arthritis.

I have seen great improvement and eventual cure in some severe cases of G. rheumatism, the hot dry climate being the only relieving agent. One patient arrived wholly unable to walk, with one lower extremity completely stiff, after severe arthritis keeping him fourteen weeks in bed. In two months and a half he could walk up and downstairs, but could not yet kneel; later on he almost recovered in England.

Gout, again, is an unknown disease among the people of Egypt, and all chronic cases are liable to be improved there, and the chances of an acute attack are lessened.

*Heart disease* and kidney disease patients are often sent to Egypt, the former, because it is a country where active exercise is not required, and the individual can keep himself warm without any trouble; the latter, because the skin will relieve the kidneys of much otherwise necessary work.

*Anamia*, with the train of symptoms with which all doctors are so familiar in young girls, is the prominent sign of a disorder which is tolerably certain to improve in Cairo. There is a healthy outdoor life, with plenty of light and warmth, and a sufficiency of daily interest. The patient soon becomes able to eat and digest, and to take preparations of iron which had hitherto seemed impossible. This has been a result quickly arrived at in most cases.

*Hepatic diseases.*—As the climate of Cairo in winter is