

aches are seldom met with except when Cairo is less dry than usual. The sulphur baths at Helouan are, of course, a useful help to the dry climate.

*Rheumatoid arthritis* I have only once seen in an Egyptian ; but every winter there are numbers of Europeans who come to Cairo to get rid of their pain, stiffness, and swelling, and to try and postpone their next acute attack. All those that I have met with have greatly improved, and among them is the case of a lady who for this disease had had a previous experience of Buxton, Bath, San Remo, Cannes, Algiers, Pau, Biarritz, Wiesbaden, and Spain. She has now been for three years running to Cairo, and believes that the climate is the best she has yet tried. She has had rheumatic attacks for fifteen years, and for nearly all that time has had her joints ankylosed and swollen, so that the only ones which remained free were the hips, toes, and vertebræ.

At the end of the second winter in Cairo, she could stand and walk alone and almost upright, and was delighted with her own activity. She took no drugs, had no sulphur baths, and no massage during that winter, and only consulted her doctor upon one day.

She has a distinct family predisposition towards rheumatism ; her father was very gouty, mother rheumatic, mother's father very gouty, and all maternal relatives are rheumatic. She has lost a sister of rheumatic fever, and has living a brother who has heart-disease and has had rheumatic fever three times, and a sister who has chronic rheumatism after an acute attack.

Another case was that of a lady with a strong family history of rheumatism, and a personal history of four years. She had previously tried Buxton, Strathpeffer, Wildbad, sulphur baths, and massage, with a little temporary improvement after each. When she reached Cairo she could walk stiffly, but for three years had been unable to run, dance, play lawn-tennis, or walk downstairs. Two months later she