

a tendency to apoplexy; but the sun at Cairo is not powerful till April, and then a helmet is sufficient protection.

Former writers have said that phthisis with a tendency to hæmorrhage should not be sent to Egypt; but I see no reason why they should not winter in Egypt, provided they exchange the undue stimulation of Cairo "khamseens" in April for the sea-breezes of Ramleh.

Phthisical patients with a previous history of hæmoptysis do not usually suffer from hæmorrhage in Egypt, and, moreover, it is not a common symptom in the cases of phthisis which one sees among the negroes and other natives of the country.

*Outfit and Clothing.*—Let us take this opportunity of telling our countrymen, and especially our countrywomen, that it is no longer necessary to buy from the outfitter the travelling kit which is based on patterns at least forty years old. Dust-cloaks, helmets, blue veils, goggles, pugries, and field-glasses are not becoming, and are not needful for walking or driving in Cairo. Let the visitor bring such clothing as he wears in England in the summer and autumn, and he will want little else beside. Flannel belts to be worn next to the skin are of great assistance in preventing attacks of diarrhœa. Helmets for wearing up the Nile can