

but to give reasonable information about its climate to those who have practically decided against the respective merits of sea and mountain air, and are in search of pure dry desert air where rain is almost unknown, and where fog, strong winds, and cold are never felt.

At the outset it must be remembered that where the air is extremely dry, there the difference is the greatest between the maximum and minimum temperatures, for the sun's heat reaches the earth without difficulty by day, and again by night it disappears into space. Patients, therefore, can bask in Egypt in the temperature of an English summer by daylight, but must be prepared for autumnal cold after sunset. The summer months in England under favourable circumstances are well suited to those of feeble constitution, who can surround themselves in their own homes with modern luxuries, with the comforts which none but the English thoroughly study, and with all the pleasures of friends and family. But when the autumn cold requires such a one to take active outdoor exercise, for which he is not sufficiently robust, and when the absence of sunshine induces a depression of spirits in addition to his physical delicacy, he begins, if he is wise, to think of deserting his home comforts and of seeking a more cheerful climate like many migratory birds,