

Robust people who are not dependent upon the presence of a doctor and stewardess can economize by travelling from Liverpool to Alexandria by the Moss or Papayanni lines. For those who are not martyrs to sea-sickness, and to the general discomfort of life on board ship, there is no doubt that the sea-voyage is very healthy, very restful, and useful in gradually accustoming patients to change of climate.

Visitors who desire as little of the sea as possible must make their way to Brindisi, and then on to Alexandria by P. and O. or Austrian Lloyd; or from Trieste to Alexandria by Austrian Lloyd; or from Genoa or Naples by Rubattino to Alexandria; or from Marseilles to Alexandria by the Messageries steamers.

The passage from Brindisi to Alexandria takes three days and a half, and the whole journey from London to Cairo can be done any week in less than six days, at about the same expense as the long sea routes. Generally, it may be said, an English-speaking invalid is more comfortable on an English steamer, and it must be remembered that the large vessels which go on to India, China, and Australia, are often more luxurious than the smaller steamers which run only between Europe and Egypt. On the other hand, invalids must be warned that it is easier for them to land at