

Alexandria than at Ismailia, because they may be obliged to traverse the Suez Canal by night, and then be put ashore uncomfortably in a boat in the early morning. Moreover, two trains run from Alexandria to Cairo in three and three-quarter hours, while from Ismailia to Cairo there is only one passenger train in the day, occupying four and three-quarter hours. At neither port is there any custom-house difficulty for personal baggage, and no passport is necessary.

*Proposed itinerary.*—Delicate patients should leave Europe at the middle or end of October, so as to arrive in Cairo early in November. Some remain in Cairo all the winter; others go up the Nile to Luxor in December or January, and return to Cairo at the end of February. In April they should go to Ramleh, and thence perhaps to Italy and the south of France, arranging not to reach England or other cold climates till the very end of May.