

the whole time, he should invariably report progress to his doctor during the third week of the cure, as a tonic is then often necessary, and he may be unconsciously overdoing the treatment.

Delicate people should begin with a temperature not above 98°, should take a bath on alternate days, and not for more than ten minutes at a time.

It is hardly necessary to remind patients whose hearts are affected that they should have medical advice upon the desirability of hot bathing. The Helouan waters, as I have already said, are stronger than those of Aix-les-Bains, but they have not yet the advantage of being accompanied by all the excellent system of douches and local massage for which the Savoy resort is so famous.

Invalids are often chary of transporting themselves and their relatives from the gaieties of Cairo to the solitude of Helouan, and to them it can only be said that, if their physical strength permits, they are easily able to live in Cairo, and to go four or five days a week to Helouan to take their baths. But though some men and a few women prefer to do this, there can be no doubt that the purer air, earlier hours, and complete repose of the desert life are most useful adjuncts to the sulphur baths—and such invalids occasionally need reminding that they have come abroad for their health, and not for the distractions of their friends.