

APPENDIX.

IN the introductory chapter I have already mentioned in a general way the diseases which are likely to be benefited by wintering in Egypt, and now I propose to consider the question a little more in detail, referring only to the most common diseases which I have met with amongst health-seekers in Cairo.

Phthisis.—Commencing with pulmonary consumption, it may be stated that cases of acute tuberculosis or acute phthisis are not sent to Egypt as a rule, because of their rapid fatality and because the state of the patient is so serious as to prevent the desirability of transport. The few patients I have seen with scrofulous phthisis associated with caries of vertebræ, psoas abscess, or fistula *in ano*, have generally done very well in Cairo, but some of them have died within a few months after leaving for Europe.

Perhaps I may be allowed here to quote the statistics of the influence of foreign climates in consumption published by Dr. C. T. Williams : 251 cases were sent to various places in the Riviera, south of Europe, north of Africa, and Atlantic islands. Twenty patients spent twenty-six winters in Egypt, and furnished "by far the finest land result" of the experiment ; 65 per cent. improved, 25 per cent. remained stationary, and only 10 per cent. became worse. It is a matter for congratulation that the expense of the trip to Cairo and the ascent of the Nile is now so much reduced that the country is thrown open to large numbers