

When the course of baths is completed, a bracing change is not necessary; but if it has taken place in the spring, the sea-voyage to Europe seems always beneficial.

The sulphur-water may be used not only in the form of baths, but locally, as by fomentations, gargles, or injections. When swallowed, its action has hardly yet been determined, but it is apparently quite harmless. The great value of Helouan is, of course, in relation to the treatment of rheumatic diseases, and such a sanatorium during the winter months is a boon to every prescribing physician in inclement England. It is quite open to those who desire to take their fill of sulphur baths to spend the winter in Cairo and at Luxor, and take a course of baths at Helouan at any time between November and April, and then to proceed to Aix-les-Bains, where the best time for a course is from May 10 to June 10, as advised by Sir A. Garrod and others. By skilful management, the rheumatic patient can ensure remaining both at Helouan and afterwards at Aix in a temperature which is very like London in the warm days of July.

The number of baths at Helouan is a very important question. During the first week the patient feels no result; during the second, his rheumatic pains are a little increased; and during the third, he feels great benefit from the baths,