

a fruitful source of colds and catarrhs to those who, particularly when over-tired or over-heated, visit them without adopting such a safeguard.

It will be noticed that in discussing the climate of Rome much stress is laid on the influence of the two prevailing winds, the tramontana and the scirocco. This influence is undoubtedly very great, not only as shown by their physical characters, but in the way they react upon the comfort and health of the inhabitants. A very short experience suffices to convince the visitor of the difference which they present to one another in the first respect, but their effects on health are not so obvious, and even old residents are by no means agreed as to which wind is the preferable one from this point of view. The cause of this difference of opinion is not far to seek; it is chiefly a question of individual peculiarity and which can only be determined by personal experience. To most people in robust health the keen dry north wind with its accompaniment of brilliant cloudless sky is delightfully stimulating and bracing, whilst the southerly wind, moist and balmy but usually bearing rain and cloud in its train, proves enervating and depressing. But there are not a few who find the tramontana irritating and trying to the nerves, whereas the scirocco gives the same persons a soothing sense of comfort and well-being. As to the respective influences of the winds on the general health of the community, my own impression is contrary to the popular opinion, which condemns the scirocco as unwholesome and deleterious. It may have been so under the less hygienic conditions which formerly existed in Rome, when its warmth and moisture may well have favored the development of typhoid and gastrointestinal affections, as well as of malaria, which disease is now known to be inoculated by the heat and moisture loving anopheles, or spotted-winged mosquito. But under the present perfected sewerage system, and in the absence of those fever-carrying insects, the scirocco has lost whatever power it may have once possessed for evil, and, although it still retains its enervating character, exercises by virtue of its mildness a salutary effect upon the health of the inhabitants, especially in the case of those who suffer from rheumatism,