

climate of Rome and at the same time enjoy the inestimable advantage of having at command its unrivalled wealth of archaeological, artistic and literary treasures.

While Rome, like every other locality, has its own peculiar meteorological characteristics which the reader will here find set forth in the chapter on its climate, it is erroneous to suppose, as many people do, that the diseases met with in the city or the causes producing them have anything special or peculiar in their nature. There is in fact no particular malady which prevails more in Rome than in other cities, much less one which is exclusively confined to it; neither do those diseases which occur tend to run a course in any way dissimilar to what they do elsewhere. Only in one respect can they be said to differ, namely in so far that, owing to the comparative mildness of the climate and the large amount of sunshine, certain of them are apt to be less severe and of shorter duration than is the rule in less favored localities.

It must, however, be borne in mind in visiting Rome, or for that matter any part of Italy, during the colder months of the year that one cannot with impunity disregard certain precautions rendered necessary by the marked difference between sun and shade temperatures which is common to the whole of Southern Europe. Of these precautions the selection of appropriate clothing is one which is not sufficiently attended to, and in regard to which the simplest and wisest rule is to provide oneself with the same warm garments for use in Rome as one would wear at home during the English or American winter. These are the more necessary inasmuch as in many of the hotels the rooms are heated with hot water pipes to a degree which greatly increases the contrast between indoor and outdoor temperatures and renders it unsafe to venture out of doors without adequate protection against the sudden change. Similarly the wary visitor, when driving in open carriages in cold weather, should put on a wrap or overcoat and not be lured by the brilliant but deceptive sunshine into exposing himself without such protection to the risk of contracting a severe chill. Again, as already remarked, in entering churches and galleries a like precaution is advisable, for these places are often damp and chilly, and are