

don, and indeed with much more comfort and benefit than in the cold and foggy atmosphere of the English metropolis. The windows of Roman houses are moreover furnished with outside shutters of the Venetian pattern by means of which the amount of light and air admitted may be regulated at will. If, indeed, the city were infested by mosquitoes, like so many other Italian towns, there might be some excuse for this exclusion of the night air as being the lesser of the two evils, but Rome stands almost alone amongst the cities of Southern Europe in being practically free from this insect pest. A mosquito is in fact a rarity, and the use of mosquito curtains unknown within its walls. That this tends to the comfort of every visitor, and especially of the patient who suffers from insomnia, need only be mentioned to be realized. The desirability of Rome as a winter residence is undoubtedly much enhanced by this fortunate immunity.

In the natural desire to correct the misapprehensions and ill-informed statements current in regard to the climate and hygiene of Rome, we have no wish to rush to the opposite extreme and to picture our city as a place where visitors are proof against the ordinary ills of humanity, and where risks may be incurred with impunity which elsewhere would be attended with serious consequences to health. Dr. Welsford, in his advocacy of Rome as a health resort, has rightly been careful to warn the too enthusiastic sightseer of the dangers of acting on such a rash presumption. Personally I have for this very reason been chary of recommending Rome as a winter residence for the very delicate and highly nervous, finding in practice that human nature is as a rule too weak to resist the temptations to exposure and over-exertion which the many fascinations of the Eternal City present. But if such patients will only be careful not to "mistake sunshine for summer," but to wrap up well when the tramontana (or north wind) is blowing, not to walk much during the scirocco (or southeast wind), not to enter cold churches and galleries without putting on an extra wrap or an overcoat, and never to do so when over-heated; and, generally, to exercise an ordinary degree of prudence and patience in their sight-seeing, there is no reason why they should not benefit by the