

from catarrhal affections of the mucus membranes, or from nervous irritability. To such the advent of the scirocco, after a long spell of tramontana, is most welcome, often bringing great relief to their symptoms, and fully compensating them in this way for its objectionable features. The tramontana on the contrary is to be regarded as a treacherous wind of which anyone with the tendencies just mentioned must beware, especially when, as sometimes happens in the colder months, it sweeps down from the snow-covered Appenines and strikes the city with a cold blast rendered all the more unpleasant by contrast with the usual genial Roman breeze. Such outbreaks on the part of the tramontana are popularly supposed to last three days, and fortunately this limit is not often exceeded. But at other times, and much more frequently, it blows so gently as to be almost imperceptible, and only the crispness of the air and the brilliancy of the cloudless sky tell us that it is "tramontana weather." This, which is locally spoken of as "Roman weather," par excellence, may be said to be the rule during Spring and Autumn, and it is difficult to imagine anything more delicious or more exhilarating.

However divided opinions may be regarding the qualities of the winds in Rome, no one questions the beneficial effects of the sunshine, a conviction of the hygienic powers which is deeply rooted in the minds of all and is well expressed in the oft-quoted Italian proverb "*Dove entra il sole, non entra il medico.*"—The first thought of the visitor in choosing a room or flat should be to find a sunny one. Houses in Italian cities are nearly all ill-supplied with fire-places, and excepting the hotels still fewer are furnished with "central heating"; but even when apartments can be artificially warmed it is always advisable to select those with sun. To procure the advantage of additional warmth and cheerfulness it is well worth to pay the higher price always demanded for a "south room," and as this turn is apt to be interpreted in too elastic a manner by a landlord one ought to make sure that the windows really face somewhere between southeast and southwest and that they are not shut out from a view of the sky by high buildings opposite. It may seem superfluous to insist upon a matter so simple and so well understood by every experienced sojourner in Italy as those I have mentioned, but it is remarkable how often the newcomer fails to realize its importance and how constantly he disregards precautions which are essential to his comfort and welfare.