

an elastic stride that would do credit to a veteran of many campaigns.

Travelling in Persia is, for women particularly, a matter of so great discomfort, that even the shortest journey could seldom be recommended as a health measure. There are some famous mineral springs in Northern Persia, but they are usually in regions difficult of access, and often dangerous on account of nomads and robbers, and they generally have only such facilities for bathing as nature has afforded. If they really do heal diseases their virtues must be marvellous, for the sick who visit them usually stay but a day or two, though they make a business of bathing while they have the opportunity. To prescribe travel, therefore, would be about the equivalent of prescribing a journey to the moon, and to recommend outdoor exercise for an inmate of the *andaroon* would be like prescribing a daily exercise in flying, the one being about as practicable as the other. Should the physician find it necessary on the other hand to isolate his patient for the treatment of hysteria, which is exceedingly common, or for mental troubles, which are also very common, he is equally at sea. No nurse, not even a "Sairey Gamp" could be found. When it is known that one has a severe illness or visitation from God, they come, as in the days of Job, "every one from his own place—to mourn with him."

In cases where absolute isolation has been ordered, as an essential condition of the patient's