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THE CLIMATE

OF

EGYPT AND NUBIA:

ITS INFLUENCE ON CERTAIN FORMS OF DISEASE.

WITH

MEDICAL HINTS TO INVALIDS

PROCEEDING UP THE NILE

AND

Travellers through the Desert and Palestine.

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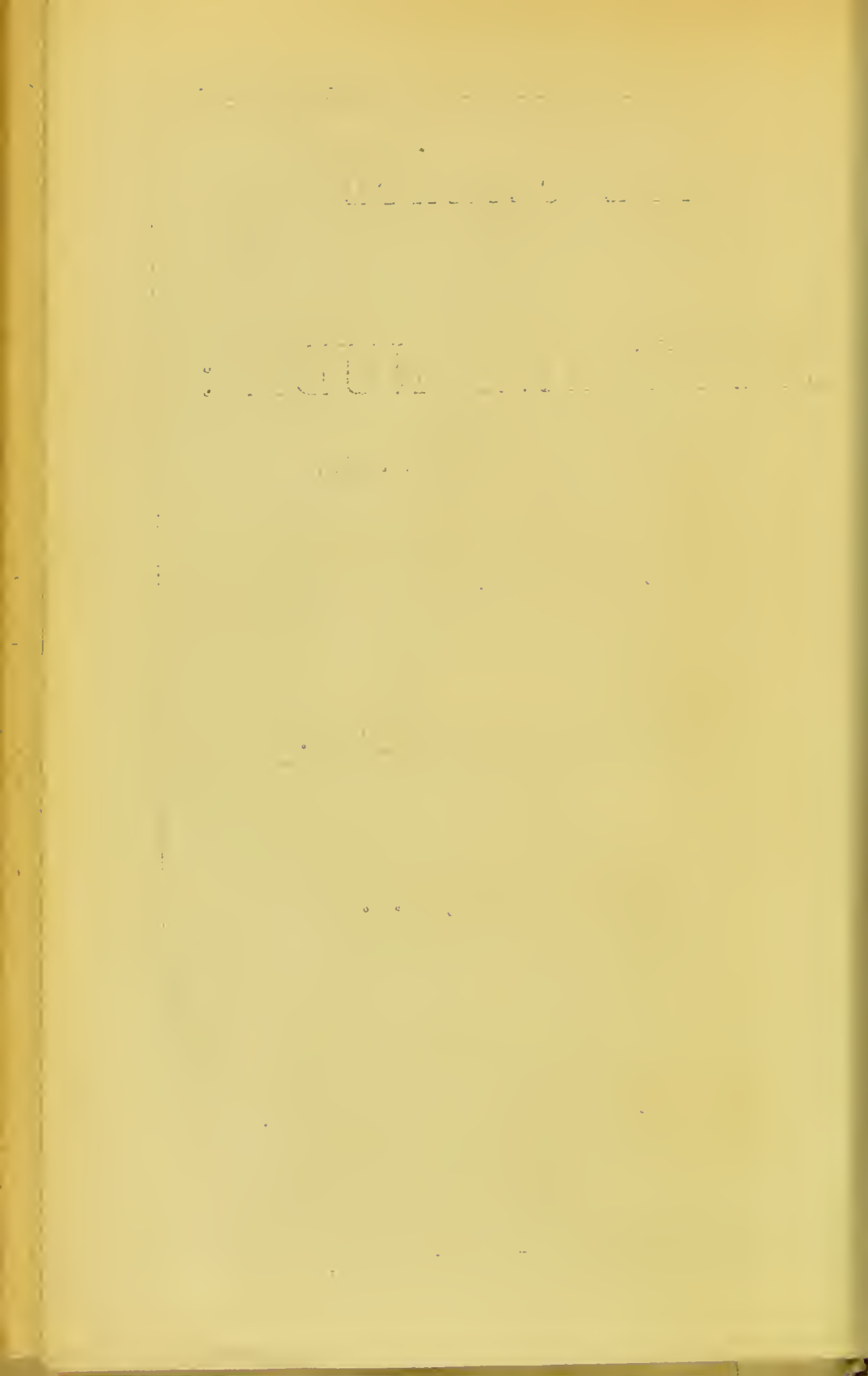
JAMES STIRTON, M.D.

GLASGOW: DAVID ROBERTSON.

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MDCCCLXXII.



*Prof. Gardner
from
the Author*

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P R E F A C E.

EGYPT is now knownⁿ to possess one of the finest climates in the world for the cure of certain diseases, and the Nile is being more and more resorted to by invalids.

Whilst this is the case, and, as a consequence, that land must become still more a sanatorium for the diseases referred to, there is yet no work on the purely medical aspects of Egypt, by a physician in actual practice, and based upon personal experience, to which the public can refer for the most recent information on these points.

The following notes are condensed from a much more extended series, compiled chiefly at the instance and under the direction of the late Sir J. Y. Simpson, Bart., who, besides, presented to the author a complete set of meteorological instruments.

In order to be intelligible to the general public, it was necessary to strip the original text as much as possible of medical technicalities, so far a matter of regret, as a certain vagueness is otherwise unavoidable, for which the author hopes medical men will make due allowance.

After considerable hesitation, it was deemed expedient to omit the meteorological observations, as these are very minute; and it was found impossible to condense them into a compass suitable for these pages, without rendering them well nigh unintelligible.

The author has been strongly urged to publish his experiences, as supplying, in some measure, a desideratum; and he has consented to do so, in the hope that these hints may be found useful.





THE CLIMATE OF EGYPT AND NUBIA.

THE peculiarities of air, earth, and water which obtain in Egypt and Nubia, and which scarcely find a parallel on any other part of the world's surface, have, more particularly within the last twenty years, engaged the attention of medical men at various times, with the view of determining the question of the suitability of these climates as health resorts, during the winter months, for persons labouring under certain forms of disease, involving, more especially, the respiratory organs.

In October of 1859, I was selected by the late Sir J. Y. Simpson, Bart., of Edinburgh, to undertake, in my medical capacity, the charge of a son of Earl C—— and another young gentleman during a voyage up the Nile. The latter had been examined by an eminent medical man in Edinburgh, who detected phthisical symptoms, indicating a deposit of tubercle near the apex of the right lung; the other, although not manifesting such definite indications of disease (unless interrupted inspiration be reckoned one) had yet, for some time previous, been losing flesh as well as appetite; and troubled with a hacking cough, which alarmed his friends by its persistence, notwithstanding that many remedies had been administered for the purpose of relieving it.

This voyage, embracing a period of four months, during which we proceeded to the Second Cataract in Nubia, gave me ample opportunities of judging of the capabilities of the climate of these countries in a remedial point of view. I had, besides, frequent occasion of determining its effects in other cases, as I was often in communication, as a medical man and otherwise, with those sojourning, like ourselves, in Nile boats.

The results may be briefly summed up as follow:—I am decidedly in favour of Upper Egypt and Nubia as winter resorts, for those labouring under the following complaints—

I. CONSUMPTION in almost every instance during the first stage; with several exceptions during the second stage; but in no case during the third or last stage. Let me, however, impress upon every one the importance of sending out those affected at as early a stage as possible. As soon as the faintest presumption is afforded, by a physical examination, or otherwise, that a deposit of tubercle has taken place, the patient should at once be removed to a warmer and drier climate. I should go a step further and say, that in those cases where hereditary predisposition is well marked, the time of deposit ought, if possible, to be anticipated. It is confessedly difficult to detect the first encroachments of this malady, but better err on the safe side, by acting upon any suspicion that may be aroused, than wait for more confirmatory evidence. Even a perceptible falling off in flesh in one predisposed to the disease, ought to have weight in determining the question of removal. Better prevention than cure can be said of no disease more than this; and I am more persuaded than ever, that the best preventative, as well as the best means of cure, is the favourable combination of light, warmth, and air.

EXCEPTIONS.—1st, Where there is great proclivity to attacks of diarrhœa under the action of trivial causes, as various simple articles of diet, &c. 2nd, Where there is much disturbance of the circulation of the blood, either through the lungs or liver, inducing—as it often does—attacks of diarrhœa. 3rd, Where the ulcerative process has commenced in the bowels. The last exception must, of course, be rare during the first and second stage; but as one case of this sort was

seen, where the manifest good results were almost nullified by the supervention of this process, either through an ordinary but neglected attack of diarrhoea, or in the course of the disease, I think it right to state this condition also as an exception. 4th, Sluggish or irregular action of the liver, as indicated by so-called bilious attacks; 5th, but with considerable hesitation, languid action of the heart, either from organic defects in its structure, or as the result of a flabby condition of its walls.

II. CHRONIC BRONCHITIS, with copious expectoration—what is termed by Laennec, Bronchorrhœa. The effect of these climates on this complaint is, in many instances, magical. My case-book contains records of several, but one stands out prominently, viz., that of an English clergyman, who had tried, with varied and transient relief, different places on the shores of the Mediterranean, and latterly Palestine, where he resided for some time, as the benefit experienced was decided. The disease made headway even there; and it was not until he had recourse to Egypt that he could be said to be thoroughly free. When he arrived at Cairo, he was reduced to a skeleton, and scarcely able to walk. After he had been three weeks on the Nile the relief was immense. It was almost as if he had a new lease of life. In his own words, his nights, and especially his mornings, were spent calmly and serenely. A peculiar buoyancy began to pervade his whole system, such as he had not experienced for many a long day—a sure sign that a favourable reaction had taken place.

III. LANGUID OR PERVERTED ACTION OF THE SEBACEOUS GLANDS OF THE SKIN, as shown in what is termed acne of the face and neck, &c. The good results are matter of personal observation. Two young ladies benefited in this respect; as, on their return, their skin, which had previously been much blotched, was clear and smooth, with only the slightly brownish tint from exposure.

IV. VARIOUS DISORDERS OF DIGESTION, more especially defective absorption and assimilation. This, too, is matter of observation. Indeed, the appetizing effect of the climate of Egypt is, in many cases, extraordinary. The difficulty is to restrain the appetite within due bounds. Notwith-

standing the rather monotonous bill of fare, there was no complaint made, and the exhibition of a little extra delicacy was eagerly rejoiced over. As regards myself, my appetite was uniformly keen; but then I was in excellent health. It was otherwise, however, with those whom I accompanied. They had all been accustomed to indulge in every delicacy that modern cookery could invent to please the palate and render the taste capricious, and yet there were few complaints uttered; and even when uttered, the marked dishes were still partaken of. These effects of climate upon the system were especially seen from Ossioot to Waddee Halfeh and back.

DRESS.—It will be necessary, in the first place, that I should indicate, in general terms, those articles of dress best suited for realizing the benefits of a sojourn in the country, as well as certain specialties in meat and drink, which ought either to be taken from home, or obtained in Cairo before starting.

In every case flannel must be worn next the body from head to foot, and renewed every second day at least. In the case of gentlemen, Tweed suits of some light-coloured, soft, spongy, character, answer best. As regards ladies, considerable variety may be permitted, in the way of outward dress; the whole to be of some light-coloured soft material, as cotton, linen, &c.

Considerable diversity of opinion has been expressed in the matter of boots and shoes. I am decidedly in favour of light-coloured sea-side boots, in common use in England; while, during the walks in the desert, I should recommend the use of the loose native morocco slippers. Sand will insinuate itself between the boot and stocking, do what you will; and it is much better to put on these slippers, which can be taken off with ease, and the sand shaken out of them, than be chafed at the delay and exertion necessary to take off and empty the common boots of this country. I shall not insist upon this point, as many are of opinion that the feet should be kept warm. So far as my experience goes, the sand is quite warm enough, and retains a sufficient degree of heat for hours after sunset.

HEAD GEAR.—As the result of many experiments, I am

convinced of the greater utility and safety of the head-dresses worn by the Arabs, as compared with the light and airy straw or felt hats, with their blue veil and neck flap, so much in use amongst Englishmen and others while travelling abroad. In order to the full preservative effects of such articles of dress, they should be worn continuously, the English etiquette of the drawing-room or the reverential attitude during meals being set aside. As is well known, this head-dress consists of the tarboosh proper and the skull-cap. The latter is composed of embroidered cotton or silk, and is made to fit the head after the manner of a night-cap, but without its usual prolongation. Its use for the first two or three days is attended with some inconveniences. Amongst these it may be mentioned that it affords no protection to the face and neck from the scorching effects of the sun's rays. Many simple contrivances will readily suggest themselves to obviate this drawback. The streams of perspiration are somewhat more profuse at first than under the use of the common felt, but these soon subside, and are succeeded by a feeling of comfort not experienced otherwise. Apart from all this, let me state wherein consists, as I conceive, the true value of the tarboosh. In countries such as Egypt, exercise in the open air induces perspiration freely, especially from the head; and as evaporation, if allowed, goes on rapidly, the surface is kept cool. So far well. If the two processes could be fairly balanced, so as to keep up a uniform temperature, nothing more could be desired. This is manifestly impossible. Whatever the head-gear, one is very much tempted to enjoy the breeze playing around the temples by removing it from the head. The cooling effect is instantaneous, but it is dangerous. I think I am fairly entitled to conclude, so far as my experience goes, that, *cæteris paribus*, one is capable, with such a covering for the head as that which I have recommended, of sustaining equably more protracted exercise in the open air than when this important organ is not so guarded. To be consistent, the tarboosh should be worn continuously during the day. A lighter covering may be substituted in the *salon*, viz., the full-dress Turkish fez, or the ordinary felt hat.

I have dilated at some length on this topic, as a pretty smart illness was induced in one of our party by the act of doffing a common felt hat for the space of five minutes, during a very hot day, and while enduring severe muscular exercise. How far the cork helmet, now so commonly used in India, may obviate the necessity of the tarboosh, I cannot say, but I should strongly recommend, even in this case, an inside lining of some pretty thick woollen stuff.

In connection with this part of the subject, I may state that it is necessary to secure one of the silk shawls used in the East, for the purpose of wrapping round the loins and stomach pretty tightly. In the absence of this, any piece of cloth of a light, open texture, and long enough to allow of being coiled two or three times round the body, will serve the same purpose, as an equable support is all that is necessary.

MEAT AND DRINK.—Now that Grand Cairo is in frequent and direct communication with all parts of Europe, it is not so necessary as formerly to secure before starting an ample supply of these commodities, as they can be had there, and in good condition, at prices which cannot be termed exorbitant. I allude more especially to preserved meats and vegetables, the use of which I have learned to question. My doubts were first aroused on perceiving symptoms of irritation of the stomach and bowels, ending in diarrhœa, in the person of one of our party, after indulging pretty freely in preserved carrots and peas. There is always a fear that chemical changes may be induced in these articles, even although no variation in taste or smell is perceptible. Besides, as their use is merely for lending a certain piquancy and variety to a meal, which, in Nubia only, is apt to become monotonous, and serves no particular hygienic purpose, they may be dispensed with at very little sacrifice in a country where the appetite is invariably keen, and where, accordingly, nature requires few or no such provocatives.

A pretty large supply of oranges from Malta, as well as pomegranates from the Levant, is advisable, as these fruits are really useful and grateful, and, besides, serve to increase the digestive powers; while, on the other hand, the use of the more luscious fruits, as plantains, ought to be abstained

from, at least for the first two or three weeks, until the system becomes somewhat acclimatized.

A supply of claret of a light sound character ought to be secured, either in Egypt or before starting. Of all drinks this is the safest, and agrees best with the stomach. I can safely say I never saw any bad consequences result from its use, even although indulged in to a pretty large extent; while I have repeatedly observed that the light, bantering, after-dinner conversation was kept up with more vivacity, and the tendency to lounge on the divans, in a semi-conscious state, was lessened or even prevented. Concerning the generally-considered "*sine quâ non*," "Bottled Bass," I have considerable doubt. The indulgence in it during the course of dinner is apt to be followed by considerable flushing of the face, and, occasionally, slight headache. After this a feeling of drowsiness is apt to creep on, which, if given way to and sleep follow, the return to consciousness is often accompanied by a general feeling of "malaise" difficult to throw off, and which often lasts throughout the evening. These were the effects produced on myself. After a while I ceased to partake, and felt much better. For similar reasons I deprecate the use of either port or sherry, even supposing that a return to health, after any acute attack, is the object aimed at, as in such a country the natural powers of reaction are quickened, and the system placed in the best circumstances for recovery. It must be seldom—indeed I have not seen a case—where the aid of any such adjuncts can be said to be considered necessary, or even advisable.

I may take this opportunity of mentioning that, while in Egypt, luncheon, if partaken of at all, should be of the lightest description, such as a biscuit and a little claret diluted with water, the juice of an orange or pomegranate, care being taken as regards the latter fruit that none of the seeds proper are swallowed. Should a sense of fatigue be felt in an unusual degree, a cup of coffee, prepared in the Arab fashion, is the best restorative.

I now proceed to give a detail of those precautions, medical and otherwise, that ought to be taken in the event of

the occurrence of those complaints that are more particularly incidental to the country, as ophthalmia, diarrhœa, ague, &c. It is impossible, of course, to meet every contingency, or to do more, within my present limits, than indicate in general terms the main features of treatment. I can safely say, however, that very few cases of any kind came under my notice, and, with two exceptions to be presently mentioned, these quite of a trivial nature, and easily amenable to treatment where any was required.

I. OPTHALMIA, or rather inflammation of a purulent nature of the conjunctival surface of the eyeball.

In my record of the different complaints visited while in the country, I see inserted only one of this nature in the person of a Nile voyager. The precaution of cleanliness and attention to ventilation, as well as frequent ablutions, are quite sufficient. In this case the ventilation was very defective, as the cabin had a hot, stifling, as well as disagreeable smell, and altogether matters were not much better than on board many of the native boats.

Repeated hot fomentations during a period of six hours, with thereafter the application, by means of a camel's hair-brush, to the eyeball, on its inner aspect, of a solution of nitrate of silver (three grains to the ounce of water), and again, after an interval of twelve hours, completed the cure. The use of a green shade was necessary for two or three days afterwards. I prefer the solution of the nitrate of silver to one of sulphate of zinc (two grains to the ounce of water). The latter, however, has the advantage that it will keep for a length of time, whereas the former is very apt to decompose and become useless, even when kept in the dark.

It will be readily understood that I do not speak of this affection as having reached the true purulent stage with infiltration beneath, and for two reasons, viz., that I never, as I have said, met with a case on the Nile, and that the treatment involves severer measures. What I have said is, however, quite sufficient to arrest the inflammation in its early stage, where a feeling of dryness and heat is complained of, along, it may be, with a feeling of "something in the eye," and attended by more or less diffused redness over the white part.

This is undoubtedly a prevalent affection in Egypt. Many of the poorer classes show traces of its ravages, from a slight haze over the cornea to complete extinction of vision of one eye, and a few are to be seen wholly deprived of sight, either groping their way or led by others. Extreme carelessness as to preventive measures is also very evident. Children in arms are to be seen with clusters of flies at the corners of the eyes, which the mothers are too careless or lazy to brush away. These insects, with their legs dragged in the infectious matter, must transmit it to a fearful extent. That this is one mode of transmission there cannot be the least doubt. It is not an unfrequent thing to see mother and child suffering, and flies buzzing from the one pair of eyes to the other. On one occasion, while passing through a village on the road from Cairo to the Nilometer, I turned aside to a small booth for the purpose of getting a cup of coffee. While partaking of this really refreshing beverage, I became aware of the presence of an old man, evidently sightless, and led by a little boy. They had meanwhile squatted down near the doorway of the place of entertainment. The former quickly uncovered a sore of frightful dimensions on one of his legs, on which in a short time swarms of flies feasted. Both had ophthalmia, and both began to shout "Backsheesh!"

My purpose in stating all this is, that parties proceeding up the Nile should not enter, far less linger, in densely-crowded places, where ventilation is defective, but keep to the free open country, where they are quite safe.

Exposure to the night dews after sundown ought to be guarded against as tending to this kind of inflammation. As I shall have occasion to speak on this head for another and more important purpose, I shall close what I have to say on ophthalmia with the remark that this bugbear to a sojourn in Egypt ought not to weigh in the least in determining the question of *removal*.

II. DIARRHOEA.—It cannot be denied that strangers to the country are peculiarly liable to be attacked by this complaint during the first fortnight of their stay, but this is no more true of Egypt than of any other warm country. As, however, there is a somewhat greater tendency to the development of symptoms of dysentery should the first or

diarrhoeal stage—as I shall call it—be neglected, it is my duty to describe pretty minutely this stage, which was never surpassed in any case that came under my notice, except in one instance, and that an aggravated one. At first, and generally after a meal, there is a sudden and imperative call to stool, when a large quantity of loose fæcal matter is quickly voided, and attended with a greater or less degree of tenesmus, which, however, rapidly subsides, and the patient is quite well during an interval. Should no feverishness, with hot skin and thirst ensue, and the griping pains not be severe, no remedial means are necessary, provided the recumbent position is assumed and strictly retained. After a variable interval, another sudden call is made, which, according to my experience, is slighter than the first, and after voiding, the patient feels greatly relieved. In this way the great majority of cases terminate.

Should feverishness ensue, with flushed face, and more especially throbbing of the temples, hot fomentations to the abdomen ought to be diligently applied, with a mustard poultice over the lower ribs on the right side, and extending to the stomach in front. In this state, also, no medicine is necessary, as, after a certain interval, nature succeeds in extruding the offending material, and quickly thereafter recovers her balance. If, however, in the interval, snatchy, griping pains occur pretty frequently, without any importunate calls to stool, a doze containing five grains of Dover's powder, with one grain of true James's powder, should be administered; to be repeated, if necessary, after the lapse of four hours, more or less, according to urgency. After the system has been quieted in this way for 24 hours, a dose of castor oil, with five to ten drops of laudanum, will generally effect a clearance. The castor oil may be repeated, if necessary, and the stomach remain quiescent. I find the oil answers every purpose, and irritates the bowels the least of any purgative, while its action is quick, as well as effective.

Again, should the stomach become irritable, and vomiting ensue, a repetition of the fomentations, as well as mustard, will be necessary, followed by the administration of bland fluids in very small quantities, with, at times, small doses of citrated alkali, or champagne cooled in the usual way.

Instead of Dover's powder, which might not be retained, a suppository containing from $\frac{1}{4}$ to $\frac{1}{3}$ grain of morphia will succeed in arresting the spasms and quieting the system; to be repeated, if necessary, after an interval of not less than six hours, if the former has not been quickly voided; otherwise another may be used after a much less interval.

All these are plain general directions, which might be modified to any extent to meet individual peculiarities. While in Egypt I strove to find such a course of treatment as might meet the great majority of cases, and yet be employed with safety by any one knowing little or nothing of medicine. I purposely adhered to it, and found it answer in every case save one, which was complicated with true congestion of the liver, or, rather, where the main disease was congestion of this organ. This case occurred in the person of an English gentleman in robust health, who had sought to vary the monotony of life by a visit to Egypt, where he indulged in every extravagance, and exposed himself to the atmosphere in a reckless manner; and yet he was the only one of a party of four who suffered in consequence. I do not think it necessary to specify the diet during the course of the complaint, as it differs in no respect from what is given in similar circumstances everywhere. Weak animal soups, thin gruel, &c., all bland, and implying the least amount of exertion to the digestive organs. It is generally advisable to give small quantities of champagne after the more acute symptoms are relieved, in order to alleviate sickness, as well as give tone to the stomach.

III. AGUE, although occurring sporadically during the hot season, cannot be said to be a subject of concern to travellers up the Nile in winter. The only two cases seen among the natives were of the mildest type, and the paroxysms easily arrested in the usual way. Nor did I see during the whole of our course any one suffering from the consequences of repeated attacks of the so-called "ague cakes," &c.

Certain precautions may nevertheless be stated. During the subsidence of the waters of the Nile, many islands are formed, as well as long tongues of land that shoot obliquely down the river. Now, there is little doubt that from the

surface of these arise miasmata, which are capable of giving origin to ague and dysentery. The sportsman on them is peculiarly exposed to their noxious influences, as, in order to get near his prey—generally crocodiles—he must in many instances have recourse to his hands and knees, and even crawling, as modes of progression. Our party spent, on several occasions, some hours during the afternoons in such situations, without experiencing evil consequences. Generally speaking, the mornings and evenings are the periods of greatest intensity of the poisonous exhalations, and I do not think there is any danger incurred by manœuvring as we did during those parts of the day when the sun's rays are powerful, and more especially when the inner man is fortified by a good dinner. As a rule, it is not safe to moor the vessel to the side of one of these mud islands. The Arab sailors are aware of the danger to be incurred, and act accordingly. It is almost the universal custom with them to select a spot for resting all night where the embankment is high, and this is seldom a matter of any difficulty. They seem to be aware, too, of the importance of having as broad a sheet of water as possible between them and one of these islands, should they happen to have occasion to rest near them; but whether this is done under the belief that a stream exerts, as it does, a protecting influence, or merely from a desire to be as far from them as possible, I could never determine, but probably the latter.

In the event of a paroxysm of ague occurring, with the usual sequence of shivering, high fever, and sweating, a good dose of castor oil ought to be taken in the interval, and, about an hour before the anticipated period of accession of the next shivering fit, six to eight grains of quinine in water, rendered acid by the juice of a lemon or orange. This will be found to be quite sufficient.

It will be noticed that I am somewhat partial to the use of castor oil; the reason is, that in Egypt, at least, its action is certain, easy and expeditious, with the least degree of irritation to the bowels, a matter of no small moment in a country where the exciting causes of bowel irritation are, perhaps, somewhat above the average, and form the only drawback that I know of to spending a winter there. With

one exception—viz., congestion of the liver, where I gave small but repeated doses of blue pill and opium—I cannot recall a single instance where castor oil proved a failure, and this was chiefly owing to extreme irritability of the stomach.

IV. NILE BOILS may, at a former epoch, have been one of the plagues of Egypt, but certainly not now. Several who had them came under notice, and amongst these myself; but I can safely aver that they are productive of no bad consequences, are nearly painless, of small size and easily resolve themselves under the action of a gentle aperient, such as a double seidlitz powder, or spontaneously. All occurred on those who, like myself, were in robust health, and came in company of invalids, or for purposes of pleasure, scientific inquiry, or archæological research.

Traces of another and more serious kind of boil were found, after a long and weary search, on the person of one old woman; and, as the story may serve to allay the fears of those who may have heard exaggerated accounts of the frequency of the epidemics of the genuine plague of Egypt, I shall insert it here.

Our dragoman issued forth along with myself in the direction of the village to which the ravages of the last epidemic in 1835 had extended. As I had learned from various sources that the epidemics of this dire disease had in recent times been almost entirely confined to the Delta, including Grand Cairo, the focus, I believe, of infection, I was anxious to investigate into the truth of the statement. The name of this village has unfortunately escaped me, as I neglected to insert it in my notes. It could not have been more than ten miles below the rocks of Abou Faydee, and on the opposite side of the river. Several old men confessed to the existence of the epidemic at the time mentioned; but, although we searched diligently, we could not detect on the bodies of any specimen of humanity presented to us traces of its effects, except in one solitary instance. The subject was a woman almost in a state of dotage, although she could not have been old, and whose body was seamed and scarred in a frightful manner. We were told that those whose bodies had been subjected to an attack bore traces of it,

besides, in a shattered constitution, and often impaired mental energies; that they were rendered prematurely old, and died at a period which even there is reckoned the prime of manhood. The subject before us bore out all this. She was little else than an idiot; but as such was revered and respected by those around her, and deemed by these simple and ignorant people a safeguard and a protection against future epidemics. She was warned of something unusual having taken place by the trumpeters—the dogs—whose instinctive hatred to infidels is well known, and on our approach croaked out in her harsh, discordant tones, the invariable greeting, “Baksheesh!” Beyond this the dragoman could elicit nothing. The past was a blank; the present in reference to us was associated in her mind with only this one fixed idea. Our souls melted at the sight of this shattered remnant of humanity, and the coins which we dropped into her eager, itching palm elicited the only other expression we heard from her lips, “Ketter khiarak keteer”—“Thank you very much.”

FLEAS, *et hoc genus omne*, are no longer to be feared, as the precaution of sinking the boat before starting is effectual. Moreover, the Arab sailors, the only source of supply, undergo daily ablutions as part of their contract, besides having at stated periods their heads shaved. I can honestly say we were almost, if not altogether, free from these vermin. If any intruded themselves into our berths, sprinkling for several successive days between the sheets pretty strong aromatic vinegar, as well as moistening the floor with a weaker solution, proved an efficacious remedy.

I may state here, as my opinion, that in all excursions up the Nile the place for starting ought to be Cairo, not Alexandria. Our dragoman had persuaded our party to hire a boat at the latter place and proceed thence. It was obviously for his interest to do so, as he received so much *per diem*. His reasons for so doing turned out to be utterly untrue; accordingly, I do not think it necessary to rehearse them. There are two ways of engaging a dragoman: either to give him so much for the trip; or, as our party did, pay him at a certain rate *per diem*. The former plan is open to

many objections. You are hurried over the ground. Should you trespass a moment beyond the allotted time for sight-seeing, your dragoman grumbles. In the end, by means of repeated grumblings, and special pleadings, you become thoroughly disgusted, and care not how soon you reach your destination, or how fast you return. Remember this is the very state of mind your clever dragoman wishes to induce, and he generally succeeds; whereas, had he been hired by the day, the opposite line of tactics would evidently have served his self-interest. It is all-important for him now to kindle an interest in the magnificent ruins so thickly scattered throughout this strange land. Our dragoman had no mean powers in this respect, and often enticed us to wander into the desert, when we would not otherwise have done so. He had a splendid imagination, and drew largely upon it in his descriptions of places. Wherever he wished particularly to linger, there was sure to be some stupendous ruin, or wonderful conformation of country, and by the time we reached the place he was pretty sure of having excited our anticipations of pleasure to a blood-heat. This mode of being handled was, on the whole, rather agreeable than otherwise; for although the pleasures of hope were always rendered much greater than those of reality, the halo of imagination never wholly left the sights we saw, however far short they fell of the ideal standard so cunningly erected. Besides, the whole lent a piquant variety to the otherwise rather dull monotony of our Nile boat-life.

THE SOJOURN

May be divided into three parts—1st, Camp life in the Desert near Cairo. 2nd, Residence at or near Thebes. 3rd, A voyage up the Nile to Waddee Halfeh and back. The Delta is excluded for reasons which must now be obvious to every one.

1st, During the period of our stay in Cairo, my attention was mainly directed towards investigating the most likely spot for this purpose. In opposition to various authorities, I venture to hazard the opinion that a residence in the neighbourhood of the catacombs of the Apis Bulls, and

near the house of Monsieur Mariette, presents advantages of situation not equalled by any other. It has been pretty generally maintained that the neighbourhood of the petrified forest is the most eligible. I am inclined to dispute this statement, and for various reasons. In the first place, whatever site is chosen within a radius of a mile of this situation is too exposed. There is, to be sure, a seeming exception to this in the hollow directly to the south, where protection might be expected from the influence of any wind; but it is, in reality, not so. The heights all slope gradually, whether from the north or south. The northern, or rather north-western gales, curve over these slopes, and sweep almost every hollow of any consequence behind them. It is well known that gradual slopes afford no protection from the wind, unless the hollows on the other side are situated at the bottom of precipices. There are several such in this neighbourhood, but they are all too limited in extent to allow of the proper renewal of air so necessary in warm countries. To live in such ravines would prove ultimately far from beneficial. 2nd. The prevailing winds at the proper season of the year for residence are from the north and north-west, and every intermediate point; but as these must have previously passed over the Delta, they are rendered moister, and accordingly less beneficial. 3rd. The south-east winds, and these the coldest, have full sweep in this direction; they pass almost without interruption.

Let us now review the advantages of the place I have chosen as the best within an easy distance of Cairo. It lies in an undulating hollow, at a considerable distance below and to the south-east of the ridge on which the pyramids of Sakhara are situated. Extending to the north-west this ridge becomes more prominent, and at length is continued into a range of hills situated behind the pyramids of Ghizeh. Towards Cairo the ground slopes gradually, though unevenly, down to the river, which is, nevertheless, at such a distance as to preclude the possibility of the chilling effects of the condensation of moisture near its surface. Away to the south-east, but on the opposite side of the Nile, is the high range of hills continuous with the Mokhattam, behind Cairo. These afford, I am told, ample protection from the

keen south-easterly gales. There is, besides, a secondary ridge between this spot and the river in the same direction. The gales from the north-west pass over a considerable extent of desert before reaching it, while their force is greatly broken by the hills spoken of in this direction.

The question of *provisions* is secondary in a country where they and labour of all kinds are cheap and easily got. This place is certainly farther from Cairo than the other, and on the opposite side of the river. This is of little consequence, as there is a ferry near the Nilometer. It is, besides, a benefit to the invalid who requires rest and quiet, to have an obstacle to the enjoyment of the noisy pleasures of a densely-peopled city, whose bazaars are closely shut in from every breath of pure air. He should avail himself as seldom as possible of such varieties, and be induced to settle down for some months to a quiet routine—a routine, however, which is far from monotonous, as he has the interesting ruins of ancient Memphis to inspect, as well as the pyramids aforesaid and others in the neighbourhood, with pleasant excursions into the desert. He should remember it is not for the purpose of having an endless round of pleasures he has undertaken such a journey, but for purposes of health, and the sooner he tones down the better—a matter, after all, not difficult in a country whose bracing air and all its usual concomitants give a zest to even the most trivial amusements. The desire of doing and seeing as much as possible in the shortest possible space of time should be quelled and stifled from the very first. The better way would be not to be enticed by the gaieties of the capital, such as they are, but to strike out at once for the desert on his arrival, and, after his health is so far established, gradually and cautiously to extend his routes to less accessible places. In this way curiosity and interest are kept alive. The usual way of creating a surfeit, by seeing at once the most interesting places, ought above all things to be avoided.

All this pre-supposes, of course, that there is no intention of proceeding further; but, if means and opportunity permit, I should certainly recommend a more southerly latitude, where the climate is equable, and, consequently, more beneficial, and hence,

II.—RESIDENCE NEAR THEBES.

Of all places on the Nile this presents peculiarities of geographical situation best suited for invalids. As it can be reached in a few days from Cairo by means of steamboats, there is now no excuse for lingering over this part of the ground, which, besides, presents too wide a range of temperature to permit of indiscriminate enjoyment of the climate. Much to the north of Thebes the diurnal changes are too severe. As a rule, the middle of each day is hot, the evenings and mornings somewhat chilly, and the nights cold. This statement is scarcely warrantable, if the changes as indicated by the thermometer are taken as the standard of comparison, unless the amount of moisture is also taken into account. An atmosphere with the same degree of temperature at night, for instance, but with a greater relative amount of moisture, communicates to the surface of the body exposed to it a more intense feeling of cold, so to speak, than one with a smaller relative amount. Speaking generally, then, the part of the voyage from Cairo to Ossioot at least, ought to be hurried over as quickly as possible, as a much shorter part of each day can be enjoyed than when further south. It is scarcely safe for an invalid to leave the saloon before 10 a.m., or to expose himself later than an hour before sunset, otherwise a chill is apt to be induced.

The great plain of Thebes may be reckoned as having a diameter of eight or nine miles, and is amply sufficient to permit a renewal of fresh air; while the mountains surrounding it on three sides are neither so near nor so lofty as to render its atmosphere close and confined; at the same time, the force of the southerly gales, which are apt at this season of the year to have a chilling effect, is broken, and accordingly their coldness modified and relieved very considerably. It is only during a part of the night they can be said to predominate, when, too, they have a more perpendicular direction to the earth's surface than at any other period, and are rather a succession of gusts than a continuous gale. The northerly gales which set in about the latter part of February and the whole of March sweep for the most part above the level of the plain, so that while they serve to purify they are

not at all disagreeable. The nights are generally warmer than throughout the rest of Egypt. The ground, which has been heated during the day, parts with its heat to the air immediately in contact with it; and, as this is not swept by continuous currents in one direction, the air for a certain distance upwards is kept warm. It is not until after midnight that it cools sufficiently to be disagreeable.

Another advantage this place possesses is, that a choice of residence could be had to suit different cases, either amongst the hills or in various parts of the plain.

Since my visit to Egypt, I have strenuously advocated the establishment of an hotel, or *sanatorium*, in some part of the plain near the Great Temple of Karnak, and I am glad to learn that this has been in contemplation. The change from the cramped accommodation of a Nile boat to the large and airy apartments of an hotel would be keenly relished by all. I am quite sure the inhabitants would gladly co-operate in keeping up such an establishment, as it would afford a safe and ready market for the various commodities they have for sale, such as eggs, chickens, sheep, wheat, &c. I am certain that twenty-five to thirty shillings a-day *pension* would not be deemed too much in the circumstances. Besides, the certainty of such accommodation at the far-famed Thebes would induce numbers to flock there, who are deterred from doing so by the descriptions given them of the present state of affairs.

I am told that within the last two years a service of Khediveh mail steamers has been established between Cairo and Thebes at stated intervals during the winter months, and that these are, on the whole, well appointed. Parties whose circumstances or opportunities will not permit a lengthened stay at the latter place should avail themselves of their aid, as the intervening distance is rapidly traversed. I have little doubt that available accommodation for invalids or strangers will soon be afforded in the neighbourhood of Thebes, so that an interval of a month, or even two, may be spent for the purpose of benefiting by the climate, as well as visiting the interesting ruins so thickly scattered around it.

The months of December, January, and February are the most suitable for invalids labouring under chest complaints.

Later on the weather gets too warm, and the sirocco wind is apt to be felt at times during the month of March. This wind, as it prevails during the months of March and April, has none of the hot, stifling effects which are experienced at a later period. The days are agreeable, but somewhat relaxing, while the evenings succeeding the days of its prevalence are delicious, and exercise can be taken with great benefit.

While at Thebes, I made inquiries regarding this matter. A gentleman who had resided in Thebes, or its neighbourhood, for a considerable period of each of four successive years, informed me that the months of March and April are very pleasant and agreeable, the change from day to night less sudden, and, by taking a longer siesta during the height of each day, he thought he was capable of more exercise and with greater benefit than during the two earlier months. I mention all this not for the purpose of urging a longer stay than is now recommended, but in order to clear off a prejudice against a wind which only carries with it baneful effects during a short period of the year.

EFFECTS OF RESIDENCE NEAR THEBES UPON HEALTH.

I cannot do better on this head than quote pretty freely from my notes, as the impressions then communicated were vivid and strengthened by subsequent reflection.

The remaining six days of our stay at Thebes were delicious. The heat of the sun was tempered by the light breezes that played around, and which had almost lost their chilling character. The mere sense of animal existence was pleasurable to an extent that I scarcely ever remember to have experienced since the days of boyhood. The nights, also, until eleven, were pleasant and agreeable. It was not until long after the turn of the night that our old enemy, the south wind, dared to present its keen edge. We may be said at this time to have revelled in a world of sense, and saw charms in the objects around us which we failed to perceive before.

I have no desire to create an exaggerated impression of this part of our journey. It is so much the fashion of the present day to indulge in hyperbole, that unless one follows

the bad custom to some extent, he may fail in awakening even an interest in the subject treated, far less in communicating a just and adequate impression of it. I am anxious to do this; but to say simply that these days were delicious seems trite enough to one who hears this term so often bandied about and applied to things that have very little claim to the title. It is even too much the fashion with medical men to use high-sounding phrases when they wish to create a diversion in favour of some pet spot of the world's surface. I trust I shall be believed when I state that I have no such bias in favour of Egypt, or any personal interest to serve, by puffing up its good qualities.

The effects produced on the young gentlemen of whom I had charge were evident enough. They literally grew in health and strength. The difficulty was in checking within due bounds the exuberance of their animal spirits. Anything and everything afforded them a fund of amusement, however trivial its nature. Matters which they had previously set down as bores were taken up with all the zest of novelty. One of them, a capital draughtsman, and, moreover, having a natural aptitude for the study of the fine arts, set to work anew with his photographing apparatus, and succeeded in making, for the first time, iodized collodion, whereby he was enabled to take excellent views of the façades of the temples, &c. The other, gun in hand, would spend hours with unwearied zeal in endeavouring, by every artifice in his power, to get within range of some poor ducks that were rather shy of his salutations, and all for the purpose of gracing our dinner table with the products of the chase.

Again, in order to show the contrast between life in or near Cairo and at Thebes, I shall make another selection from my notes:—

THEBES, *3rd March.*

Here, whatever may have been the former state of things, sand is everywhere, with the exception of the strips on both sides of the Nile, which are in a state of cultivation, and accordingly watered at stated periods. In this condition the soil is caked and does not rise in dust, or if it does, in

comparatively small quantities under the influence of strong winds. There is no densely-populated city to exert a polluting influence on the atmosphere, but merely a cluster of huts, which can scarcely be dignified with the name of a village. Instead of a close, confined situation, there is a beautiful plain, miles in extent, with a fringe of hills all round, which yet serves to ward off in a great measure any keen blasts that may blow. Above and beyond all this, there are the delicious evenings without any risk from a deposition of dew. If dew falls, and it seldom does, it is only towards morning.

8 P.M. OF SAME DAY.

A guide secured to conduct our party to Karnak, for the purpose of viewing the stupendous ruins by moonlight.

This night succeeded one of the two days during which we had sniffs of the sirocco, and was very balmy. The thermometer at 11 P.M., the time of our return, indicated a temperature of 67° F. We started amid considerable bustle a little after 8 P.M. Every one seemed in an ecstasy of delight. The donkey boys were yelling and dancing; the younger members, in the unrestrained liberty of the place and time, gave vent to their exultations in shouts that rang clearly in the still night air. The very donkeys were infected with the general spirit of madness, and kicked and gambolled about to such an extent as to render the firmest seat amongst us somewhat insecure. Our guide laid aside his string of beads for the moment, and looked with a complacent smile on the whole. Our mirth, which was kept up during our course through the village, gradually toned down as we proceeded into the open country. The bewitching influence of the night began to be felt by one and all. There was a deep calm over the face of nature. The moon was shining with that silvery brightness only to be seen in such eastern climes. The distant hills facing us reflected a strange weird-like light that gave a dreamy aspect to the scene. The detached clump-like clouds that floated lazily in the atmosphere cast dark shadows on the ground, in marked contrast to the silvery brightness around. In this way we reached the temple, and taking our stand on certain masses of stone that

were piled up in wild confusion, surveyed, with feelings akin to awe, the great hall of pillars.

What has been stated above applies with equal, if not greater force, to

III.—SAAED, OR UPPER EGYPT, AND NUBIA.

III. Restrictions upon liberty of action may now be relaxed, as I scarcely know of any, unless, indeed, what ordinary common-sense will clearly dictate, as during the prevalence of high winds, and even then, no ill effects that I have seen result from exposure, as they are dry. From an hour after sunrise to midnight may be said to be the limits. The days are decidedly hot, but not relaxing, as the atmosphere is dry and bracing, while the evenings are delicious. Many a happy hour have I passed with our dragoman, while lying on a divan on the quarter-deck, our chibouques in full glow, with the clear, transparent atmosphere of Nubia studded with stars above us, and the gentle sighing of the balmy wind against the sails in our ears. I could expatiate at great length on this part of our journey, but my limits will not permit.

I have hitherto refrained from giving details of the effects of climate in individual cases. My note-book contains records of many such, which present features of considerable variety. Two of these I have purposely selected, as the contrasts are striking, and the ultimate results very different. They will serve, at the same time, to define to the general public, more clearly than could otherwise be done, that class most likely to derive benefit from a sojourn in Egypt, while the futility of expecting permanent relief in another class will be as clearly indicated.

The one which has a bearing on a residence in Cairo and the adjoining Desert I shall speak of first.

The subject was a young gentleman, who, after having gone the round of all the pleasures of the gay capital of France and some of the other European capitals to boot, had been induced, at the instance of some medical man, to try the dry air of Egypt. He had suffered considerably from the tear and wear incidental to such a mode of life, and

latterly had begun to lose flesh, without, however, any suspicions being awakened on the part of his medical attendant of incipient chest disease. If I remember aright, he had been in Naples for some time previous to his starting for Egypt, and he said that the Italian physician had never sounded him. My own experience, so far as it goes, corroborates this statement. The examination of physical signs is very much neglected by Italians, if, indeed, the majority of them make the matter a study at all.

As one of his sisters, as well as another near relative, died of consumption, he had been sent abroad in search of health. In his diligent search for other things he had missed it, and by the time he arrived at Naples he was much reduced. He still continued to "dip" into the gaieties of the place, now so necessary to his existence; and, as he expressed himself, to drive away the *blues*. He was at length obliged to desist, from sheer inability to continue. He embarked on board one of the *Messageries Impériales* steamers, and in five days was landed at Alexandria; hurried thence to Cairo, and resided for some time in the Hôtel d'Orient. At first he improved considerably, as he was debarred the round of enjoyments into which he had previously plunged so recklessly. With returning strength came increasing desire to vary the monotony of his existence, at whatever cost. The occasion of an influx of his fellow-countrymen was eagerly seized upon, and he commenced anew his dissipations. The consequence was, he became much worse, and was obliged to call in the assistance of a medical man, who pronounced him labouring under consumption, and ordered him off to the Desert—in what direction, I am sorry to say, I did not inquire. While there he continued to improve on the whole. He gained flesh and strength, and, as he said, enjoyed his camel and donkey rides. After a time he prevailed upon his physician to allow of his return to Cairo, where I saw him. At this time he declared himself much better. He merely coughed a little during night, but otherwise slept well. His appearance belied these statements. The circumscribed red patches on his pale, pasty cheeks, his hollow eyes and slightly stooping gait, too surely told their tale. As I did not wish to

disconcert him I made no examination of his chest. There was little necessity. I hinted, however, that Nice should be his next stage. My only desire in so doing was that he should be near his friends.

This gentleman was evidently labouring under an advanced stage of phthisis, and had been previous to his arrival in Egypt. The history of this case is, nevertheless, interesting. Amid all the fluctuating hopes which, during the progress of this malady, are raised in the mind of the person affected, or in those of his friends around him, he had still benefited by his residence in the Desert and Cairo. His pathway to the tomb had been smoothed. In this case, besides the demon of consumption that was preying upon him, there was another demon tormenting him—the demon of society. He had no zest for life otherwise than amid an unceasing round of pleasures, whose exhausting tendency no one can doubt. Such habits constituted the worst kind of preparation for residence in the Desert, where the inner life of every one must stand forth in all its naked reality, and form the subject of contemplation during many a lonely hour. That mental calm and peace and quiet, so necessary to fully realising the benefits to be derived from external circumstances, could not have been his, whose former life had been framed upon the plan of endeavouring to stop up all the avenues to calm and unimpassioned reflection and communion with himself.

The second case came under my observation for the first time while wandering amongst the stupendous ruins of Karnak, near Thebes, and was also in the person of an English gentleman. For a year previous to his setting out he had been studying at one of the Inns of Court. Towards the close of the summer he began to give way, but still read on, although, as he told me, he retained little of what he read. He had recourse to the usual expedients in these circumstances to keep his mind clear—the wet towel, cold sponging, eschewing as much as possible the noxious weed. He still plodded on, his mind a chaos of confused and tangled ideas; his nights restless and unrefreshing. No alarm was excited by this state of things until he began to be tormented with a hacking cough, which kept him awake, or awoke him at uncertain

periods during the night. His friends learning his condition, urged him to consult a medical man. He did so, and was packed off to Egypt. During his voyage he was still troubled with his cough, although to a much less extent. On arriving at Grand Cairo he felt himself much better, and, with all the freshness of youth, dashed into all the outdoor sports and amusements to be found in and around the city. He had no intention at this time of proceeding up the Nile. He was brought to a sudden and unexpected stop in the midst of his enjoyments. A party, consisting chiefly of East Indiamen, had been organised for the purpose of attacking the Pyramids, and thereafter enseconcing themselves for the night in one of the tombs in their neighbourhood. He joined them, although he had already paid a visit to these structures. *En route*, next day, he happened to mention that a gentleman had reached the apex of the Great Pyramid in so many minutes—I forget the number. His statement was disputed. Piqued at this, he offered, in a spirit of bravado, to perform the same feat, if he were allowed the usual Arab escort. Books were made on the subject, &c. He won his bet. In the elation of spirits he drank a considerable quantity of bottled beer, and got heated. Finding that it was impossible to sleep in a place alive with fleas, he took a stroll in the night air, and enjoyed it immensely. Feeling somewhat chilly after a while, he had recourse, a second time, to his den. He had scarcely lain down ere a fit of coughing came on—the only one for weeks. Applying a handkerchief to his mouth to stifle the noise, he was horrified to find it, in a short time, covered with blood. He continued to cough up several mouthfuls at intervals. In describing his sensations at this time, he said he was wonderfully calm. He did not even disturb his comrades, who slept soundly, as they had been accustomed to rough it in the East. He even slept towards the morning, and awoke somewhat refreshed. On reaching the hotel he resolved to undertake the Nile journey. In a short time he was enabled to join a party of excursion. He had now been two months on the river, and, from the day of starting almost, had grown in health and strength. For three nights after the performance of his feat he was restless and feverish, and coughed on several

occasions. He had with him a quantity of "cough mixture," which, he said, soothed him very much; but as the cough left him, he discontinued its use. He has had no occasion to resume it since. He had, on his way up, an attack of diarrhoea, which at one period of its course threatened to be severe, but the watchful care and superintendence of his dragoman enabled him to tide it over perfectly. A second attack of the same kind ensued about a fortnight after, but it soon exhausted itself without recourse being had to treatment of any kind. He had been quite regular for the last five weeks. These attacks presented no features peculiar or worthy of notice. He stated, besides, that during the last month he had gained half-a-stone in weight—a sure sign of a favourable reaction of system. When I saw him he presented a healthy appearance, was pretty well tanned, and his cheeks showed a healthy diffused tinge of redness. I had several occasions after this of confirming my opinion of the decided benefit experienced in this case.

My attention will now be directed towards giving hints concerning trips into the *Desert, sight-seeing, &c.*

In the first place, permit me to advise the hiring of a boat constructed of wood and not of iron, as it is scarcely possible otherwise, with the present means of towing, to surmount the first cataracts at the entrance into Nubia.

Trips into the Desert, comprising a stay of several hours, ought to be frequently taken. During these the Bedouin head-dress is preferable to any, more especially as the shawl affords effective protection to the neck and shoulders, besides screening the face at will. At the outset progress must be slow, until perspiration is freely established. This does not take long in Nubia. The disinclination to exertion which is felt at first acts as a sort of safeguard against the risk of incurring a burst. It has, however, the drawback, that many during the period of languor will be discouraged from proceeding. All feel this more or less; but I can assure those who intend going to this part of the country that the light and airy sensation which succeeds is worth the struggle. I need scarcely remind any one that these journeys ought to be undertaken towards the afternoon of each day, about four

o'clock ; or, if a day's sojourn in the Desert is meditated, a start should be made in the morning, before the heat is oppressive, and a siesta taken for two hours at its warmest period, which is between two and four. There are numerous rocks rising abruptly from the surface, capable of affording an effective shade for this purpose.

The sensation of thirst ought not to be indulged. A little self-denial at first, when the feeling is strongest, will be rewarded by a corresponding increase of buoyancy when the desire has passed off, as it always does. Whereas, if huge gulps of water are taken at intervals, fatigue is soon induced, and the desire to drink increases with increase of perspiration. I do not mean to assert that drinking is to be absolutely abstained from, but only indulged in sparingly. The risk of a chill is much greater by keeping the skin continually bathed in perspiration, as is the case in one who drinks largely and often. Perspiration—at least sensible perspiration—ceases gradually as the desire for drinking ceases, and then the whole system becomes braced up, and a keen appetite for the next meal is sure to result.

Let me add another hint. On arriving at the boat after one of these excursions, do not allow a sense of fatigue to overcome you by taking a lounge in a divan before having recourse to your ablutions. Ere you have cooled down get your face, hands, and neck, and even feet, laved with water, and thereafter sit down to your meal. You will always have an appetite. Eat slowly at first, and masticate well, so as to induce a full flow of saliva, now found so necessary to complete digestion. In some cases it is beneficial, after returning from a more lengthened trip, to take from a teaspoonful to a dessert-spoonful of brandy in water or Seltzer water. After the meal, a lounge is delicious, and may be indulged in with safety. It is seldom that the tendency to sleep is strong in these circumstances, and it should not be given way to. A light, rattling conversation should be kept up, or, indeed, anything to engage the attention without taxing the mind. Our dragoman showed his powers in this respect. One seldom felt any inclination to nod in his presence. Remember that the true sleep during the night has something of a positively delightful sensation in it,

which is lost in a great measure, along with the attendant good results to the system, if the after-dinner nap is indulged in. Young persons, in ordinary circumstances, do not require this intermission, and, once commenced, the desire is sure to return with greater force the more it is indulged.

SAND OF THE DESERT.

Many speak of "the irritating effects upon the chest" of the sand of the Desert. I cannot say I ever saw even the slightest symptom of such irritation. Under the influence of a high wind it certainly penetrates into the most unlikely nooks and crannies, and in this respect may be said to be irritating, but this is the worst kind produced, and, in my opinion, the only one. Respirators have been recommended. They are worse than useless. Let me give a commonplace, it may be, but useful advice to all those who may be tempted to have recourse to such ugly and cumbrous pieces of mechanism. Keep your mouth and eyes shut, and breathe through your nostrils while the sandy blast is passing. Physiologists tell us that nature intended that respiration should take place through these apertures, and in her provident regard for all the varied circumstances of our lot, she has kindly established at their entrance a delicate respirator of hairs, more effective, and, at the same time, less obstructive than any of man's invention. I allow that far out in the wild waste of sand, with the wind blowing a-head for days, the irritating effects upon the *skin* cannot be over-rated, and that a respirator might serve the good purpose of keeping the mouth from being sooner parched, and the fauces (not the mucous membrane of the lungs) from being irritated, but this is not necessary during the short excursions I allude to. These cannot be wildly enjoyed while using any such mouthpiece. Spectacles, or rather goggles of a formidable description, have also been recommended. Let me say, shortly and simply, they cannot be worn. Sand will find its way inside these, and perspiration will cloud the vision to such an extent as to render their use thoroughly impracticable. After all, the fine green gauze veil is decidedly the best of all such contrivances. It can be drawn over the face

or withdrawn at will with comparative ease. Respiration is not impeded, neither is perspiration. This, I need scarcely say, has been in use from the earliest times, and will outlive any and all the most elaborate contrivances for a like purpose.

It is otherwise with the dried silt of the Nile, which penetrates into and accumulates in buildings near it. These, as a rule, should not be entered by invalids of almost any description. To mention one instance—the propylon of the Great Temple at Edfoo. The ascent to the summit of this structure is rendered easy by means of a winding staircase; but the thick, yet almost impalpable clouds of dust which rise with the slightest disturbing cause, are very irritating to eyes, nose, and throat, and impart a close, stifling feeling, which is very disagreeable, and even injurious, to those labouring under any bronchial affection. One of our party betrayed so eager a desire to be allowed the ascent that his importunities were at length yielded to. When nearing the summit he had a fit of coughing—the only one, I may say, during all his stay in the country—and this did not subside until he was fairly on the ramparts and breathing the free air of the outside. The application of a thin silk handkerchief to his mouth and nostrils during the descent prevented a return of the fit. The red fiery appearance of the eyelids of another of the climbing party, for an hour after, told well of the irritating effects of the dust upon the mucous surfaces. As a rule, then, no person suffering from any affection of the mucous passages connected with the apparatus for respiration should enter such places. There are many of these in Egypt, which it is needless to specify, as the common sense of every one should be a sufficient guide. The whole of our party visited the rock temples at Abon Simbool without experiencing apparently any ill effect; but here it is necessary to draw a distinction.

The *sand of the Desert*, not the *dried deposits* of the Nile, had been drifted through the main entrance of the Great Temple there, and covered to a greater or less extent the floors of the various halls and apartments. There is, besides, permitted a free sweep of wind throughout the whole. The sand, although *fine*, is of *far too coarse a grain* to allow of its being suspended in the air, and it is only when this con-

dition obtains that any evil results ensue. It has, moreover, the peculiar property of causing to adhere to it pretty closely the dust that may mingle with it. Although I mention all this it is not for the purpose of advocating the safety of a visit to such places. There are other evil results to be feared besides those from the inhalation of dust. The sudden transition from a free open atmosphere to a close confined one is an evil sufficient to deter many from making an exploration, especially those in whom perspiration is difficult to establish. In some the feeling of oppression, particularly in the head, is at first very strong, and does not give way until perspiration has broken out freely. Knowing that all the members of our party were free perspirers, and, moreover, that the work of ascent to the grand entrance constituted a sort of preparation for the undertaking, I gave my consent to the exploration of these curious and interesting ruins.

It might now be fairly expected that set rules should be given as to the conduct of those labouring under chest affections. I have none, except such as have been already incidentally stated. While in Lower and Middle Egypt, or rather from Cairo to Ossioot, restriction as to freedom of exercise in the open air should be adhered to in order to avoid exposure to the chilling effect of dew. Speaking generally, from 10 a.m. to 5 p.m. comprises the available portion of the day for sight-seeing, &c. Without any scientific knowledge of atmospheric changes, a short residence in the country will enable any one who has his attention directed to the subject to tell when dews are likely to be deposited. One of the most reliable indications is the smoky appearance of the rim of the horizon in the west. The dragoman also may generally be relied on in all matters of this sort, as he always sleeps in the open air, and is, besides, a pretty keen observer of atmospheric changes.

In Upper Egypt and Nubia, including Thebes, these restrictions may be greatly relaxed, as it is seldom indeed that the dew point is reached, and, if so, only during the early hours of the morning. In Nubia the dew point is not reached at all, and there, accordingly, exposure on the quarter-deck is often highly beneficial up even to 11 p.m., unless during the prevalence of high winds, as has already been noticed.

The hours for meals are so well regulated on board Nile boats, and the dietary so good, yet simple, that it would be superfluous for me to modify them, even if this were possible or advisable, in a country where variety is scarcely attainable. Suffice it then that the hour of dinner ought to be a little after the maximum heat of the day, viz., between four and six, and that little or nothing should be partaken of after this except a cup of tea and a biscuit.

Lastly, invalids for Egypt should start from this country early in November, or even the latter end of October; hurry on to Cairo, engage a Nile boat, and proceed thence with as little delay as possible to Thebes.

The return to Cairo should not be delayed beyond the end of March, as the weather becomes too hot; thence for a sojourn to one or other of the well-known stations on the shores of the Mediterranean, where the months of April, May, and part of June may be spent. In no case should the invalid land in England or Scotland until the beginning of July, where he may spend the three months of summer. It is generally advisable, after having been in Egypt, to spend the next winter on the shores of the Mediterranean, or in a few instances to return to Egypt.

It was my intention to give a sketch of the route northward from Egypt, as in my opinion best suited to supplement the good effects of a residence there, but my present limits will not permit.

Let me, in fine, repeat that I am much in favour of Egypt and Nubia as a residence during the winter months for phthisical subjects, as well as for those labouring under chronic bronchitis, with copious expectoration.

JAMES STIRTON, M.D.

15 NEWTON STREET,
GLASGOW, *December, 1871.*





APPENDIX.

It has been thought advisable to append, in a tabulated form, a list of prescriptions for medicines that may be of use in Egypt, as well as to indicate briefly the occasions of the usefulness of those not previously mentioned.

(1.)

R—Mas: Pil: Hydr: gr. ij.

Mas: Rhei co: gr. iij.—M.

F: pil: et obtur: fol: arg.

Tales, xxiv.

One pill at bedtime when languor has been experienced during the day in an unusual degree, with a slight occasional feeling of nausea, and a tendency to dull, depressing headache. To be repeated next night if necessary.

(2.)

R—Liq: ammoniac acet: oz. viij.

S.—A full dessert-spoonful in lukewarm water.

A useful mixture on the occurrence of a chill from exposure after profuse perspiration, preceded or not by the administration of pill No. 1. To be repeated once or twice at intervals of an hour, with warm, bland drinks during the intervals. A hot water foot-bath, with the addition of two table-spoonfuls of mustard, a good adjunct.

(3.)

R—Pulv: Ipecac: co: gr. v.
 Pulv: Jacobi ver: gr. j.
 Bismuthi albi: gr. ij.—M.
 Tales, xij.
 Modified slightly from page 12.

(4.)

R—Arg: nitratis: gr. vi.
 Aq: destil: oz. ij.—M.
 S.—Nitrate of silver eye drops.
 See page 10.

Or,

R—Zinci sulph: gr. xv.
 Aq: destil: oz. vj.—M.
 S.—Zinc eye lotion.
 See page 10.

(5.)

R—Pil: Hydrarg: scr. ij.
 Opii mollis: gr. ij.—M.
 Div: in pil: xij. et obtur: fol: arg.
 S.—Pills composed of blue pill and opium.
 Alluded to at page 15.

It is not very probable that the use of this pill will be necessary; but the possession of it will impart a feeling of assurance and comfort.

(6.)

R—Ol: Ricini: oz. viij.
 S.—Castor oil.

This oil may be obtained in good condition in any large town throughout Egypt.

(7.)

R—Tr: opii: oz. j.

S.—Laudanum.

(8.)

12 Seidlitz powders of double strength.

Useful on ordinary occasions, and as indicated at page 15.

(9.)

R—Quinine sulph: dr. j.

S.—Quinine.

It is very unlikely that this drug will ever be required.

For Ague, see page 14, as much as will lie heaped up on a shilling in a glassful of water, acidulated with a slice or two of lime or lemon, about an hour before the period of accession of the shivering stage. The administration of some smart purgative, as castor oil or a seidlitz powder, at a time that will secure a full evacuation before taking the quinine, will aid the action of the latter. The quinine to be repeated after an interval of eight or ten hours.

I am aware that the use of quinine is recommended in other instances; but, so far as my experience goes, I never saw the slightest occasion for giving it in doses of one or two grains in the case of other febrile attacks; besides, these can be controlled much more simply, and with less risk of determination to the head by other means, such as have been already mentioned.

(10.)

R—Pulv: Kino Co: gr. x.

Pulv: Jacobi ver: gr. j.—M.

Tales, vi.

S.—Astringent powders for diarrhoea.

Useful when a loose state of the bowels persists after the more acute symptoms have been subdued in the way indicated at page 11.

(11.)

R.—Acidi sulph: arom: dr. ij. ss.

Aq: Rosae, ad. oz. iij.—M.

S.—A dessert-spoonful in water for hemorrhage from the lungs.

I have not thought it necessary to speak previously of hemorrhage from the lungs, as during all the time of my sojourn I did not see an instance of its supervention. I believe the influence of climate goes far to account for this. Accordingly, I merely insert what is usually given in such cases, and, as it happens, the best suited to the country. The dose may be repeated at intervals of from three to six hours, according to urgency.

Inhalation of tannic acid, in a fine state of division, by means of the spray producer, will aid powerfully in arresting the bleeding.

Thus—

(12.)

R.—Acid tannici: dr. j.

Glycerini: oz. j.—M.

A tea-spoonful of this in an ounce of water will be of sufficient strength for inhalation.

(13.)

Six morphia suppositories, such as are prescribed in the “British Pharmacopœia,” with, however, a somewhat larger proportion of wax, and each containing only one-third of a grain of morphia. (See page 13.)

(14.)

Lastly, a good supply of mustard, in tin cases.





PRACTICAL MEMORANDA FOR TRAVELLERS IN EGYPT, THE DESERT, AND PALESTINE.

THE following hints are the results of the actual experiences of the author, tested and confirmed by several competent judges who have travelled in these lands. Suggestions of a similar kind are often appended to guide-books and works of travel ; but the author has generally found these miscellaneous and extravagant, and recommending many things which he found to be unnecessary. He has felt the want of practical advice as to what is really essential, and he therefore ventures to append the present hints, as supplying, in a certain sense, a *desideratum*. The list may, of course, be increased according to the fancy, necessities, and means of the traveller. The things which are here recommended are actually required.

1. CLOTHING.—Flannel of a medium texture should be worn next the skin on all occasions, and in every place. During the heat of the day it dries up the profuse perspiration, and keeps out the cold of the night, which, in Egypt, the Desert, and Syria, is often intense. The system is thus kept in an equable temperature. Three or four woollen shirts are recommended as most convenient for everyday wear ; and paper collars and cuffs, now so much in use, will be found very useful and economical. Washing is usually charged from 3s. to 4s. per dozen articles of various kinds. A few white linen or cotton shirts should be added.

Two or three pairs of comfortable walking shoes or boots are necessary. A pair of the latter will be most suitable for riding, the Turkish stirrup in use being apt to fret the front of the ankle joint if not protected. Light canvas shoes are recommended.

A dozen pairs of woollen socks may be taken.

A couple of suits of tweed clothes will be required, and these should be of a light colour. A pair of trousers specially made for riding will be very convenient, or what is as good, a pair of old ones covered on the seat and inside the legs with chamois leather. The latter will be found exceedingly comfortable on horseback, as the Arab horses are often rough goers, and the roads in Palestine are very rugged. It will be found a good thing to carry a black suit for state occasions. No one appreciates more than an Arab the dignity of a European dress suit.

For headgear, a round white felt hat, or a helmet, such as are commonly worn by overland travellers, is best of all. If not too troublesome to carry, a chimney-pot hat may be added to the traveller's impedimenta. It is not at all necessary; but the imposing effect of it on the native mind is well known to all Anglo-Egyptians. A good, warm great-coat, also a comfortable plaid or travelling rug, should be taken. Their value will be appreciated in the cold nights of the East. A waterproof coat and leggings will be found useful in the heavy rains which sometimes overtake travellers in Palestine. When visiting the bazaars of Cairo, the traveller should procure one of the long shawls or sashes of wool and silk, which are worn wrapped tightly round the waist.

2. MONEY.—When leaving home, a sum sufficient to pay the way to Egypt should be taken in English sovereigns or French napoleons, which readily pass current everywhere. Circular notes, such as are readily procurable from any banker, should be taken for use in Egypt and elsewhere. These can always be cashed at the current exchange of the day by respectable merchants, store-keepers, or hotel-keepers. English silver is of little value beyond Dover. The amount necessary for an Eastern tour must be determined by the traveller's habits and circumstances. It may be assumed, in a general way, that the minimum cost will be thirty shillings per day, and that two pounds per day each person, will cover the full expenses of an English gentleman. It ought to be noted, that extreme economy is a mistake. It is doubtful if anything is gained by it in the end; and it may do much

to mar the enjoyment of a tour through lands where, of necessity, living and locomotion are expensive. Better stay at home and read books of eastern travel, than attempt such a journey on the cheap. On the other hand, any amount of money may be spent where travellers are expensive and luxurious in their habits. It is an undoubted fact, that the expense of travelling in the East has increased very much within the last ten to fifteen years, from the extravagant expenditure of those who have more money than brains.

3. LUGGAGE.—The more concentrated this can be the better. Two good sized portable trunks will probably be found sufficient for each person. These should be well and strongly made, to stand the rough usage to which they are subjected on board ship, and when strapped on mules' backs. They may be covered with strong canvas, and be distinctly marked so as to be easily picked out of the mass of luggage usual at custom-houses. A handy courier bag or satchel is needful to carry odds and ends for immediate use, in moving from place to place. For the Desert and Palestine our English saddle with bridles, stirrups, &c., is much to be preferred to the Turkish ones, the appointments of which are usually of the most wretched kind, and they are, besides, unpleasant for one accustomed to the English style. A good well-trying second-hand one is sometimes the best of all. Frequently, at the end of a journey, such things are presented to the dragoman.

5. BOOKS.—Before leaving home the traveller should inform himself on the history and geography of the countries he is going to visit. Though the list might be greatly increased, probably the following works will suffice for the ordinary tourist, viz., Stanley's *Sinai and Palestine*, Murray's *Hand-Books for Egypt and Palestine*, Dr. Thomson's *Land and the Book*, Harper's (American) *Guide*, Wilkinson's *Ancient Egyptians*, and Lane's *Modern Egyptians*. It is indispensable to have a thoroughly good map of the countries to be visited, and it will be found an interesting as well as useful memento of travel to mark the journey on red ink in the chart for after reference.

6. DRAGOMEN or GUIDES are necessary to conduct parties up the Nile, through the Desert or through Palestine. These men undertake to conduct travellers during these tours, and for a fixed sum per head per day find boats, tents, horses, cooks, servants, and food. Wine is left for the traveller's own providing, and he should lay in a supply sufficient for his wants at the stores in Alexandria or Cairo, as "the wine of the country through which he passes is simply vile. The dragoman should only be engaged on the advice of respectable and reputable people. A contract is drawn out embodying all the conditions agreed upon, and this must be signed before a British Consul (for Englishmen); and in the event of there being any infraction of it, the party offending can be cited before the nearest British Consul, who will summarily dispose of the case. In this matter, as in most things else, everything depends on the character of the man who is engaged. The rate at which these men are paid varies, but 30s. each person per day may be taken as the outside or highest price. In arranging for horses, the traveller must see that they are thoroughly good, and before setting out make sure that those which are brought are the veritable animals for which he has bargained. Tricks are sometimes tried in this, good horses being shown at first, and then, on some pretext or other, different and inferior animals are provided at the last moment. If this is done, the brutes should be at once refused, and the facts, if necessary, reported to the Consul.

Great care should also be taken that the tents are sound and thoroughly waterproof.

In all dealings with dragomen and natives, there is one rule that should be rigidly adhered to, viz., to treat them fairly, but firmly.

Much of the traveller's comfort in the East depends on attention to these small items.





MISCELLANEOUS.

1. A portfolio, with pens, ink, paper, and drawing materials, if need be.
2. A compass, barometer, and thermometer.
3. A good field or opera glass.
4. Darning and common needles, and cotton and woollen thread.
5. A good pair of scissors.
6. A pocket knife, with screw, piercer, file, picker, saw, &c., &c. This will be found very handy.
7. A supply of twine and tape, and a measuring tape.
8. A revolver may or may not be taken. It will never be wanted, except, probably, for target practice; but it is a great comfort to have one, nevertheless. A good plain weapon, with 50 cartridges, is amply sufficient. For the Nile trip, a fowling piece and rifle are always useful to secure the game which abounds on the banks, for the "pot-au-feu."
9. An India-rubber foot-warmer or compressible bag, such as are used for railway seats, but suitable for holding warm water, if necessary, in place of air, will be found most useful in case of cramps, cold feet, &c. For the Desert the dragoman should be provided with waterproof cloth, to wrap up his tents and bedding, &c., in case of rain.

10. The dragoman should provide himself with a portable filter, as also some preserved meats, as a change from the perpetual stewed or boiled mutton. Travellers should also take some of Liebig's essence of meat. In two or three minutes it makes delightful soup, which is extremely grateful during a noon-day lunch.
11. Passages in the steamer should be engaged a considerable time before departure, so as to secure a good berth, as these are usually taken up by travellers a long time in advance.
12. Last, not least, a foreign office passport should be secured, *visé* for all the countries through which it is intended to pass.



