NOTES OF EXPERIENCES IN EGYPT.

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III.—CAIRO.

CAIRO, the capital of Egypt, is one hundred and thirty miles from Alexandria. It is reached by railway in four-and-a-half hours by express, and in six hours by ordinary trains. Refreshments can be obtained, if necessary, at Kafr ez Zyat station, about half way. The line runs the whole distance through the delta, a low-lying, level, green, fertile, populous land, intersected by numerous canals and branches of the great river. To strangers, it is full of interest the whole way, the buildings, the people, the animals, the vegetation, the agriculture, all different from anything seen before; and then, shortly before reaching Cairo, a distant glimpse is obtained of the stately group of pyramids of Ghizeh, which, the more they are studied and compared with other and later works of man, the more are found to merit the ancient appellation of "wonders of the world".

Not many years ago, Masr el Kahirah (Masr the Victorious) of the Arabs, Le Caire of the French, Grand Cairo of early English travellers was in every aspect one of the most picturesque and oriental of cities. Owing to its vast size and the natural conservatism of the worshippers of Islam, great portions of the city still retain their ancient character, and it is still possible to lose oneself in mazes of narrow crooked streets where no vestige can be seen of any alteration in manner, custom, or appearance of the inhabitants or their dwellings since the golden days of Haroun Al' Raschid. But other parts of the city, especially those which are first seen by the traveller arriving at the station and driving to one of the principal hotels, savour more of modern France or Italy than of the Arabian Nights. Here we meet with wide well watered boulevards, shaded with straight rows of acacia trees, and lighted with gas, bordered with detached villas in neatly kept gardens; handsome colonnaded streets with shops that might vie with those of the Palais Royal, an Italian opera-house, and a French theatre, a public garden with a military band playing every afternoon all the popular European airs, gay open carriages driving about everywhere, electric telegraph wires crossing the streets in all directions, and a new post-office such as few European capitals can boast. And yet, among and below all these superficial signs of modern civilisation, the masses of the people remain much as of old, and a moment's glance at the crowd which throng every street of this active, bustling, lively place, the veiled women, the white turbans and red tarbooshes, the flowing blue galabiahs, the camels, and the donkeys convince one that in crossing the Mediterranean one has really entered into a new quarter of the world. But I must not wander into subjects already fully and graphically described by other writers, but keep to my humble intention of giving some plain useful hints that may add to the comfort of the invalid traveller.

An Englishman arriving at Cairo will be pretty sure to go to one or the other of three hotels, Shephard's, the New Hotel, or the Hôtel du Nil; and he should make up his mind which it is to be beforehand, and at once put himself and baggage in charge of the commissionaire, who will be in waiting at the station. At no railway station in the world is the scramble of volunteer porters to get hold of the newly arrived passengers and their baggage more vigorous and vociferous than at Cairo. During the full season, it is best to write or telegraph from Alexandria to secure the rooms required.

The old-established Shephard's (now Zech's) is still the favourite with our countrymen. It is a large, plain, two-storied, quadrilateral building, with a garden in the interior, and also on one side. It faces what was formerly part of the Esbekeeyah or public square; but a colonnaded row of stone houses is being built immediately opposite the hotel door, which rather deteriorates from the advantages of the situation, but it is still open and airy on the sides and behind. The back rooms, which look into a large palm garden, though smaller and not so well furnished, are pleasanter for those that like quiet than the rooms in front.

The interior arrangements do not differ much from those of European hotels, except that there are no bells, which is sometimes a source of inconvenience, though an attendant is usually posted in each corridor,

who can be summoned by the oriental fashion of clapping the hands. There is nothing much to be complained of in the way of cleanliness, it being about on a par in this respect with the better class hotels of Southern Europe. The scale of living is very abundant, and though, as in other hot countries, the roast beef and mutton cannot be fairly compared with the best articles of the kind in England, there is no chance, even for the most fastidious, of being starved. I think the danger lies rather in the other direction.

The charge is sixteen shillings per day. Occasionally a slight reduction is made for those who are contemplating a long stay. Lights are included, and servants nominally, though, of course, the latter expect a small gratuity on leaving. Washing is done in the hotel fairly well, but at very high prices. For a sitting-room, about a guinea a day extra is charged. Of course, with a large party this is convenient, though not absolutely necessary; for it is a common practice, as on the continent of Europe, to sit and receive visitors in the bedroom; and there are a reading-room on the ground-floor, the garden, and the wide covered porch in front of the entrance-hall, a favourite resort with those whom idleness or ill-health restrains from more active employment. It is certainly difficult for a new-comer to resist the temptation to while away some time here, for the sake of the moving panorama of oriental life presented by the street below.

The New Hotel is a far handsomer building than Shephard's, and better placed, being exactly opposite the centre of the recently improved Esbekeeyah garden. The interior arrangements are more modern than those of Shephard's, the rooms being well furnished and provided with electric bells. The prices, living, etc., are exactly the same. The cooking last year was considered by connoisseurs to be better; but that, of course, may vary. The manager and all the attendants were exceedingly civil and obliging. We spent four weeks at Shephard's, and three at the New Hotel, and found little to choose between them. The principal difference was in the company: Americans, French, and Italians mostly frequent the New, while the English keep very much to Shephard's.

The Hôtel du Nil seems to be a great favourite with Germans, and also with many English gentlemen travelling alone. It is smaller than the others, and somewhat less expensive, but is well spoken of for comfort. The great objection to it, especially for ladies, is the situation. It is in the most crowded part of the town, and can only be approached by a very narrow alley, leading from the Mooskee, the Regent Street of Cairo. The hotel is pleasant and quiet enough, having a pretty garden in the centre.

There are several inferior hotels, but of them I can say nothing, not having met with anyone who has stayed at any of them. It may be possible before long for visitors who intend to remain long at Cairo to obtain lodgings, and so live at a cheaper rate than at the hotels; but, without a knowledge of the language and customs of the people, there would be great trouble and probably discomfort in doing so, at least for invalids, and it must always be remembered that I am not now writing for the strong, hardy, and adventurous.

The drinking-water at the hotels at Cairo, being obtained from the Nile and filtered, is generally good and wholesome. This applies to Egypt generally; the large volume of water flowing down the river, being sufficient to counteract the effect of any small amount of impurity that may find its way into it. It is always kept in the native jars of porous clay or *goulas*, by the evaporation from the surface of which the temperature of the water is kept down to a refreshing point even in hot weather.

Cairo is now well supplied with European physicians. Dr. Grant (Scotch), Dr. Bull (Danish), Dr. Warren (American), and Dr. Sachs (German) are those most in repute among the visitors; while Mr. Broadway and Mr. Waller are dentists in large practice. The shops are furnished with all European articles; the postal service is frequent and regular, and telegraphic news from London and elsewhere is daily posted in Robertson's reading-room. We learnt the result of the last Oxford and Cambridge boat-race on the afternoon of the day it took place.

The objects of interest to the visitor in Cairo and its neighbourhood are so numerous, that it would take long indeed to exhaust them. The only danger is that to the delicate in body, or to those who have left their homes and occupations for the sake of mental rest, they may become too exciting, and, unless there be ample time, that too much may be attempted in the way of sight-seeing. It is a wonderful sensation to find oneself for the first time face to face, as it were, with two distinct phases of the world's history and civilisation, each absolutely unlike the other, and unlike anything previously experienced. The pyramids of Ghizeh and the obelisk of Heliopolis, on the one hand, and the mosque of Sultan Hassan and the tomb of El Barkook, on the other, and all the associations that cling round each, the history, social life, the arts of the people that belonged to these so widely separated

cras are almost overwhelming, though irresistible objects of interest; and, if these be not sufficient, striking memorials of a third and far more remote period of the world's history are abundant in the vicinity of Cairo, and their investigation will to some prove equally attractive. The bare and sun-smitten Mokattam Hills raising their picturesque and craggy forms against the eastern sky, and the arid desert plain to the west, beyond the pyramids, teem with the remains of animals which flourished when the rocks and sand which now enclose them were mud at the bottom of a deep sea. To one fond of sketching, most charming subjects innumerable, both landscape and figure, offer themselves for the pencil. In fact, the resources of Cairo to the intelligent traveller are inexhaustible. Physical strength will be the only limit to the perpetual feast of eye and mind.

The means of locomotion are now greatly improved; comfortable two-horse open carriages are always standing at the hotel doors, and, since the new iron bridge across the Nile has been opened, the Pyramids and nearly all the places of interest in the neighbourhood can be reached with wheels. But donkey-riding is still pre-eminently the favourite and most convenient method of getting about, both with the natives and visitors. There is no reason why one should not take exercise by walking in Cairo as well as elsewhere; in winter, it is not often too hot; but, when mounted on a donkey, there is such a feeling of independence, and the attendant boy is so useful as a faithful servant, guide, and interpreter, holding himself responsible for bringing one safely through all the difficulties that may be met with in explorations often as well as or better than a regular dragoon; and the expense is so small, that one almost infallibly soon falls into the regular system of locomotion. If one be likely to go much about in this way, it is best, having once found a donkey whose paces suit (for, of course, they vary much), and an intelligent, pleasant boy (so-called, although varying from 10 to 30 years of age), to engage them for sole use by the week. All three get along much better when they are accustomed to each other; and, when the visitor is known to all the donkey-boys who crowd the door of the hotel to "belong to" one particular member of their fraternity, he will be spared the desperate rush that takes place at the unattached stranger the moment he ventures to set foot in the street.

The donkeys are small, but strong, fast, and willing. As they are rather apt to stumble in rough places, it is necessary to be always on the look out for a fall, which, if one be prepared for it, and have not got the feet too far in the stirrups, seldom leads to any harm. But troublesome accidents do sometimes occur. A friend of mine, an English clergyman, received last winter a severe dislocation of the right shoulder from his donkey falling with him; but he was attending at the time more to the architectural beauties of the street through which he was passing than to the paces of his animal.

Ladies ride as well as men. It enables them to explore many parts of the town and neighbourhood too far for walking, and not easily accessible to carriages; and as, further up the country, donkey-riding is the only means of visiting nearly all the most interesting ruins, it is well to practise the art at Cairo. Side-saddles, a few years ago, were almost unknown in Egypt, as the Turkish women never use them, and so it was advisable for ladies to take them out as part of their baggage; but now there is no difficulty in buying or hiring them at Cairo.

The chief characteristic of the climate of Egypt is its dryness. In the richly wooded districts of the equatorial regions of Africa, where the numerous affluents of the Nile take their rise, almost continuous rain prevails; but, in the deserts of Nubia and Upper Egypt, through which the great river flows in its course to the sea, sometimes years pass without a single shower. The absence of rain and absence of vegetation are obviously related to one another. The Mediterranean coast, as before mentioned, and the delta, are less dry than the upper parts of the country, and Cairo occupies an intermediate position.

It is the opinion of some observant residents that the climate of Lower Egypt is becoming modified, and the rainfall increased, by extended cultivation and by the alterations produced in the physical features of the country due to the formation of the Suez Canal.* However this may be, all are agreed that last winter was quite exceptional in the amount of rain that fell; but, as this was much the same all round the Mediterranean basin, it must have been due to something more than local causes. How much it amounted to will be seen from the following extracts from my journal, which record all the times at which rain fell during five months we were in the country, *i.e.*, from November 21st to April 20th. November 21st: in Alexandria harbour; heavy showers of rain. November 26th: very heavy rain at Alexandria in the night and early morning, and also a slight shower on arrival at Cairo the same afternoon. December 19th: some rain early

in the morning. December 27th: much and heavy rain and hail. December 28th: some showers. January 11th and 12th: at Bedreshayn, about fifteen miles south of Cairo; some slight showers of rain. January 28th: on the Nile above Rhoda; a slight shower in the middle of the day. February 3rd: at Souhag, Upper Egypt; a heavy rain nearly all night, and a close cloudy day, with occasional showers and no sun. February 4th: rain again in the night and showers in the day. March 4th: at Thebes; a very slight shower in the middle of the day.

Thus, in this exceptionally wet season, there were only eleven days out of one hundred and fifty on which rain fell, and on some of these it was scarcely more than a few drops.

As a general rule, the days are much like one another: fine, clear, bright, and sunny. The subject of the weather, so important to us in our island home, soon loses all interest, owing to absence of change.

Another characteristic of the Egyptian winter climate is, that, though the days are warm, even hot in the sun (usually about 70 deg. or 75 deg. in the shade), the nights are fresh and cold, and often accompanied by heavy dew, the thermometer frequently falling to 40 deg. or below, though rarely quite to the freezing point. To many constitutions, this is advantageous. A sultry night following a hot day often induces languor and depression; but the freshness of the Egyptian night and early morning is invigorating and bracing, and enables one better to bear the fatigues and heat of the day. Persons with delicate lungs find the rather sudden change from day to night temperature somewhat trying. Any bad effects that may arise from them can always be guarded against by taking proper precautions, especially not remaining out of doors after sunset, or, if tempted to linger to watch the beautiful after-glow which often appears in the sky, always putting on extra clothing. Such persons should never set out for a drive in the afternoon without taking some wraps to put on directly the sun goes down. By carefully regulating the clothing, the injurious effects of the great alterations of temperature can always be counteracted. Fire-places are provided in the rooms of the New Hotel, though not in any of the others; it must be very seldom, however, that the necessity for a fire can be felt.

In considering Egypt from a hygienic point of view, it is extremely important to understand that, physically, the whole country is divided into two distinct regions.

1. The low-lying alluvial plain, beneath the level of the annual overflow of the Nile. Throughout the greater part of the country, this is a narrow strip bordering the river, scarcely averaging five miles in breadth; but at the north it widens to form the delta, a triangular patch, whose apex is at Cairo, and base, about one hundred miles in width, on the Mediterranean shore. This is the cultivated and highly fertile part of the land. Its surface consists of mud on the receding of the water in the autumn, but soon dries under the influence of the sun into a rich, dark-coloured, sandy loam. It is the product of the disintegration of the primitive rocks of the mountainous districts of Abyssinia and other regions of Central Africa, where the Nile tributaries take their source.

2. All the rest of the country which is above the level of the autumnal overflow. This is the *desert*. Its line of demarcation from the cultivated land is most sharply defined. It is far from being the monotonous, level, sandy plain that we had been accustomed to associate with the name, but consists, in Lower and Middle Egypt, of limestone rocks of marine origin, rising in terraces or escarpments, one above another, from the river valley, the stratification being generally very horizontal, and ending in a high tableland, carved and scored out in various directions, evidently by long-continued action of water, into wide open valleys or narrow gorges; in the bottom of some of these, a little scanty vegetation, the curious *Anastatica*, or "Rose of Jericho", and the camelthorn, may be found growing; but generally all is absolutely barren. Yet by artificial irrigation, as in some parts in the neighbourhood of Cairo and at Ismaïlah, the desert can be made green and fertile.

It is a strange sensation to find oneself for the first time actually in the desert, as on the excursion, for instance, to the so-called "petrified forest" about six miles to the east of Cairo. Nothing but absolutely barren rock and stone is to be seen around in all directions, not a blade of grass or a sign of a living thing. In silence and desolation, the only previous experience to which I could compare it was the middle of an ice-field in Switzerland, when shut in by surrounding rocks from all sights or sounds of the world below. And yet there is something very invigorating, almost exhilarating, in the freedom, but especially in the air, of the desert. A refreshing breeze, in winter at least, generally tempers even the heat and glare of the midday sun, and in the morning and evening it is decidedly cold. Nowhere on land is the air so pure, as nowhere else is there such complete absence of all decomposing

* See the remarks of Dr. Grant, in Murray's *Handbook*, 4th edition (1873), p. 2.

organic matter in the soil ; it has well been compared with that of the open sea.

It should be the object of those who go to Egypt for the benefit of their health to breathe as much of the air of the desert as possible, and it is unfortunate that this cannot at present be obtained in the places of residence which afford the greatest facilities and comforts for invalids. Cairo is situated on its edge, but the hotels, and all the modern town in fact, are built on low ground, which, until reclaimed artificially, was subject to the overflow, and have the whole of the ancient city, with its crowded population and impure streets, between them and the desert. Moreover, the prevailing winds, being from the north, blow directly across the delta. This and the great amount of dust, not of the cleanest kind, which fills the air of a great city full of people and animals, form the principal drawbacks to Cairo as a residence for invalids. What is greatly wanted is a place where good accommodation and comfort, combined with moderate expense, could be obtained a few miles out of Cairo, somewhere on the Mokattan Hills.

The nearest approach to this is the establishment which has just been opened at Helwân, or "Helouan-les-Bains" (as it is spelt in French), about fifteen miles south of Cairo, and three from the east bank of the river. The origin of this place was a spring of warm sulphurous water, similar in composition to that of Aix-les-Bains, in Savoy. Baths were erected here a few years ago for the use of the Khedive and his family. These have lately been considerably enlarged ; and Dr. Reil, a German physician, who has lived some years in Cairo, and who speaks English well, has been appointed resident director of the establishment. Two hotels or boarding-houses, though not quite completed, had just been opened when I visited the place in January last. By next season, it will all be in good working order, and several hundred visitors will be accommodated at more reasonable prices than in Cairo.

The situation was determined by the mineral spring, which wells up in the middle of a flat sandy plain, about midway between the river and the range of rocky hills that flank the Nile valley on the east. Although not so agreeable as if higher on the hill-side, it is well within the border of the desert and fairly above the river-level.

Apart from the peculiar medicinal virtues of the waters (which are especially recommended in case of chronic rheumatic, cutaneous, and hepatic diseases), a residence at Helwân would probably be better, in a sanitary point of view, than in the hotels of Cairo ; the air is purer and the life quieter ; but, for those who have not plenty of resources within themselves, it will scarcely offer the same attractions. At present, it is rather difficult of access, but the road will probably be improved before next winter.

The only other places where European travellers could pass the winter in Egypt (apart from the Nile boat, to be spoken of in the next article) are Suez and Ismailia. There are hotels at both, but of neither of them can I say anything from personal knowledge. Ismailia is a new place on the side of the Suez Canal, and has some pretty gardens on land reclaimed from the desert. It is reached by rail from Cairo in about nine hours. Its attractions are pure desert air and quiet, for it is quite away from all historical objects of interest. The principal outward events in life there must be the passage of vessels through the canal.

[To be continued.]

A CASE OF PECULIAR INJURY OF THE SHOULDER-JOINT.

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IN March last, there came under my notice a rare form of fracture of the humerus, which I believe of sufficient interest for publication. A. B., a house-porter, 30 years of age, strong and healthy, while crossing the street with a hand-cart, was knocked down by a tram-car in January 1873. The patient can give no satisfactory account of the precise way in which he received the injury, but it appears that the pole of the tram-car struck him about the middle of the left shoulder. It is unnecessary to enter into particulars regarding the different plans of treatment to which the unfortunate man was subjected at different times—suffice it to say, that pulleys and other appliances were frequently employed in the vain attempt to reduce what was believed to be a dislocation of the humerus on the *dorsum scapulae*. It was fourteen months after the accident that my attention was directed to the case.

On examination, I found that the shoulder had lost its natural roundness and fulness, from the deltoid muscle having become flattened ; that the acromion process was very prominent ; and that the breadth of the articulation was greatly increased. Beneath the outer part of the spine

of the scapula was an osseous tumour of the size of a small orange ; its superficial surface was more or less rounded, except in front, where it was bounded by a nearly straight border that ran obliquely downwards and forwards into a long, narrow, bony process. This process could be traced downwards and forwards towards the shaft of the humerus, to which it was joined at an acute angle two or three inches below the glenoid fossa ; but it was almost impossible to determine with any degree of exactitude either the mode or the point of attachment, owing to the thickness of the soft parts covering the joint. Any doubt, however, as to the existence of this union was at once set aside on rotating the arm, as the tumour could then be both seen and felt moving along with the humerus, though it could scarcely be moved at all by the fingers applied directly. During these movements, the under surface of the tumour could be felt to be more or less flattened. The coracoid process was unusually prominent and appeared enlarged, and beneath it was a slight projection formed by the inner part of the upper end of the

1. Prominence below Coracoid Process. 2. Prominent Acromion Process.
3. Flattened Outer Surface of Shoulder. 4. Osseous Tumour on Dorsum Scapulae.

humerus. It was difficult to examine the glenoid cavity, as the arm could only be abducted a short distance, and that not without some pain ; but it was clear that the greater portion of it was occupied by the upper extremity of the shaft of the humerus. Between this projection under the coracoid and the tumour on the scapula was a deep sulcus, into which the finger could be readily sunk. When the elbow was held close to the side, and the fingers of both hands placed in the axilla, the upper end of the humerus could be pressed outwards as far as the lower border of the acromion process, and then the shoulder was made to assume more of its natural contour. The elbow generally lay separated from the side, but could easily be brought into contact with it. The axis of the humerus was directed upwards and inwards towards the coracoid process, and the arm was nearly half an inch shorter than its fellow of the opposite side. The "under movements" of the limb had not been interfered with ; but the patient was unable to place his hand on the opposite shoulder, or to raise his arm more than six or eight inches, unless he supported it with his right hand, though he could now move it more freely than he did some time before. The arm, however, could be forcibly elevated by another person, but abduction and extension (backwards) were decidedly the most limited of all the movements. He complained of pain along the inside of his arm, and occasionally of numbness and coldness of his hand.

Diagnosis.—The tumour on the scapula was manifestly too small to consist of the whole of the head of the humerus. I, therefore, regarded it as constituted by the portion of the upper end of the bone outside the bicipital groove ; and, as it was attached to the shaft of the humerus, its direction was necessarily oblique—hence its anterior border, which was formed by the outer bicipital ridge, was directed downwards and forwards, as I have described above. The manner in which the accident occurred was most probably this : the pole of the tram-car struck the upper end of the humerus near the bicipital groove, and fractured it longitudinally into two pieces, which were driven with violence—one backwards on the scapula and the other a little inwards under the coracoid process ; and in these positions they were, no doubt, maintained chiefly by the action of the external and internal rotator muscles respectively. The small amount of shortening observable at present may be due to the upper end of the bone having been displaced forwards and inwards after the outer and greater portion of the head had been broken off.