OPINIONS OF THE PRESS.

The Western Morning News says:—"A better book for the purpose it would be hard to find. The information given is just what visitors require."

The World says:—"A thoroughly practical guide for those visiting the Riviera and the Mediterranean coast. Written with trustworthy knowledge and a light hand."

The Morning Post says:—"A handy and well-arranged guide book. It contains just the kind and amount of information which is wanted, but not always to be found in books of this class."

The Queen says:—"We welcome and gladly direct attention to books like this as a saving of time and labour, and fitted to inspire confidence. We strongly urge intending visitors to procure and to read this book."

The Field says:—"This is a thoroughly practical handbook to the principal health and pleasure resorts on the shores of the Mediterranean. Special care appears to have been taken by the author to give the most recent and reliable information."

The Scotsman says:—"Dealing with many material points, from a traveller's point of view, which handbooks, as a rule, are careful to avoid, for fear of hurting the feelings of advertisers. Readers may feel assured of its impartiality, and confide in its advice."

Truth says:—"I had very nearly forgotten your friend in search of a milder winter climate than ours. I do not think she could do better than order an admirable book, 'Mediterranean Winter Resorts,' which seems to answer as a guide precisely to her requirements."

The Medical Annual says:—"Contains a larger amount of practical information respecting these health resorts than any other work dealing with this subject. The facts are presented in a very interesting manner, and the excellent arrangement makes reference easy. It will prove a valuable handbook for physicians as well as for invalids."

The Guardian says:—"The author has brought into one volume of moderate size and very moderate price a great deal of information which the winter resident always needs, but does not always know where to look for. We may particularly mention, as likely to be useful to our readers, an authoritative list—more complete and accurate than any hitherto published—of English chaplains and English services in each of the places described."

The Lancet says:—"This is a useful and trustworthy handbook, and will be found of great value to tourists and invalids. The information given is fully up to date and remarkably accurate. The author does not write as a medical authority, and always gives well-known authorities for climatological statements. These will be found in the main judicious and valuable. The information regarding routes, hotels, guide books, etc., is very full and correct. Within its limits this is one of the best books of the kind that has come under our notice."

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Varese is most centrally situated for the whole Italian Lake district, being one hour by rail from Milan, and about half an hour from the three lakes of Como, Maggiore and Lugano, each being within an easy day's excursion. It possesses a new and excellent water supply.

There is a specially built English Church in the Hotel, and the Roman Catholic Parish Church of Casbeno is accessible by a private entrance from the first floor.

An English Physician resides in the Hotel, and there is an English chemist in the town. Good Orchestra. Races in Autumn. Tennis. Golf.

"Winter Resorts" Guides, No. 1

MEDITERRANEAN WINTER RESORTS.

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BY

EUSTACE A. REYNOLDS-BALL, F.R.G.S.

WITH A MAP OF THE MEDITERRANEAN, AND SEVERAL DIAGRAMS.

THIRD EDITION.

LONDON: KEGAN PAUL, TRENCH & CO., LTD., CHARING CROSS ROAD.

PARIS: THE GALIGNANI LIBRARY, 224, RUE DE RIVOLI.

1896.

PREFACE TO THE FIRST EDITION.

THIS Guide Book is chiefly intended to meet the wants of the increasingly large class of persons about to winter in the South, and who wish to know the leading features, climatic and otherwise, of the different health resorts, not only of the Riviera, but of those situated along the whole Mediterranean littoral.

The principal features of this book which place it on a different footing to other Guide Books, are: (1) Special prominence being given to certain subjects, such as hotel prices, expenses of living, amusements, society, sport, climatic and hygienic conditions of each winter resort, which closely concern winter residents, and which are either omitted altogether, or insufficiently noticed in the generality of Guide Books; (2) The text being strictly confined to descriptions of the principal winter stations, to the exclusion of all other towns, however important, which the traveller passes in his journey South.

At the same time, the requirements of ordinary tourists and travellers have not been lost sight of, and it is believed that more practical information on the various subjects dealt with in the description of each resort will be found in this Handbook than in many Guide Books of more ambitious aims and of wider scope.

E. A. R. B.

October, 1888.

INTRODUCTION TO THE THIRD EDITION.

IN this third edition—considerably enlarged and in great part re-written—several new and important features have been introduced.

Greater prominence has been given to the medical aspect of the principal Invalid Resorts, and special articles dealing with the climatic, sanitary, and general hygienic conditions of these Resorts have been contributed by resident English Physicians. And here I take the opportunity of thanking these writers, who have done so much to increase the practical value of this Handbook to Invalids and other Visitors. I may be excused for calling special attention to this new feature, as this is the only English Guide Book published containing authoritative articles on the principal Winter Stations by medical experts.

Another new feature which may be specially mentioned is the introduction of detailed descriptions of the newer Health Resorts, such as Biskra, Luxor, Helouan in North Africa; Beaulieu, Ospedaletti, Rapallo, and Nervi, on the Riviera; and Taormina, in Sicily, which have come into favour within the last few years. In describing the different places in this Guide Book a certain uniform order has, as far as possible, been preserved in treating of the various subjects. Routes, Climatic Conditions, Society, Hotel and Villa Accommodation, Amusements, Sport, Principal Attractions, Places of Interest, and Excursions, have been dealt with in the above order, greater or less space being devoted to the various subjects according to the special characteristics of each Resort. In

dealing with a place which is primarily a Pleasure Resort, amusements and "distractions" are described at some length. If an Invalid Station principally, then greater space is allotted to climatic, sanitary, and hygienic conditions, and those quasi-medical details which chiefly concern invalids. Under the heading "Practical Information" the fullest possible details, obtained from residents, and carefully corrected up to date, have been collected.

I have attempted to give rather fuller information about the newer and less known Winter Resorts—concerning which little has been written in the standard works of Murray and Baedeker—than I have done when describing the popular and well-known Riviera Resorts, which possess a whole library of guide-book and travel literature of their own.

Dealing with the delicate question of Hotel Accommodation for visitors, I have not shrunk from the invidious task of occasional recommendation, based either on personal experience, or on trustworthy reports of friends or residents.

Finally, I may observe that most of the information in this Handbook has been derived at first-hand. I have, myself, visited nearly all the places described, and with regard to others, I have availed myself of the help of travelled friends or residents possessing knowledge gained on the spot.

E. A. R. B

NICE,
December, 1895.

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ABBREVIATIONS.

A. = Attendance.
B. = Breakfast.
C. = Cook's Coupons.
D. = Dinner.
G. = Gaze's Coupons.
L. = Lunch.
Lts. = Lights.
P. = Pension.
R. = Room.

MEDITERRANEAN WINTER RESORTS.

PART I.

THE FRENCH RIVIERA.

Thou art the garden of the world, the home
Of all Art yields, and Nature can decree.—BYRON.

THERE can be no question that the beautiful strip of coast from Hyères to Mentone known as the French Riviera, or the Riviera *par excellence*, is the most popular with English people of any of the innumerable winter havens which skirt the shores of the tideless sea. The statistics of visitors to the numerous winter quarters of the South of Europe tend to show that more English visitors are to be found during the winter at the various health resorts stretching along the Mediterranean seaboard from Hyères to San Remo, than at all the winter stations of the rest of South Europe put together.

The distinguishing characteristics of each of the principal winter stations of this region will be dealt with later on, but it will be convenient to summarise here the general features of the climate.

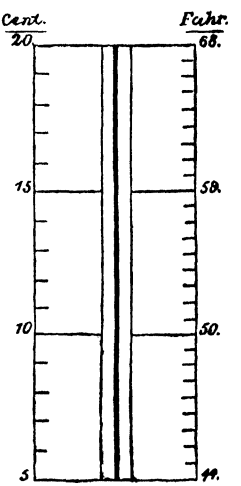
There is no doubt that the Riviera possesses a climate which, at any rate, if not the best in the South of Europe, is certainly the nearest approach to a perfect climate within a day and a quarter of London. Taking the climate of the whole Riviera, its main features are abundance of sunshine, a large proportion of rainless days, fairly mild temperature, and a moderately dry and stimulating atmosphere. There is not nearly as much difference in the climatic conditions of the various resorts on this strip of coast as might be imagined from the imposing array of comparative meteorological statistics and climatological records which are to be found in the guide books. Any peculiar climatic advantage possessed by one particular winter station is due to local conditions—mainly to some natural protection afforded by the configuration of the mountain chain running along the coast, which serves as a barrier—more or less imperfect at the different resorts—to ward off the winds. In short, the amount of shelter from the winds is the one standard by which these winter stations should be classified in order of merit as invalid quarters.

The strong point of the climate is, of course, the large proportion of sunny days. Thus, comparing Nice with London, we find that during the six winter and spring months Nice has an average of ninety-seven clear and cloudless days, while London has only twelve. With regard to rain, it is important to make a distinction between the number of rainy days and the actual rainfall. An inquirer may, perhaps, be confronted with elaborate tables of statistics which prove that the rainfall of Nice from November to April is much greater than that of London. Though this fact is indisputable, it need not daunt the searcher after sunshine. The high average of the Nice rainfall is chiefly made up of a few days' steady downpour, generally in the spring, so that the tables for the period from October to April give 17 in. to Nice, and 9·5 in.

to London. Compare this, however, with the number of rainy days, and we have at Nice thirty, and at London seventy-six days on which rain falls. This explains the fact that while the relative humidity of the principal English winter resorts is from 85 to 90 per cent., that of the Riviera watering places is not more than 75 to 80 per cent.

It is a mistake to suppose that warmth is the most characteristic feature of the climate; and, in fact, were this the case, it would be a far less generally useful and valuable climate than it is. The average mean temperature during the winter months is not more than about 10° higher than in England. Those requiring a really warm climate must go farther south—to Madeira, Egypt, or even the Cape.

In France and Italy the Centigrade reckoning is always used in thermometers, and, for the convenience of those who dislike to have to go through an elaborate calculation in order to convert the Centigrade measurement into Fahrenheit,* I have drawn up the annexed table.



It includes the extremes of heat and cold which are likely to be experienced during the season (November to April).

But the main drawback of the Riviera climate is its windiness. The mistral, or north-west wind, is especially troublesome, particularly at the more western stations; and, as has been said

* The rule is: multiply by 9, then divide by 5, and add 32. This will give the Fahrenheit reckoning.

above, the relative merits of the various winter stations as health resorts chiefly depend on the shelter afforded by the surrounding mountains.

These remarks on the climatic features of the Riviera apply equally to the Italian and French portions of it, as, geographically and climatically, there is not much difference, the division between the two countries at Ventimille being more in the nature of a "scientific frontier" than a natural one. The climate being a question of the highest importance to most visitors to the Riviera, this subject has been taken first. With some, however, the social conditions, hotel accommodation, amusements, living expenses, etc., are matters of equal importance; and in the following pages these topics will be dealt with as exhaustively as space permits.

The season begins about November and lasts till April or May, though as a rule at some of the more fashionable centres, such as Cannes, Monte Carlo, and Nice, it begins later and lasts a shorter time; while at the quieter places, the purely invalid resorts, and the smaller Italian Riviera stations, such as Alassio and Ospedaletti, it lasts seven months or even longer. The most enjoyable months are perhaps February, March, and April; at any rate, hotel keepers count on doing most business during these months.

The various health resorts are usually classified in order of merit, according to their temperature. This basis of classification is not, however, very reliable; and, besides, the difference is very slight, as has already been shown. They may be conveniently grouped as follows:—(1) Health resorts—Hyères, Mentone, Bordighera, and the smaller stations of the Italian Riviera; (2) pleasure resorts—Monte Carlo and Nice; and (3) those combining, to a certain extent, the characteristics of the former classes—Cannes and San Remo. Then the smaller and recently discovered resorts, some of them satellites of the above-mentioned

places, may perhaps be placed in a category by themselves, and may be best described as residential resorts for visitors of moderate means. This classification is, of course, rather an arbitrary one, but it may serve to give visitors some notion of the general character of the different winter resorts.

With regard to hotel prices and cost of living, it may safely be said that living in general is much cheaper on the Italian than on the French Riviera, and that, speaking generally, the farther the traveller goes east after leaving Mentone, the more moderate will he find the prices.

Routes.—By rail the usual route to the Riviera is *viâ* Dover, Paris, and Marseilles. Travellers should remember that the *rapide*, which leaves Paris for the Riviera at 8.25 every evening, is fearfully overcrowded, especially during December and January. This train is the French "Flying Dutchman," and is extensively patronised. This service was accelerated one hour in the winter of 1895, Nice being reached in 28 hours after leaving London. To get a corner seat it is advisable to be at the Gare de Lyons fully an hour before the train starts, and even then it is occasionally necessary to circumvent some wily traveller who has filled up two corners of the compartment with his impedimenta, and unblushingly asserts that he is keeping a place for a friend—in most cases a hypothetical one. The *train de luxe* service for 1895-6 is as follows: leave Charing Cross at 9 a.m. on Thursday and arrive at Cannes 10.19, Nice 11, Monte Carlo 11.43, and Mentone noon, the next day. Extra fare from Calais to Cannes, or Nice, is 95 fr. 30 c. Owing to the reduction in the fares this *train de luxe* service is becoming very popular. Formerly the charges were almost prohibitive. The extra charge by sleeping car in the 8.45 p.m. *rapide* from Paris varies from 50 fr. to Hyères to 60 fr. to Mentone. There is also the bi-weekly *train de luxe* from Paris to the Riviera on Tuesday and Saturday, leaving at 5.30 p.m., the extra charge varying from 70 fr. to Hyères to 74 fr. to Mentone. Invalids who do not care to go to this additional expense will find an ordinary express (preferably one which takes second

class passengers for long distances only, such as the 2.15 p.m. from Paris), far more comfortable, and less tiring, than the popular 8.25 *rapide*, as there is very little difficulty in getting a separate first class compartment, French travellers rarely travelling first class when second class carriages are available.* If this plan is adopted, it would be advisable to break the journey at Avignon, Arles or Marseilles. The first two towns are full of interest to the traveller. The *train de luxe* service, which runs once a week during the season from Calais to the Riviera, is generally very crowded at the beginning of the season. It is generally necessary to book berths several days beforehand.

For the Italian Riviera the route *viâ* Paris, Mont Cenis, Turin, and Savona is available. It is not, perhaps, quite so convenient, as it involves two changes; but it is much cheaper than *viâ* Marseilles, and second class passengers are booked for long distances by the express trains. This route is fully described in the notice of San Remo. By means of the Nice-Vienna express service, inaugurated in November 1895, which leaves Nice on Wednesday at 9 a.m., all the Italian Riviera stations can be reached from Nice without changing at Ventimille.

A pleasant way of reaching the Riviera is by sea. There are several English steamship companies running a passenger service to Marseilles. The best is the service of the P. and O. Co., leaving London for Marseilles about once or twice a month during the autumn. The passage takes eight days, and the fare (first class) is £13 single. This route is not actually more expensive than the overland one, for any reasonable amount of luggage is carried free, and, of course, the passenger's keep must be considered in comparing the relative cost of the two routes. The North German Lloyd steamers also afford facilities for reaching the Riviera by sea. A steamer of this line leaves Southampton for Genoa direct every fortnight. Journey nine days. First, £9 5s.; second, £5 17s. 6d. There was formerly the fortnightly service of the Cunard Line from Liverpool, but the Mediterranean passenger services of the

* In France the *trains rapides* are strictly confined to first class passengers, but ordinary fast trains take second class passengers also.

Cunard Co. have lately been discontinued. Then there is the "Hall" Line of India steamers, which leave London once a month, calling at Marseilles. First class fare: £8 8s. Doctor carried. There are, besides, other services between English ports and Marseilles and Genoa, but these are hardly suitable for invalids or ladies expecting luxurious accommodation, though the moderate charges should recommend them to tourists. Between Marseilles and Nice there is frequent communication by sea. Twice a week, on Monday and Wednesday, at 7 p.m., the Fraissinet Cie. despatch a steamer to Nice, calling at Cannes. On Friday at noon a steamer leaves for Toulon and Nice direct. The accommodation is, however, poor.

PRACTICAL INFORMATION.

Cost of Living.—Provisions of all kinds are plentiful, and reasonable in price, fruit and vegetables being much cheaper than in England. Bread and best beef and mutton are about the same price as in England, and poultry is rather cheaper. Milk, butter, and cheese are not so cheap as is generally supposed, as the heavy *octroi* dues raise the prices of all country produce considerably. Fish is dearer than in England. The best caught off the coast are the red mullet (*rouget*), bass (*loup*), sardine, whiting (*merlan*), and the conger.

Sea Bathing.—This can be continued all through the winter, though the bathing establishments are usually closed in the months of December and January. There being hardly any tide in the Mediterranean, the beach is always in a fit state for the bather. The usual bathing hours are from 8 to 12 in the morning.

Doctors' Fees.—The usual charge is 20 fr. or 25 fr. for the first visit, and sometimes 10 fr. for subsequent ones. At Nice and Cannes, however, the charges are often more. For night visits, after midnight, the fee is usually 40 fr.

Sketching Public Buildings, etc.—Tourists should take care not to make notes or rough sketches in the vicinity of a barrack or fort, or even any public building, except, of course, churches, cathedrals, etc., or they will be liable to arrest. This warning is not altogether superfluous, as only a few years ago an English

tourist was imprisoned at La Turbie, near Monaco, for infringing this rule. It is advisable for all winter residents as well as tourists, especially since the Foreigners' Registration Law of 1893, to be furnished with a Foreign Office passport.

Parcel Post (*Colis Postaux*).—Rates : not exceeding 3 lbs. 1*s.* 4*d.*, not exceeding 7 lbs. 1*s.* 9*d.* It should be remembered that this service is not in France (nor in Spain or Belgium) undertaken directly by the Post Office. Parcels must be sent by the Railway and Shipping Companies.

Flower Parcel Post.—There is a special rate for the postage of flowers from the south of France to England. They must be securely packed in wooden boxes, which can be procured for four or five sous at any florist's. The weight must not exceed 350 grammes (about 12 oz.). The postage is 35 c. Neapolitan violets are perhaps the most satisfactory flowers to send. A five-sou box can be filled with them without exceeding the limit of weight. Flowers should be packed tightly and covered with cotton wool to keep out the cold. The boxes should be posted in time for the daily *rapide*. Advisable not to buy on Mondays, as on those days the flowers in the market are poor and dear.

Guide Books, etc.—A small library might be filled with guide books, works of travel, sketches, etc., dealing with the French and Italian Riviera, so that there is only room to mention here a few of the best of those recently published. Of guide books, C. B. Black's "Handbook to the Riviera" (A. & C. Black, 1882, 2*s.* 6*d.*) is certainly the best published in English; and Joanne's "Stations d'Hiver de la Mediterranée" (3 fr. 50 c.), the best of the numerous French guides. Cook's "Health Resorts of the South of France" (1894, 1*s.* 6*d.*), and Ward, Lock, and Co.'s "Illustrated Guide to the Riviera" (1891, 2*s.* 6*d.*), will also be found useful. Descriptions of the Riviera are also given in Murray's "Riviera" (1892, 6*s.*), "Where to Go Abroad," by R. Hope Moncrieff (A. & C. Black, 1893, 3*s.* 6*d.*), and in Baedeker's "South Eastern France" (1895, 5*s.*). The works of Dean Alford, Sparks, Macmillan, and Miller, hold a position midway between the guide books proper and the books dealing with life and travel in the Riviera, and a great deal of useful as well as interesting information can be gleaned from them. Most of the Riviera resorts have, besides,

local handbooks dealing with each separately, and these are noticed as each place is dealt with in this handbook. Of books of more general interest are the following:—Buckland's "World beyond the Esterelles"; "The Maritime Alps and their Seaboard," by the author of "Vera"; J. R. Green's "Stray Studies"; "The Riviera" (Illustrated, J. S. Virtue & Co.); "S. E. France," by A. J. C. Hare (10*s.* 6*d.*); "L'Hiver dans les Alpes Maritimes," by Dr. E. Onesimus (Paris, 1891); "Afloat," by Guy de Maupassant; "The Land of Flowers," by Clement Scott; "Wanderings in Search of Health," by Dr. Coupland Taylor; "Afloat and Ashore on the Mediterranean," by L. Merriwether (Sampson Low, 1892, 7*s.* 6*d.*); "Artistic Travel," by Henry Blackburn (Sampson Low, 1892, 10*s.* 6*d.*); "Italian Byways," by J. A. Symonds; "The Riviera," by Mrs. Oliphant (Heinemann, 1895); "The Riviera, Ancient and Modern," by Charles Lentheric (T. Fisher Unwin, 1895, 7*s.* 6*d.*). The best work on the climate of the Riviera is Dr. Theodore Williams' exhaustive "Climates of the South of France."

THE RIVIERA v. ALGERIA—A COMPARISON.*

JUST as Switzerland is the summer playground of Europe, so may the Mediterranean littoral be considered the world's great winter-land. The choice of a winter haven along so many thousand miles of sunny coast line seems wide indeed, but in practice the *hiverneur* is limited to the two Rivieras, Algeria, Egypt, and the South of Italy. Egypt has undoubtedly the best climate of all; but the distance, the expense of the journey, and the high cost of living, prevent it becoming a really popular winter residence. South Italy is not sufficiently developed as an invalid resort; and the lack of those comforts and conveniences now considered indispensable for English

* Abridged from an article contributed to *The Queen*.

travellers, the comparative inferiority of hotel accommodation, the insanitary habits of the people, and the general tendency to regard the foreign visitor as fair game for petty extortion, are but a few of the drawbacks which far outweigh the natural and climatic advantages of the Neapolitan and Sicilian winter stations.

There remain, then, the Riviera and Algeria. In comparing these two popular winter places, one is confronted at the outset with the great difference between Algeria, with its three winter stations — Algiers (Mustapha Supérieur), Biskra, and Hammam R'irha—and the Riviera, with its innumerable health resorts, great and small, each preserving more or less distinctive features. The most frequented portion of that region which we loosely term the Riviera—the shore *par excellence*—extending from Cannes to Mentone, is little more than one long chain of English colonies linked together by struggling suburbs of handsome villas and hotels, so that a modern Rip Van Winkle might imagine that during his long slumber the long-threatened European war had actually broken out, with the result that the whole department of the Alpes Maritimes had been annexed by England.

No doubt the Riviera is commonplace, overcrowded, and hackneyed, and this its advocates and *habitués* are quite prepared to concede; but then, what other winter region offers such a wide choice of pleasant winter quarters, with such a mild and sunny climate, within from a day to a day and a half's journey from London? In short, it is not going too far to say that no European country, equally easy of access, offers so near an approach to that ideal climate of the legendary land of Avilion :—

> "Where falls not rain, or hail, or any snow,
> Nor ever wind blows loudly."

Then its long-established popularity with our compatriots

has resulted in English tastes and prejudices being scrupulously consulted by hotel-keepers, tradespeople, and all classes interested in attracting English custom. At all the stations of any size we find English stores and chemists, as well as English doctors and chaplains. Even English prejudices in the matter of baths and drainage are not ignored, and no hotel of the first rank is considered complete which has not a quasi-official certificate from a leading firm of English sanitary engineers. Then, too, owing to the amount of competition, hotel prices are much reduced, and old stagers can often get a rebatement on the nominal tariff. Besides, not only at the large centres will hotels be found to suit all purses, but the winter visitor of moderate means has an unlimited choice among the smaller and less known health stations, where fairly comfortable accommodation can be obtained for about 7 fr. a day. In fact, at the bathing stations on the Levantine Riviera, where the winter is the off season, very good hotels of the second rank are willing to take visitors by the month at terms almost as low as at the cheaper class of hotel *pension* in Normandy, Brittany, the Belgian Ardennes, or Switzerland.

The seasons in the Riviera, from the hotel proprietor's standpoint, vary a good deal at the different stations; yet the number of visitors to the whole Riviera, from Hyères to San Remo, ignoring geographical divisions, does not show an appreciable falling off, for when visitors are few at one resort, this deficiency is often more than made up at a neighbouring station. The season 1893-4, for instance, which was decidedly a bad one at Cannes, Nice, and Monte Carlo, was considered a good one along the Italian Riviera. At San Remo the hotels were crowded. Considering fashion changes so in the matter of foreign health resorts, it certainly says much for the intrinsic merits of the Riviera that it has so long maintained its high reputation and

popularity as a residential winter quarter. Hardly more than a generation ago were not Spezia and Pisa popular? and earlier still had not dusty and wind-swept Montpellier its special vogue? What medical man now recommends these moribund winter stations to his patients?

It is unnecessary to give even the barest outline of the characteristic features of the various stations which make up the chain of English communities from Hyères to San Remo. It will be enough to say that Nice, Cannes, and Monte Carlo may be regarded in the double aspect of popular holiday resorts and fashionable residential watering-places; Mentone and Bordighera are distinctly medical stations; while Hyères and San Remo are health and pleasure resorts combined. Then there are the minor stations and the more recently discovered ones, such as Valescure, Cap d'Antibes, Beaulieu, Cap Martin, Ospedaletti, Alassio, etc., which as yet have not developed any very distinct feature, and, speaking generally, are best adapted for the non-invalid visitor of quiet tastes and of modest means.*

A peculiarity of the Riviera is that each of the prominent watering-places seems to possess a sort of tutelary deity of its own. For instance, no visitor to Cannes is allowed to forget the name of its illustrious founder, Lord Brougham; while the main interest of the English community at Beaulieu seems centred in the movements of another great statesman, Lord Salisbury. Cap d'Antibes has Mr. Grant Allen as its *genius loci*; and Valescure is chiefly concerned in the advent of Mrs. Humphry Ward or Mrs. Oliphant. The English colony of Bordighera is more or less under the protecting ægis of Dr. George Macdonald; and Mentone, of course, swears by the name of the late Dr.

* Cap Martin, however, is not by any means an economical resort. In fact, it is perhaps the most expensive residence on the whole Riviera.

Bennet. It behoves, then, the visitor to the Riviera to find out beforehand the particular fetish of the neighbourhood in which he proposes to take up his winter quarters.

Algiers, on the other hand, though visited regularly by many well-known people, does not seem to possess any one *habitué* of note standing out pre-eminently to form the centre of any cult. Here the English club at Mustapha serves as a focus of society, and the general rendezvous and rallying-point of the English residents. This club, to which ladies are admitted as visitors, is an important factor in the social economy of the English colony, which can hardly be said of the well-known Cercle Nautique of Cannes or the Cercle de la Mediterranée of Nice, whose relations with the respective English communities—at any rate so far as the ladies are concerned—are confined to an occasional *matinée dansante*.

The most serious rival to the Riviera is Algeria, distant some 500 miles on the opposite shores of the tideless sea. In comparing the merits of health resorts climate is, of course, a question of the first importance. Algeria has not, any more than the south of France, a tropical climate, though naturally the difference in latitude makes an appreciable difference in the temperature. In fact, Algeria, as Mr. Grant Allen has pointed out, in flora and fauna is not very dissimilar to the South of Europe. Instead of "Europe ending with the Pyrenees," to quote Napoleon's aphorism, it might in this regard be said to extend to the Atlas Mountains.

Though there are so large a number of winter stations in the two Rivieras, and only three in Algeria—Algiers, Biskra, and Hammam R'irha—the difficulty of comparing the climatic differences between the two countries is much lessened by the fact that there is not really very much difference—*pace* the doctors and the compilers of local guides—in the climate of the different Riviera stations

except as regards temperature, which varies some 4° or 5°. In fact, there is greater variety of climate between the three Algerian health resorts. The main features of the Riviera climate are abundance of sunshine, fairly mild temperature, and a dry and stimulating atmosphere. Algeria is, of course, much warmer than the Riviera, the mean average temperature from November to April the last few years being from 4° to 6° higher. The bare fact that during the season 1888-9—to take a recent year—the temperature of Algiers did not once fall as low as that of Nice, nor, on the other hand, did the maximum temperature of the latter town touch that of Algiers, is more convincing to the lay reader than whole columns of meteorological tables. If the Algerian climate is milder and more sedative than that of the Riviera, and consequently has less extreme of temperature, it must, however, be admitted that its rainfall is greater; for while along the Riviera not more than thirty to thirty-five rainy days may be expected during the six months of the season, in Algiers visitors must not grumble at an average of some forty to forty-five wet days. As regards winds, Algiers has the advantage of many of the towns along the Riviera, the hotels and villas on the slopes of Mustapha Supérieur being admirably sheltered. Of course, there is the scirocco for advocates of the Riviera to pit against the much-maligned mistral; but in the winter this obnoxious wind is rare. On the whole, then, Algeria in many essential respects has a superior climate to that possessed by the rival winterland on the northern shores of the Mediterranean.

Hammam R'irha is bracing, slightly colder than Algiers, and possesses a fairly equable temperature. The atmosphere is stimulating, and remarkably pure and salubrious. Biskra, which is probably the coming winter resort of North Africa, has indisputably the best climate of any health resort within the same distance of England. Its

climate is very similar to that of Egypt. The one great defect of the Egyptian climate is, however, also possessed, though to a less extent, by Biskra—namely, the great extreme between day and night temperature; and this lack of equability is the great drawback to Biskra as an invalid station. This Saharan resort, indeed, bids fair to become a very fashionable winter station, rather to the regret of many visitors, who fear that this unique "City of the Palms" will lose its individuality, and become almost as conventional as aristocratic Cannes or Pau, where the visitors' lists suggest a page from the *Almanac de Gotha.*

Putting aside the comparative merits of these winter quarters as medical stations, in one important respect Algeria differs from the Riviera as affording far more scope for the average tourist and traveller than this conventional and crowded region. Algeria, with its grand natural curiosities, its wealth of Roman remains, its mosques and koubas, its picturesque scenery, and its delightful climate, makes an ideal winter playground for the non-invalid visitor. As a winter touring-ground it is beginning to hold a similar position to that held by Switzerland or Norway among summer holiday-makers; and, though not cheap according to the European standard, it is perhaps one of the least expensive of the extra-European winter quarters within a reasonable distance of London.

In short, to sum up the conclusions of this comparative survey of the two great rival winter resorts, Algiers, both economically and socially, as well as climatically, seems to have almost attained the desired *juste milieu.* In climate it stands midway between the dry and stimulating Riviera, and the warm, moist, and relaxing Madeira. In the matter of living, expenses, hotels, etc., it is on the whole somewhat dearer than the Riviera, but decidedly cheaper than Egypt. Then, socially speaking, Algiers, without any pretensions to being a particularly fashionable or aristocratic

residence, like Cannes, Pau, or Cairo, is not so "mixed" or dissipated in its society as Nice or Monte Carlo. Besides, being a little out of the beaten tourist track, it is not much infested with the carpet-bag tourist and cheap excursionist—the bane of the Riviera during the Carnival season. As a field of travel for the artist, botanist, antiquary, or, in short, any visitor whose requirements and aspirations are not limited by those of the *hiverneur* pure and simple, there is not, of course, any comparison between the two countries. The well-worn tract of the Riviera does not seem intended for the intelligent tourist; and this sunny region should be mainly regarded simply as a pleasant alternative winter residence to our own South Coast.

I.—HYÈRES.

OF all the winter stations of the Riviera, Hyères is the most southerly, the nearest to England, and almost the oldest-established. If we cannot add that it is also the most frequented by English people, it is not for want of climatic, hygienic, and other natural advantages. It formerly had a very high reputation, but of late years its popularity among English people has rather declined, and its rivals, Cannes and Nice, and, more recently, Mentone and San Remo, have enriched themselves at its expense. It is curious how mere fashion seems to have influenced the choice of a Riviera health resort almost as much as climatic considerations; and of late years the tide of visitors has been steadily setting eastward.

The fact of Hyères being off the main line from Marseilles to Ventimille, accounts a good deal for the comparative neglect into which the place has fallen. The P. L. M. Railway Co. have no doubt reason to regret their decision to leave Hyères in the cold when constructing the portion of the line from Toulon to Cannes inland through the Montagnes des Maures.

It must not, however, be supposed that Hyères is a "decayed watering-place." Those not unduly influenced by the gravitation of fashion, and unenvious of the distinction of belonging to the class characterised by Society journals as smart, may find at Hyères an agreeable society among the large number of English and French visitors who, fully alive to its many advantages, find in it delightful winter quarters.

The visit of the Queen to Costebelle, in the spring of 1892, no doubt resulted in a kind of factitious popularity being given to Hyères among fashionable people, but it is not likely that it will become a serious rival as a residential pleasure resort to Cannes or Nice. But though Her Majesty's visit is not likely to bring about a considerable influx of the fashionable world, yet it has done a great deal to draw the attention of invalids to the undeniable advantages of Costebelle as a winter health station.

Situation.—Hyères has a picturesque situation, and the scenery of the surrounding country is very fine. The town is built on the southern base of a rocky hill, an offshoot of the Montagnes des Maures, which bound the valley of Hyères to the north, and form an effectual barrier to the winds coming from that quarter. The town is also well sheltered from the east and south-east winds by a chain of undulating hills, which extend as far as the little promontory of Camarat. The Esterel Mountains also serve, though to a less extent, to protect the valley from these winds. So we see that Hyères is well sheltered on three sides; but, unfortunately, to the west and north-west there is not so much protection, a low and disconnected series of hills between the town and Toulon being the only shelter afforded. The mistral, consequently, does not belie its name (*magistral*), and is, indeed, master of the situation. The little suburb of Costebelle, opposite Hyères, which has been built on the slopes of Mont des Oiseaux, is, however, almost entirely sheltered from this wind, and is, consequently, the most suitable place of residence for invalids.

Hotels and Pensions.—The hotels at Hyères are good, and most have large gardens attached to them. The

charges are slightly more moderate than at hotels of a similar class at Nice and Cannes.

Near the Place des Palmiers are :—

des Palmiers, opposite the Jardin des Palmiers. Pens. from 10 fr. English sanitary arrangements. Large garden with lawn-tennis courts. Lifts.

Continental. Commanding situation, but exposed. Succursale of Hotel des Iles d'Or. Not well sheltered from the mistral, but commands fine views. Pens. from 10 fr. High-class Family Hotel.

des Iles d'Or, Avenue des Iles d'Or. Pens. from 11 fr. Cook's coupons.

des Hesperides, close to the Iles d'Or. Prices a little more moderate than the three above-mentioned. Pens. from 8 fr. Large garden, with tennis court. Gaze's coupons.

In the eastern quarter near the Jardin Denis are :—

du Parc, Bd. des Palmiers. Fine views of Bay and Iles d'Hyères. Pens. from 10 fr.

d'Orient, opposite the Jardin Denis. Pens. from 10 fr. Restaurant.

Beau Séjour, at the east end of the Avenue Alphonse Denis. Pens. from 9 fr. Garden.

Chateaubriand. Well sheltered. Lift. Lawn-tennis near the golf links. Pens. from 8 fr. These two hotels can be recommended to families.

Visitors who intend to make a long stay, and especially invalids, will probably prefer the hotels in the Costebelle quarter, among the pine-covered valleys of the Mont des Oiseaux. This is a very pleasant suburb, and well sheltered from the mistral. Here a small English colony has established itself. It is about a mile and a half from the town, and "being near the sea, in a forest of pine and

cork oaks, it combines the advantages of Arcachon with those of Hyères."—C. B. BLACK.

There are three good hotels.

Costebelle. Open from October to May. R.* 3 to 6 fr., B. 2 fr., L. 4 fr. (12 p.m.), D. 5 fr. (7 p.m.); P. from 10 fr. Hotel chosen by the Queen for her stay in 1892.

Hermitage. Same Pension and arrangements as at the Costebelle Hotel, as they belong to the same proprietor. Both these hotels have excellent sanitary arrangements, and can be strongly recommended to invalids. Lawn-tennis. Telegraph office in the hotel.

Albion, near All Saints' Church. The property of an English Syndicate, and the largest hotel in Hyères. Over 150 rooms. Splendidly situated on the summit of the Hermitage Hill, but consequently much exposed, and not so well adapted for invalids as the other two hotels. Very luxuriously appointed, but expensive P. from 12 fr. Good sanitary arrangements. Lift. Tennis courts and golf links.

Furnished apartments can be obtained, and villas can be hired for the season; the highest rents are charged for those in the neighbourhood of the Hermitage.

Amusements.—Though Hyères is chiefly known as an invalid resort, yet it is by no means a dull place to winter in, though, of course, it is not nearly as gay as Nice, Cannes, Monte Carlo, or even San Remo. Of late years a great deal has been done to attract and provide amusements for visitors. There is a small Casino, for which a nominal monthly subscription is charged. Theatrical performances are given here during the season by the

* For abbreviations see the list at the end of the Table of Contents.

various companies engaged at the Toulon Theatre. In the reading-room will be found several English newspapers, and the *écarté* and *baccarat* play in the salon de jeu will provide excitement for those who require it. Those of quicter tastes are not neglected, as there is a Philharmonic Society, which gives occasional concerts. Of outdoor amusements there are lawn-tennis and golf, and an annual race meeting; and perhaps pigeon-shooting should be classed under this head, for it certainly is not sport, and a sorry amusement at the best. The pigeon-shooting ground is at La Plage, about two miles and a half from the town. It will be seen, then, that visitors are not badly off for amusements, and that Hyères is not at all the dull and sleepy town that it is often represented to be.

Sport.—There is not much sport in the neighbourhood, though snipe and wild ducks may occasionally be found in the marshy ground in the Giens Peninsula, four miles from Hyères.

Plenty of sea-fishing to be had.

For reliable information on the sporting capabilities of the district it would be advisable to apply to the manager of the English bank.

THE CLIMATIC AND HYGIENIC CONDITIONS OF HYÈRES.

By Dr. W. P. Biden.

The topographical features of Hyères, which have been already summarised, sufficiently explain the fact that in the town itself northerly winds are unknown; the prevailing winds must of necessity be westerly or easterly. The much-abused mistral of

Provence is indeed felt, but is shorn of its violence by the circuitous course it must follow. It appears at Hyères as a westerly wind, usually of very moderate force, and very rarely attains to the strength of a gale. The east wind is often accompanied by rain, and coming more or less directly from the sea, without any material obstacle in its path, it blows at times with a considerable amount of force. The average number of windy days varies with each month—during the past fourteen years the mean number of days per month on which the wind has been "strong to a gale" was four to five, and the wind has been "light to fresh" on fifteen. On the remaining days the wind has been very slight or altogether absent. But, wind or no wind, there are not half a dozen days in the entire winter on which any one but the most delicate need be kept indoors on this account.

To continue the meteorological characteristics of the climate, the rainfall has averaged 16·91 inches during the six months of winter of the past fourteen years, and the mean number of rainy days, *i.e.*, days in which 0·01 inch of rain has been measured, is forty-one. It may be here remarked that rain falls more often and in larger quantities between 9 p.m. and 9 a.m. (night), than between 9 a.m. and 9 p.m. (day). We find an average of from twenty-one to twenty-five sunny days per month, 136 days of fine bright sunshine out of the 181 days of the six winter months. It is this abundant sunshine that makes the days so warm and enables one to spend so much time in the open air. The nights may be only a degree or two warmer out of doors than at some places in England—but then no delicate person would think of going out at night. Indoors, so much heat has been absorbed by one's room during the day, that a fire is unnecessary, unless it happens to have been a dull, sunless day.

The mean winter temperature, with the thermometers carefully tested and properly exposed in a Stevenson's screen and placed beyond the influence of houses or walls, is 50·6°. The mean maximum temperature in the rays of the sun is 106°. The relative humidity of the air—saturation being represented by 100—is 73 per cent.

Climatically speaking, Hyères is thus seen to be so placed

as to have the full benefit of the sun's rays shining through an atmosphere containing but a moderate amount of moisture, a small proportion of dull and rainy days and a moderate number of windy days. It is completely sheltered from the direct influence of all northerly winds; the weather changes are usually gradual, and it is very rare to find long-continued bad weather. Situated at a distance from the sea, the air contains but a small quantity of saline matter. It thus possesses fully the characteristic advantages of the sheltered Riviera station, and at the same time the exciting influence of the sea air is greatly lessened by distance.

The suburb of Costebelle, on the southern slope of the Montagne des Oiseaux, two miles from Hyères and one from the sea, is composed of a cluster of hotels and villas. It was the Hotels de Costebelle and de l'Ermitage that Her Majesty chose as a spring residence in 1892, whilst the other hotel (the Hotel d'Albion) was honoured by the Prince and Princess of Wales and the Duke and Duchess of Connaught. The neighbourhood is thickly wooded with pines, whilst below in the valley, and stretching to the seashore is a perfect sea of olives. It is admirably situated—away from roads and dust, away from all that constitutes a town, charmingly perched in its own nook in the hill-side. Doubly sheltered from the cold northerly winds, it is perhaps more exposed to the daily sea-breeze, and would thus be considered to possess a more bracing climate than Hyères proper—a conclusion justified by experience.

There is little to be said about the sanitary arrangements at Hyères. The water supply is abundant, and if one complains that it is somewhat hard in quality, one could not have a more conclusive proof of its distant source, there being no limestone within half a dozen miles of Hyères.

There is no system of house drainage to poison one with sewer-gas through faulty valves; each house has its own well-ventilated and well-cemented cesspool, which is emptied as often as may be necessary. The street drainage carries off the surface water and also the kitchen water, but there is no connection between it and the cesspools.

The hotels are mostly fitted with English sanitary fittings and flushing tanks, and have to make their own arrangements to

dispose of the large amount of waste water these entail. In some cases the hotel proprietor possesses some waste ground at a distance on to which the water is turned periodically. In others it is got rid of by means of a "*puits perdu*," a deep reservoir, through the sides of which the water percolates.

Finally, it may be mentioned that zymotic diseases are practically unknown amongst the English colony.

Having considered the climatic and meteorological features of Hyères, let us briefly turn to their application in the prevention, mitigation, or cure of disease.

By way of introduction it will be as well to lay stress on the personal factor in regard to the choice of a climatic station. When called on to treat some pathological process, let us not ignore the wishes, tastes, and previous surroundings of the invalid. It does not do to root up one suffering from chronic bronchitis and send him alone, without his home comforts and tender care of friends, to rough it in a Riviera pension. He may get on without his home comforts, but he will have greater need of some one to act as a buffer between him and his new surroundings, and to look after the many wants and requirements that one can hardly with justice expect of the hard-worked pension *femme de chambre*.

No delicate person should venture abroad unless accompanied by a congenial and reliable companion. There is also the disposition of the patient to be considered, and a lively or quiet place chosen according to his temperament; and, finally, it does not do to send a poor man to a place beyond his means.

For the prevention of disease, unfortunately it too often happens that the predisposition is not acknowledged or realised until some active manifestation has compelled attention, or, in the case of delicate children, it may be difficult to convince their parents of the necessity of taking them abroad for the winter months. Yet we often see such children deriving the greatest benefit, when accompanying a parent who has been ordered away, usually on account of some tubercular mischief—a benefit that will certainly become permanent unless a return is made too soon to depressing surroundings, or, as sometimes happens, the good results of the winter are wasted by remaining too long after the heat of summer has made itself felt. Such cases may

remain on till the end of May or middle of June; but later the relaxing heat rapidly undoes what has been gained.

Scrofula may be prevented from developing its many phases, or, if developed, the cure hastened, by wintering at Hyères, or better at Costebelle, the proximity of La Plage or the beach at Almanarre being made use of for a prolonged course of sea-baths. The period of convalescence from acute disease is shortened, and the liability of its degenerating into some chronic form, or of one or other of the numerous *sequelæ* arising, is lessened. Here also we may include that numerous class of brain-workers with feeble physical power; personal experience brings many to Hyères winter after winter, with the remark that it suits them better than any other place. And the same may be said of the numerous cases of chronic sore throat, more especially clergymen.

Passing on to the larger class of cases—those whose symptoms may be mitigated or cured by wintering at Hyères, for they are so bound up that we may advantageously take them together. Of these we find diseases of the chest taking the first place; the degenerative diseases of the heart and blood-vessels; simple subacute or chronic laryngitis; bronchitis, more especially that form accompanied by excessive secretion, though cases of gouty bronchitis derive great benefit from the suitability of the climate to the gouty diathesis. As to emphysema and asthma, it is impossible of course to differentiate the varieties of asthma, but speaking generally of the large number of cases met with at Hyères, comparatively few call for active treatment when they have not delayed leaving England until the fogs have set in; such cases should arrive about the second or third week in October.

In the numerous forms and varieties of phthisis the climates of Hyères and Costebelle are of the greatest value, taken in conjunction with active medical treatment. It is of the greatest importance that such cases should leave England early, and not wait until they are imperatively ordered away. Taken early, the mischief can almost certainly be remedied and cured. But every week of delay prolongs the period of treatment and lessens the prospect of ultimate recovery. When the mischief has entered on the second or the third stage, certainly life may be

greatly prolonged, and in a very large proportion of cases symptoms are mitigated, if not entirely banished; but in these days when so much is being done, and done successfully, to prevent disease, phthisis should be treated in its incipient period as a matter of the utmost gravity, in the hope (and it is a most reasonable one) of obtaining a cure, a cure that nursing and medicine alone cannot ensure; they must be aided by favourable climatic surroundings.

It is difficult to decide what cases of phthisis should *not* be sent to Hyères. With its unique position, away from the sea at a moderate elevation, 150 feet above sea-level, and with so much vegetation growing round about, the climate is less characteristic than that of the other Riviera stations. Whilst being, one may say, equally warm, and having an equal amount of sunshine, and so possessing fully their advantages over the English climate, it is less dry, and the exciting influence of the Mediterranean is less felt. It is said cases of hæmorrhagic phthisis should not be sent to the Riviera. But there are such cases that have passed one or more winters at Hyères with great benefit, and that are now practically cured. It is ungrudgingly allowed that the advent of a case of one of this class at Hyères is always a source of anxiety. Cases of marked nervous irritability usually have to be sent away, though some prove amenable to treatment. In cases of laryngeal phthisis the climate is too irritating. Phthisis with renal complication is usually considerably benefited, and so is also that form in which dyspepsia is the main trouble.

Passing to other affections, the Hyères climate is advantageous for the atonic and catarrhal forms of dyspepsia, chronic intestinal catarrh and chronic dysentery. In nervous affections care must be taken to avoid sending cases presenting any acute or subacute symptoms. Neuralgia does well, but not so hysteria, hypochondriasis and spinal irritation. It is well suited for cases of locomotor ataxy, but not cases where there is any tendency to cerebral congestion. In diabetes, gout, and the many forms of the gouty diathesis, rheumatism, rheumatic gout, the convalescence from acute nephritis, and all the forms of Bright's disease, malaria, anæmia, heart diseases generally, we may confidently look forward to beneficial results. If in the nature

of things a cure is not to be expected, symptoms cease from troubling, and when the first news arrives of fine weather in England at the end of March, our happy but restless patient is at a loss to understand why he is not permitted to return.

HYÈRES, *May*, 1892.

PRACTICAL INFORMATION.

Route.—*Viâ* Calais, Paris, and Marseilles, changing carriages at Toulon. There is a very good service of trains, and the connections fit in well. Time (*viâ* Calais), twenty-five and a half hours by *rapide*, leaving Paris (Lyons) 8.25 p.m., or, if the *train de luxe* is taken, twenty-four hours. Fares: first class, £7 2*s.* 5*d.*, second, £4 17*s.* 4*d.*; and *viâ* Dieppe £6 0*s.* 0*d.* and £4 3*s.* 5*d.*

There are (season 1895-6), three *trains de luxe* services weekly. From Calais direct (not entering Paris), on Thursdays, in connection with the 9.0 a.m. train from Charing Cross (or Victoria), arriving at Hyères at 12.36 p.m. the next afternoon; and from Paris (Lyons), on Tuesdays and Saturdays at 5.30 p.m., arriving at Hyères at 10.53 next morning. Extra charge from Calais 88 fr. 30 c., and from Paris 70 fr. It may be noted that these rates have been reduced; they were formerly almost prohibitive. Then there is the daily sleeping car express, leaving Paris (Lyons) at 8.45 p.m. Extra charge 50 fr. Dining car put on between Paris (Nord) and Paris (Lyons). Luggage can be registered from London to Hyères, and will be examined at Marseilles. Excess luggage is charged 5*s.* 11*d.* for every 20 lb. over 56 lb.

A branch railway from St. Raphael to Hyères was opened in 1891. It facilitates communication with Cannes and Nice, but there are only two through trains a day each way.

Church Services.—The English church, dedicated to St. Paul, is in the Boulevard Victoria. Chaplain. Rev. F. C. Littler, M.A. Services, 10.30 and 3.0.

All Saints', Costebelle. Chaplain, Rev. T. L. Papillon, M.A. This Church replaces the little chapel formerly attached to the Hotel de Costebelle.

English Vice-Consul.—George Corbett, Esq., Avenue des Iles d'Or.

English Doctors.—Dr. W. P. Biden, La Tour Jeanne; Dr. C. E. Cormack, Avenue Beauregarde.

English Nursing Institute.—A branch of the Hollond Institute has been established at 60, Av. Gambetta. For terms, etc., see under NICE.

English Chemists.—Powell's English Pharmacy, Avenue des Iles d'Or; Massell.

Post and Telegraph Office.—2, Boulevard des Palmiers.

English Bank.—Messrs. R. J. Corbett & Co. This firm also conducts a house and general agency.

Cafés and Restaurants.—Du Siècle, Avenue Alphonse Denis; Maison Dorée; De l'Univers, Boulevard des Palmiers.

Club.—The best is the Hyères Club, on the first floor of the Café du Siècle. The monthly subscription is moderate.

Conveyances.—Trams run along the principal boulevards, and coaches run several times a day to Toulon. Cabs by the hour, 2 fr.; by the course, 1 fr. 50 c. For excursions there does not seem to be a recognised tariff, and bargaining will be found necessary; the driver is sometimes satisfied with 6 fr. for an afternoon's drive in a carriage with one horse, or with a pair he might be induced to accept 10 fr. For a day's excursion with a carriage and pair the cost would be from 15 to 25 fr., the latter price being for a long drive among the hills, or to Montrieux (eighteen miles)—a favourite excursion. A carriage with driver can be hired for the month for 300 fr. with one horse, or 500 fr. with two.

House Agent.—Mr. Chapman, Villa Farnese.

Living Expenses.—Hyères will be found a cheap place to winter in, compared with the more fashionable watering-places of the Riviera. There are good shops, and provisions of all kinds are very cheap and plentiful. Prices, however, show a tendency to rise.

Reading-Rooms and Libraries.—The English Reading-room is in the Place des Palmiers, and the Circulating Library at St. Paul's Church.

Tourist Agencies.—Messrs. Thomas Cook & Son, the English Bank; Henry Gaze & Sons, Limited, 7, Avenue Riondet.

Guide Books.—No local guidebook is published, but during the Queen's visit the English magazines and weekly journals were flooded with descriptive articles on Hyères. The best of these is perhaps the illustrated article in *The English Illustrated Magazine* of March 1892. There is also a good account in the *Pall Mall Budget* of March 17th, 1892.

II.—CANNES.

AS a winter residence, Cannes, in some respects, compares favourably with the Riviera resorts farther east. It is not so cramped and confined as Mentone, and there is a greater variety of walks and drives on fairly level ground. The surrounding country is well wooded, and the Esterel Mountains are not so bleak and dreary as those overhanging Mentone. The hotels and villas cover a very wide district, and the landscape is freer and more open. In fact, Cannes is a kind of Continental Bournemouth—a conglomeration of villas and country houses scattered over the extensive suburbs. Nearly all the villas have large gardens, generally far more extensive than can be obtained at Nice. This popular resort, too, labours under the disadvantage of being a large city. In fact, the title, "The Brighton of the Riviera," of which Nice is so proud, is considered rather as a reproach by exclusive and aristocratic Cannes. Not that Cannes is without its drawbacks. It is very windy, and the roads are generally fearfully dusty. The month of March, too, is much dreaded by visitors on account of the mistral. Then the winter residents are beginning to complain of the over-building that has been going on of late years in the suburbs. The numerous hotels and villas springing up on all sides, and especially in the Californie quarter, do not add to the æsthetic attractions of the landscape, especially as a good many buildings are unfinished. What, however, is of more practical importance, is that the large gardens attached to these villas have encroached

a good deal on the country side, and in order to reach the open country a long walk or drive has to be taken. When it is remembered that there are about 450 villas, and some 50 hotels, in Cannes and its suburbs, it must be allowed that there are some grounds for this complaint.

Climate.—Cannes is not so warm as Mentone (East Bay), but slightly milder than Nice. The mean average temperature from November to April is 50°. January is generally the coldest month, and most rain falls in November and March. Carefully compiled statistics prove that fifty to fifty-five rainy days may be expected during the season. The town is fairly well sheltered from the north winds by the Alpes Maritimes, though this protection is by no means perfect, as the nearest chain of mountains is some distance inland. With regard to the mistral, or north-west wind, the shelter afforded by the Esterel Mountains is not so good as one would expect from the position of these hills. This much-dreaded wind blows through gaps in the chain.

There are two kinds of climate at Cannes, depending on the proximity to the sea. The neighbourhood of the sea-shore is bracing and stimulating, and therefore invalids of nervous temperament are found to do better inland, or at the suburb of Cannet. Those suffering from asthma should live inland. The season for ordinary visitors is from December to April, but every year shows a tendency on the part of visitors to come later.

Society.—Cannes is considered one of the most aristocratic watering places in Europe, and as a fashionable resort it ranks with Homburg, Aix-les-Bains, Trouville, or Pau. The society is not, perhaps, so select and exclusive as formerly, which may be due to the fact that of late years Cannes has come to be frequented by visitors who, liking

to be fashionable, consider it the correct thing to spend a winter at Cannes. The influx of this class of residents has tended to modify the severely exclusive character of the society, and the plutocratic element is more prominent than formerly. There is certainly some excuse for M. de Maupassant's sarcastic comment on Cannes society:—"Princes, princes, everywhere princes. They who love princes are indeed happy. In our democratic country, Cannes has become the city of titles."

One of the oldest institutions of Cannes is the Cercle Nautique, the club most affected by English and American visitors, whose various entertainments form so large a part of the life of the place as to render its membership almost a passport into Cannes society. The subscription is 30 fr. for a fortnight—members not being admitted for a shorter period—50 fr. for a month, and 150 fr. for the season. Candidates must be proposed and seconded by a permanent or life member, and the committee elect. This club is one of the best on the Continent, and enjoys a very high reputation. The play here is above reproach, which, unfortunately, cannot always be said of many fashionable clubs and casinos in France frequented by Englishmen.

The Réunion Club, founded by the late Captain Perceval, has lately been resuscitated.

Hotels and Pensions.—With over fifty hotels, from the palatial Métropole to the modest, but in some respects equally comfortable hotel-pension, there is naturally an embarrassing choice, and space can only be found for a few representative ones. Position is perhaps the best basis of classification.

In the English quarter, on the west side of Cannes, the following hotels are good: Beau-site, Parc (20 fr.), Bellevue, and de l'Esterel. These charge from 15 fr. to 25 fr. The hotels Beau-site and Bellevue are some distance westward; and they do not belie their names, for they are charmingly situated, and command extensive views. They are generally rather crowded at the

height of the season, and it is therefore necessary to engage rooms some time in advance. The hotels Métropole, Prince de Galles, Parc, Mont Fleuri, Continental, and Beau-site are the largest hotels in Cannes.

Nearer the town are the Hôtel des Princes, near Messrs. Taylor & Riddett's House Agency, and Hôtel du Pavilion. *Pension* from 12 fr. In a central position, fronting the beach, are the hotels Splendid, near Lord Brougham's Statue, Beau-Rivage, Gray and Albion, Grand, and de la Plage. In north Cannes are the hotels Prince of Wales, Provence, des Anglais, and Richemont. All of the first class, but expensive, except the Richemont, which makes special arrangements for a long stay. Not quite so far inland are the hotels Beau-Sejour, Windsor, St. Charles, Mont Fleuri, des Anges, and Californie, charging from 15 fr. to 20 fr. The Hôtel Californie is close to the Albany Memorial Chapel and not far from the historical Villa Nevada. All these hotels have large gardens, generally with tennis courts. In the district of Vallauris and nearly a mile and a half east of Cannes is the magnificent Hôtel Métropole. Nearly all the above-mentioned hotels are furnished with one or more lifts, and are lit by electricity. The hotels Métropole, Anglais, Beau-site, Parc, Prince de Galles, Beau-Sejour, Continental, Bristol, Californie, Paradis, and Grande Bretagne have tennis courts as well. English billiard tables at Bristol and Prince de Galles hotels. Cook's hotel coupons are accepted at the Gray et d'Albion, Splendid, de la Plage, and Louvre, while those of Gaze are taken at the Beau-site, Prince de Galles, des Princes, and Victoria hotels.

Pensions.—Among the numerous hôtel-pensions, the following have been recommended: Victoria, Westminster, and Terrasse approaching the Californie quarter, Suisse and Louvre in a very central position, and Victoria with large garden. On an elevated situation near the Boulevard du Cannet is the Hôtel-Pension Paradis. High up to the north, at some distance from the sea, is the Pension Beaulieu, which is highly spoken of. The *pension* at these houses is usually from 8 fr. to 12 fr., according to position and size of bedroom. *Pension* is understood to include board, room, and attendance only. It must be remembered that in the height of the season the proprietor may

decline to take visitors at *pension* rates. A visitor staying only four or five days in an hotel would find it more economical to pay the *pension* terms for the whole week than to take his meals *à la carte*, and pay for his room by the day.

All the hotels frequented by English and American visitors close in the summer.

Villas and Apartments.—There are a great many villas in Cannes and in its neighbourhood, and, with the exception of about one hundred belonging to resident French and English proprietors, they can be rented for the season, which is counted from October 1st to May 31st. The rents vary from £100 to £1200, including plate and linen. There are not many at rents below £100, and it would be difficult to obtain a satisfactorily-furnished villa, in a good position, and with a moderate-sized garden, at a less rent than £200, for an ordinary small family with servants.

Apartments are rather scarce, and relatively expensive.

Amusements.—Visitors and tourists will find Cannes well provided with what the French term "distractions." Without considering the numerous gaieties in the form of balls, "at homes," lawn tennis and luncheon parties, picnics, and other private entertainments of the English colony, there is very good sailing and boating. The bathing, too, is good, and the water very clear. There is a well-appointed little theatre, in which performances are frequently given. Not to be behindhand with Nice and Mentone, a Casino has recently been established, with theatre, orchestra, *petits chevaux*, lawn tennis and other amusements. During Carnival the *Fêtes* Committee arrange a very pretty "Bataille des Fleurs," which, although on a smaller scale, is more enjoyable, perhaps, than the elaborate battles at Nice, in which the *gamins* take too prominent a part, and seem to consider that the affair is got up for their especial delectation.

Coaching may also be added to the list of public amusements, as Mr. Gordon Bennet has recently started a coach

running twice a day from Cannes to Nice. It leaves Cannes at 10.10 a.m. and 2.30 p.m. Fare: 10 fr.; return, 15 fr. Box seat, 10 fr. extra. Journey a little over two hours.

Among the minor attractions, mention may be made of the band, which plays on Tuesdays at the Cercle Nautique, also on Sunday and Thursday at other places.

There is no shooting or fishing to speak of in the immediate neighbourhood. Pigeon-shooting meetings take place occasionally at the Cap de la Croisette—though I should hesitate to dignify this with the name of sport. The annual race meeting is held in March. The regattas in the spring are now quite an important feature in the Riviera season. Cannes is becoming an important yachting station, and the harbour has been recently enlarged by means of breakwaters. One of the most popular amusements at Cannes is lawn tennis. There is a very good club, and most of the hotels patronised by the English have a gravel or asphalte court. Some very good play is frequently seen; and many of the English and American crack players, who may be spending the winter at Cannes, occasionally play exhibition matches to keep their hand in. Tournaments also are often held.

Golfing is now one of the most important institutions of Cannes society, and the Cannes Golf Club, of which the Grand Duke Michael of Russia is President and the Duke of Cambridge one of the Vice-Presidents, is one of the largest in the South of Europe. The subscription for the season is 75 fr., for the month 25 fr. Entrance fee, 25 fr. For ladies the subscription is only 30 fr. for the season, and for the month the same as the gentlemen's subscription. Entrance fee, 25 fr. The Club has virtually a railway station of its own close to the links at La Napoule. Colonel Woodward, Villa Merville, is the Hon. Sec.

Excursions.—The walks and drives in the neighbourhood of Cannes are endless, and I can only mention a few representative ones. "East of Cannes, the road to Vallauris by the lower road, returning by Californie, and taking the Observatory on the way, will give the visitor a good idea of the collective wealth of the English community, as shown by the series of country houses, each "standing in its own extensive grounds," to quote the favourite expression of the house agents. A still prettier excursion is to the picturesquely-situated village of Pegomas. Another favourite drive, but to which a whole day should be given, is past Golfe Jouan to Cap d'Antibes, and returning by the Grasse road through the extensive pine forests north of Vallauris and the quarter of Le Cannet. Then there is the drive to Grasse by a Corniche road in miniature, though this place is usually reached by rail. This drive would also occupy a whole day. The excursions west of Cannes are perhaps more interesting, as affording greater variety of scenery, and being more rural in character. Many of the roads in the Esterel region are, however, too rough and narrow for a carriage and pair. The drive to the Auberge at the foot of Mont Vinaigre will take the visitor through the heart of the finest scenery of the Esterel range. From here Mont Vinaigre, the highest spur near Cannes, can be climbed in about an hour and a quarter."—*Where to Go Abroad.*

PRACTICAL INFORMATION.

Route.—*Viâ* Calais, Paris, and Marseilles. Time, twenty-seven hours by the Paris 8.45 p.m. *rapide.* Fares: first class, £7 11*s.* 5*d.*, second class, £5 3*s.* 9*d.*; *viâ* Dieppe, £6 9*s.* 4*d.* and £4 9*s.* 6*d.* On Thursday during the winter season there is a special *train de luxe* service, leaving London at 9 a.m. and reaching Cannes in twenty-five hours. Extra fare: 95 fr. 30 c. (By daily sleeping car service, 73 fr. 30 c.)

Churches.—To judge from the number of these, the spiritual needs of visitors must be well looked after. There are five churches, situated as follows:—

St. Paul's, Boulevard des Cannet. Services, 11 and 3. H.C. 8.30, and after morning service. Chaplain, Canon W. M. Woolaston, M.A. Assistant Chaplain, Rev. A. S. Gordon, M.A.

Holy Trinity, near the Cercle Nautique. 11 and 3. H.C. 1st and 3rd Sundays in the month after morning service, Chaplain (C. and C.C.S.), Rev. W. Brookes, B.D., H. Montfleuri.

Christ Church, Rue de Fréjus. Services 11 and 3. H.C. 8.30 and 12.5. Chaplain, Rev. D. Collyer, M.A., H. de la Terrasse.

St. George's (Albany Memorial Church), Californie. Services 11 and 3. H.C. 8.30 and after morning service. Chaplain, Rev. J. Aitken, M.A., H. St. Charles. Assistant Chaplain, Rev. H. Moxon, M.A.

Presbyterian Church, Route de Grasse. Services 11 and 3. Minister, Rev. W. P. Minto.

English Vice-Consul.—John Taylor, Esq, 43, Rue de Fréjus. U.S. Cons. Agent, P. J. Riddett, Esq.

English Doctors.—Dr. Battersby, 24, Bd. de la Foncière; Dr. H. Blanc, Chalet Manouka; Dr. Bright, Chalet Magali; Dr. Duke, Villa Albert; Dr. Frank, 5 Rue Hermann; Dr. Agnes Maclaren, Villa de Provence; Dr. McDougal; Dr. de Valcourt (American), Villa Hauterive. Hours of consultation usually from 2 to 3 p.m.

Hollond Nursing Institute.—Rue Montaigne, Bd. Foncière (close to station). For terms, etc., see NICE under same heading.

English Dentists.—Dr. E. Martin, 89, Rue d'Antibes; Mr. H. Ferguson, 3, Rue Hermann; Mr. J. G. MacConaghy, 1, Rue Hermann; Dr. Dane Hurlburt (American), Villa Britannique.

English Chemists.—Messrs. Rondet & Co., 77, Rue d'Antibes; Isaac B. Ginner, 40, Rue d'Antibes.

Postal Arrangements.—The Post and Telegraph Office is in the Rue Bossu. Open from 8 a.m. to 9 p.m., and for telegrams till midnight. There are two arrivals and departures of English letters daily. Deliveries begin at 7.30 a.m. and 3.30 p.m.

Banks.—Messrs. Taylor & Riddett, 43, Rue de Fréjus, and Messrs. Thos. Cook & Son.

Baths.—Bains de Nôtre Dame, Rue de la Foux.

Cafés.—Des Allées; Rumpelmayer, near the Cercle Nautique. For ladies (afternoon tea, ices, etc.).

Restaurants.—Faisan Doré, 18, Rue d'Antibes; and Le Réserve, Bd. de la Croisette. Also Hôtel de l'Univers, Splendid, etc.

Conveyances.—Town omnibuses run regularly along the chief boulevards (15 c. to 30 c.). Coaches for Grasse, 1 fr. 50 c., Vallauris 1 fr., and La Napoule 80 c. Cabs: la course, 1 fr. 25 c. (after 7 p.m. 2 fr.); by the hour, 2 fr. 50 c. (after 7 p.m. 3 fr.). The tariff for drives to the various places of interest is too comprehensive for insertion here. The complete tariff (occupying two pages of small print) will be found in Joanne's "Stations d'Hiver de la Mediterranée" (see *Cannes Gazette*). The charge for a carriage and pair for a month is usually about £30, but towards the end of the season the terms would be reduced. Saddle-horses can be hired for the day at M. Granier's Livery Stables, Rue de 14 Juillet.

House Agents.—Messrs. Taylor and Riddett, 43, Rue de Fréjus, and Mr. J. G. Roux, 71, Rue d'Antibes.

Living Expenses.—Cannes is not at all a cheap place to winter in, and the prices at shops are rather high.

Newspapers.—*The Cannes Gazette*, 47, Rue d'Antibes. 10 c. Friday. *L'Indicateur de Cannes* (Visitors' List only).

Reading Rooms and Libraries.—Good Reading Rooms at the Casino des Fleurs, and at Messrs. Taylor and Riddett's. Circulating Library at Robaudy's, 42, Rue d'Antibes. The Woodfield Memorial Library, Bd. Frémy. Especially for English and American visitors. Open Wednesday, 1.30 to 3 p.m.

Shops:—

Baker.—The Vienna Bakery, 73, Rue d'Antibes.
Bookseller—Robaudy, 42, Rue d'Antibes.
Confectioner.—J. Negre, 20, Rue d'Antibes.
Dressmaker.—Mdme. Verrine, 71, Rue d'Antibes.
English Stores.—Folkett-Browne, 39, Rue d'Antibes.
Hairdresser.—F. Staff, 44, Rue d'Antibes.
Jeweller.—Ronzière, 40, Rue d'Antibes.

Sanitary Engineers.—Messrs. Thos. Low & Sons, Rue des Roses; Mr. George Russell, Rue de Chateaudun.

Ladies' Tailor.—Redfern, Bd. de la Croisette.

English Tailor.—Lumbert, 47, Rue d'Antibes.

Tourist Agencies.—Messrs. Thos. Cook & Son, 54, Rue d'Antibes; Henry Gaze & Sons, Ltd., 46, Rue d'Antibes.

Guide Books, etc.—"The Practical Guide to Cannes," and Dr. de Valcourt's "Cannes and its Climate," both published at Cannes. In Mr. Buckland's "World Beyond the Esterelles," and the Dean of Rochester's "Nice and her Neighbours," will be found interesting and pleasantly-written descriptions of the country around Cannes.

CANNES AS AN INVALID STATION.

BY H. BLANC, M.D., F.R.C.P.

Any one desirous of spending the winter season in Cannes, whether a healthy individual or an invalid, should first make himself acquainted with the hygienic conditions of the locality, and the position, soil, and situation of his temporary residence.

Near the sea the sun's rays are more powerful, the winds blow with greater violence, and on cold, clear days, the fall of temperature at sunset is great and attended by a heavy dew. The effects of these combined causes is to render the vicinity of the sea more stimulating, more exciting, and with a greater thermometrical range than farther inland. Away from the sea-shore, while still bracing, the air is less stimulating and exciting, and in some well-protected localities a very soothing influence is experienced. The vicinity of running water is generally attended by some dampness and a lowered temperature; the exposure, the elevation above the sea, the protection from winds, etc., are all conditions of great value, and which should be taken into account by all visitors to Cannes before making definite arrangements for the winter season. For some, the stimulating, even exciting influence of the zone situated near the sea is indicated; others require a more soothing inland position, and it is owing to a correct or incorrect

selection of the winter quarters that Cannes agrees or disagrees in many cases.

(1) *Those benefited by the climate.*

Those who, although in the enjoyment of good health, merely desire a change, or those who dislike the cold damp winters of England or of the North of Europe, will derive much pleasure and profit from a few months' residence in sunny and genial Cannes; indeed, among the many winter resorts, few offer to this class of visitors so many advantages as Cannes.

Convalescents from most acute diseases, whether belonging to the zymotic affection, inflammation of the respiratory organs, acute rheumatism, etc., under the influence of the dry, bracing, sunny climate of Cannes see their strength rapidly restored, and often with such marked progress, that perfect recovery is reached long before it could reasonably be expected.

The want of a perfect mental rest is much needed nowadays by those whose intellectual faculties are overtaxed by the great strain of competition, or by that laudable ambition which urges us to excel in the line of life we follow. To these Cannes is indicated. No town to speak of, but a country life without its tediousness, plenty of fresh air, lovely walks and drives, with either the stimulating effect of the neighbouring sea or the soothing influence of a more inland residence, few places could suit them better. The brain rests while the body daily gains in tone and strength.

Elderly people who have settled in Cannes, many years before old age supervened, and who have thus gradually acclimatised themselves, live longer, and in the enjoyment of better health, than if they had remained in a more northern clime, the degeneration of tissue, due to advancing age, being lessened under the climatic influence of Cannes.

If we now consider the cases of actual disease which are benefited by a winter spent in Cannes, first of all comes the great class of catarrhs. Whether it be a cattarhal affection of the pharynx, larynx or bronchial tubes, of the gastric or intestinal tract, of the bladder, or in fact of any mucous membrane, all such cases do well in Cannes. But under the express condition —and this reservation may be applied to many who resort to Cannes in search of health—that they regulate their lives as

invalids should, taking full advantage of the favourable points in our climate, most carefully avoiding its drawbacks, nay, its dangers. For these, the precautions which apply to all invalid visitors are specially of the greatest importance. They should not be lured into a state of over-confidence by the lovely climate they live in, but ever remember their great proclivity to congestion or inflammation of their mucous membranes, and avoid as much as possible all the occasional causes which may give rise to fresh attacks. Many of our oldest villa residents, or habitual visitors, originally came to Cannes, some in an almost hopeless condition, owing to severe and annual recurrence of bronchial catarrh, or to some other sub-acute or chronic affection of mucous membranes; experience has taught them what to do and what to avoid, and, by following certain precautions, they find their reward in restored health, and in the enjoyment of renewed life.

When the mucous membrane of the digestive tract is at fault, no more at Cannes than elsewhere can the dietetic rules which are of such importance in these cases be disregarded. Those who cast them aside will certainly suffer if they allow themselves to be tempted by the many delicacies of a well-served *table d'hôte*, or by the copious luncheons and dinners of our hospitably inclined residents. It is advisable also that all invalids suffering from catarrhal affections should leave for the south of France before travelling becomes dangerous to them, and they should not return north before the spring has well set in.

The stimulating and bracing influences of the climate, the powerful action of the rays of the sun, the beneficial effects of sea-bathing possible at Cannes almost throughout the winter months, act in a very remarkable manner in all scrofulous affections. Enlarged glands lessen in size, often finally disappearing. The flabby flesh becomes firmer and harder, the frame more resistant, the bony extremities smaller, and after several winters spent at Cannes the lymphatic or scrofulous child or youth is often an entirely changed being. Tubercular disease of the bone is very favourably modified at Cannes under suitable treatment. There exists in Cannes an asylum for scrofulous children; many of these are admitted with tubercular disease of the bones, some in a far advanced condition, so

greatly crippled by suppurative destruction of the extremities of the long bones, or of the small bones of the hand and foot, that surgical interference alone would appear justifiable, and delay an error ; yet many of these poor children and youths, with no other treatment but basking in the sun and bathing daily in the sea, so completely recover after a few winters spent in the asylum, that one cannot but regret that more cases of the same kind are not sent to Cannes.

It would seem to follow as a natural consequence that if tubercular diseases of the glandular and bony system derive such unmistakable benefit from the climate of Cannes, that tubercular diseases of the lungs would fare well here also. And so they do, provided always that the cases be selected ones, where the tubercular disease of the lungs presents a great similarity to the manifestations of tuberculosis just mentioned. The cases of phthisis which derive benefit from a residence at Cannes are those met with in lymphatic or scrofulous individuals, in the catarrhal form, in the early stage, cases without pyrexia and with no tendency to hæmorrhage. Around us at Cannes we meet with many examples testifying to the curative power of this climate in such cases. Persons of independent means, physicians, lawyers, men of business, and many others who came to Cannes many years ago, bringing with them their death-warrant, now lead active lives, follow their several occupations, and enjoy perfect health, quite free from all symptoms of the baneful disease which drove them from their native land to seek a more genial climate.

Those suffering from abnormal forms of gout, from suppressed gout, from gouty bronchitis, dyspepsia or anæmia, find in the open-air life they are able to lead, in the better action of the skin, in the pure atmosphere they breathe, conditions highly favourable to their recovery. Very frequently in such cases the general health is much improved, and their many sufferings greatly lessened.

Acute rheumatism is very seldom met with among the visitors and residents, and is not a common disease among the native population. Those who are affected with the chronic form of rheumatism, and who come to spend the winter at Cannes on that account, do well, provided they are careful,

avoid damp localities, and protect themselves against the sudden changes of temperature.

Chronic diseases of the kidneys, especially the granular kidney, find here climatic conditions suitable to these affections. I know of several cases where health has been greatly improved by a winter residence in Cannes. Such patients were able to lead an active out-of-door life, and left in very fair health, although they came out with a very gloomy prognosis.

Asthma attending on bronchial catarrh is, in some cases, relieved by a winter residence at Cannes; cases of functional albuminuria do well here; certain forms of anæmia rapidly improve, and as a rule delicate people feel better and stronger in the south than in colder and damper climates. Cases of zymotic disease, generally contracted in other continental cities, but declaring themselves in Cannes, pass through the ordeal without much trouble; cases of typhoid fever assume a mild type, and as a rule recover rapidly and well. Most of the cases of the eruptive fevers we come across are exceedingly mild in character, scarlet fever especially so. Cannes is a very valuable residence for individuals invalided from India or other tropical countries who are suffering from malarious cachexia, chronic dysentery, chronic diarrhœa, enlarged spleen and liver due to malarial poisoning.

Doubtless there are many individual cases, apart from these great classes, for which the climate of Cannes is indicated, but where experience alone can decide if the locality is suitable or otherwise. They should be guided by the results obtained, and, if favourable, remain.

(2) *Those not benefited by the climate.*

Cannes is contra-indicated in all individuals suffering from certain diseases of the nervous system. Epileptics should never come to Cannes. Hysteria in its many forms, from the disease in its full development to its milder manifestations, such as irritability, mental depression, persistent neuralgia, all do very badly at Cannes. Their morbid condition as their stay is prolonged gets worse and worse, nothing will do them any good, and the only remedy for them is to leave the place, whatever may be the inconvenience of such a change in their plans or in those of their friends; it is simply cruel to allow them to remain a day longer

than can be helped, and no consideration should stand in the way of their prompt departure. All persons suffering from diseases of which hæmorrhage is a frequent symptom, or all individuals with a tendency to that complication, should not come to Cannes. For instance, cases of uterine fibroids are sent to spend the winter in the Riviera, or unknown to their medical advisers they accompany friends to the South. Very shortly after their arrival profuse hæmorrhage supervenes, very difficult to control; and in several instances that came to my knowledge, only a hurried departure to a less stimulating and exciting climate averted a fatal issue. Cases of cirrhotic liver, of ulcer of the stomach, are not infrequently seized with profuse hæmorrhage, sometimes to a very alarming extent.

Individuals subject from the nature of their disease to occasional rise of temperature should also avoid Cannes. For this reason, as well as on account of the tendency to hæmorrhage met with at Cannes, cases of acute phthisis attended with fever and subject to hæmoptysis should not attempt to winter there. Much as the climate suits the cases of phthisis I have previously mentioned, it is contra-indicated in all cases which are not included in that category. Repeated high temperatures, frequent hæmoptyses, profuse night sweats, loss of sleep and of appetite, very rapidly reduce the patient's strength and imperil the improvement or the recovery which might have been obtained under more favourable climatic conditions.

With reference to gouty individuals the same remarks apply. Excellent as the climate proves to be in the conditions I have previously described, Cannes is not suited to those who are prone to attacks of acute gout. Individuals who for years have been free from attacks, often have one very soon after their arrival; this is not always, however, an unmixed evil. I have known patients who had been constantly ailing previously, and who felt ever so much better and brighter after recovering from a fresh attack of gout.

Individuals subject to certain diseases of the skin, such as eczema, often suffer very much from recurrent and extensive attacks of this affection. Uterine cases, as a rule, do not benefit by the climate as much as would be expected, even when the mucous membranes are the parts most involved; this result is

doubtless due to the neurotic condition so generally present in such cases.

I have stated that individual cases should be taken into consideration and judged by the result obtained when speaking of the diseases which improve under the influence of the climate of Cannes; here, also, we occasionally meet with cases which *à priori* seem unsuited, but which nevertheless do exceedingly well, and gain much benefit from a residence in our winter resort. These exceptions in no way alter the indications or contra-indications, as applied to the generality of cases, for which Cannes may be considered beneficial or otherwise.

In a few words we may say that the climate of Cannes is indicated to those in good health who desire a change, or wish to avoid the cold and fogs of England and of the North; it is indicated in convalescents from acute disease; for those whose over-worked brain requires rest; to all those who in northern climes suffer from catarrhal affections, to the scrofulous, the lymphatic, to children and the young, adults affected with tubercular diseases of the bones; in certain forms of phthisis and gout; to the rheumatic; in certain chronic diseases of the kidneys; in some forms of asthma; in functional albuminuria; and in those who return to Europe after years spent in tropical lands. On the other hand, Cannes should be avoided by those suffering from certain nervous affections, by those having a tendency to hæmorrhage, those suffering from acute febrile phthisis, and those who are prone to attacks of acute gout or eczema.

Precautions to be taken by Visitors.—The contrast is so great between the cold, damp, foggy, sunless winter of England, and the brilliant, stimulating one of Cannes, that both occasional visitors and invalids, astonished at the marked contrast between the land they have just left and their new abode, see only the brighter side of the picture, and, casting aside all care and prudence, live but with one idea—to enjoy to the utmost the lovely country, where everything around them often reminds them of a fine summer day at home. Unfortunately, before long many will regret their over-confidence, and learn sometimes by a dearly-paid experience that they have been, to say the least, imprudent.

A not uncommon complaint among new arrivals is deranged digestion, attended with griping pains, and often with loss of appetite and perhaps some slight feverishness. Cannes is at once blamed for this state of things, and the verdict given is that the place does not agree with them. The real cause, however, is a very prosaic one, *i.e.*, too great an indulgence in the many savoury dishes which follow one another in rapid succession at a first class *table d'hôte*. The diet is quite different, in many instances, from the plainer food partaken of at home; it is more palatable; the companionship of one's neighbours, the novelty of the scene, all tend to make the meal a pleasant one; unconsciously more food is taken than required, and the overloaded stomach leads to indigestion and its consequences. Some days of rest and of suitable diet set matters right, and, warned by experience, the sufferer behaves more judiciously for the future.

Not unfrequently recently-arrived visitors complain of heartburn, often accompanied with pain in the loins. This condition is very frequently due to drinking too freely at their meals the red wines of the country; on abstaining from these wines altogether, or partaking of them in moderation, or well diluted, these ailments disappear of themselves.

I have stated that those prone to gout very frequently suffer from an acute attack, after a more or less lengthened residence at Cannes; perhaps the climate itself is not so much to blame, after all, and many times even moderate indulgence in the country wines has been, to my knowledge, the effectual cause. Gouty individuals, whatever the symptoms they suffer from, should be most abstemious in these southern latitudes.

The difference between the temperature in the sun and shade on fine sunny days is often 50° Fahr. or more, and to pass carelessly from one to another of these extreme temperatures during a walk or drive is very likely to be attended by some irritation of the mucous membranes, colds, sore throats, or slight bronchitis resulting thereby. The climate should not be called upon to bear all the blame, as these indispositions can generally be avoided by a few very simple, but very necessary precautions. A white umbrella should always be used when walking or driving in the sun; a light overcoat, a mantle or a shawl should

ever be at hand, and worn before any feeling of chilliness is perceived. A not uncommon, but very risky practice is, on feeling tired after a long walk, to hail a carriage and drive home; the body being heated, such a drive is fraught with mischief; it is much wiser to drive first, and, according to the walking powers of the individual, to return part or the whole of the way on foot.

It is advisable that most visitors at Cannes should wear flannel next the skin, as in a climate where the diurnal variations are so great, people will be less liable to intercurrent disease by protecting the skin from sudden changes of temperature. The outer garments should not be too heavy, as on walking perspiration is readily induced, but adapted to the weather prevailing at the time.

I have already called attention to the fact that at sunset, especially on clear days, there is a marked and sudden fall of temperature, attended often by a heavy dew. No one whose health is the object in view should ever be out of doors at sunset. No consideration of any kind should stand against this golden rule. However, should circumstances arise which preclude its being observed, either a closed carriage free from draughts should be engaged, or a delay, under proper shelter, of some hours should be allowed to intervene before venturing out of doors; the temperature, although lower, will then be steady, and, suitably clad, the walk or drive home will then be attended with far less risk. The effects of the fall of temperature at sunset is felt to some extent even indoors, and it is well where delicate people are concerned that fires should be lighted in their rooms some time before sunset.

There is a great difference in the comfort and warmth of bedrooms, according to their exposure. Whenever practicable, a room with a south aspect should be secured; exposed to the west on mistral days, such rooms are cold, and at the best receive but little sun; those looking east are more sunny, but easterly winds predominate at Cannes, and these winds are often attended with heavy rains. North rooms, always several degrees colder, should never be accepted as bedrooms.

High winds, especially the dry, violent mistral, should be avoided by delicate people; the healthy, or those with whom

these dry, high winds do not disagree, need not alter their usual out-door life ; an extra wrap is all that is needed in such cases.

During heavy rains no one usually ventures out of doors unless in closed carriages, and only then when obliged to do so. When the rain is over, for a day at least, the lower stratum of the atmosphere contains more moisture and is colder than usual ; it is therefore necessary to be more cautious than ever at such times ; to drive well protected is better than to walk, but of all things to sit basking in the sun whilst the soil is wet should be carefully avoided.

There are numerous pretty walks and drives round Cannes ; with a little practice it is soon known which should be preferred, according to the prevailing wind, etc. The town of Cannes itself, one side of the street fully exposed to the sun, the other in the shade, is not a suitable place for an invalid to select for his daily walk, and, except for the purpose of shopping, is best avoided by those whose health is their first consideration.

The villa residents of Cannes are as a body most hospitable, and are never happier than when entertaining their friends. Invalids should, however, be very careful regarding their attendance at the "At Homes" which, during the winter season, take place almost daily. A large number of people, more than the rooms can often hold, congregate together, and, as a consequence of this overcrowding, the rooms soon become over heated and ill-ventilated ; at the same time, a cup of hot tea or coffee will warm the throat, and stimulate the action of the skin, and as the days in winter are short, it will be very close on sunset before the guest departs, and if delicate, not infrequently a chill and its consequences will follow. The risks are great, and they should be duly considered before they are set aside for the pleasure of meeting friends, and spending an hour or so listening to music and songs.

All places of public amusement, such as theatres, concerts, balls, etc., should be avoided at Cannes, as elsewhere, by all those to whom a pure uncontaminated atmosphere is a necessity and a vital condition for the maintenance of their health.

It is important for visitors and invalids who were under medical treatment when they left England to be aware that the action of medicines is very different at Cannes to what it is at

home. Preparations of iron, powerful tonics for instance, are badly tolerated in the warm and stimulating climate of Cannes. Dyspepsia, sleeplessness, constipation, etc., often arise from persisting in their use. Again, on such occasions the place is deemed to be unsuitable, and much disappointment is felt that such a long journey should have been undertaken in vain; but with a simple discontinuation of these drugs, appetite and digestion and quiet sleep are all quickly restored.

CANNES, *November*, 1895.

III.—NICE.

NICE is, indisputably, the principal pleasure resort not only of the Riviera, but of the whole Mediterranean, and though to some extent an invalid station also, it may be primarily considered as a fashionable residential and pleasure resort. The reason of this popularity is not hard to find: it is the resort of all those visitors who find Cannes too fashionable and exclusive, and Mentone too dull, and who object to Monte Carlo because they think that the gambling element is too much in evidence. For scenery, Nice cannot equal Monte Carlo, or even Mentone; but the number of its visitors probably equals that of all other winter stations of the Riviera together. It has become the general rallying-point and meeting-place for the Riviera from Hyères to San Remo; and may, in short, be regarded as a kind of metropolis for all the English colonies established along this coast from Hyères to San Remo.

Considered purely in the light of an invalid station, there are several objections to Nice. Being a large city of some 90,000 inhabitants, and the centre of fashion and gaiety during the season, its numerous attractions and amusements, which recommend it so strongly as a pleasure resort, offer too many temptations to the invalid visitor, and may lead him to neglect precautions, which may have a serious result. The climate, too, is not all that can be desired, though perhaps Dr. Yeo goes too far when he remarks that "whatever defects the climate of the Riviera possesses, these are specially concentrated

and aggravated at Nice." As a set-off, it must be remembered that there is no other winter resort on the Riviera (except, perhaps, Mentone) where better accommodation for invalids can be procured, or where luxuries and "medical comforts" of all kinds are so easily obtainable.

The topographical features of Nice need not be described; almost "everybody who is anybody" has visited the place at some time or other, and the Promenade des Anglais is as familiar to all travelled Englishmen as Piccadilly or Regent Street.

Routes.—The usual route is *viâ* Calais, Paris, and Marseilles. The service to the Riviera by the two evening *rapides* from Paris was much improved in 1895, and the time reduced by one hour. For fares, etc., see Introductory Chapter.

Another route, which can be recommended to tourists, though it is rather too fatiguing for ladies, is *viâ* Turin and Cuneo to Limone, and thence by diligence to Nice by the Col di Tenda. The new strategic railway has pierced already the Col di Tenda, though this portion of the line is not yet open for traffic, and is to join the coast line at Ventimille, but it is not likely that it will be finished for two or three years. The drive from Limone to Nice is extremely interesting. The road passes through the midst of the finest scenery of the Maritime Alps. The distance is about sixty-five miles, and the drive occupies twenty hours. It is one of the longest diligence drives still left by the railways in the south of France; but being one long succession of glorious views, it is not nearly so wearisome to some travellers as the uninteresting and tedious railway journey from Paris to Marseilles, which occupies about the same time. Soon after reaching Tenda the most beautiful views of the Mediterranean are seen. At Fontana, forty-three miles from Nice, the French frontier is reached, and here the Customs examination takes place. Just before reaching this frontier town, the road passes through the Gorge de Berghe; about here the scenery is very grand. "The bold form of the cliffs, and the luxuriant vegetation which crowns every height and fills every hollow, makes

the scenery of the road worthy to compare with almost any other famous Alpine pass" (Ball's "Western Alps"). The journey can be broken at Tenda, twenty-nine miles from Cuneo, or at the Hydropathic Establishment of St. Dalmazzo, which is almost exactly halfway between Nice and Cuneo. This establishment makes a capital headquarters for those wishing to explore the glorious scenery of this little-known region, but it does not open till May. The pension is 8 fr. a day. As there is not much accommodation in the diligence, it is advisable to engage places beforehand.

This route, besides being far more interesting than the ordinary one *viâ* Marseilles, is considerably cheaper. The fare from London to Cuneo, *viâ* Dieppe, Paris, and Turin, is only £5 14*s.* 10*d.* first, and £4 0*s.* 4*d.* second, and the diligence fare 12 fr. Another advantage is that second class passengers can travel by express trains, whereas in France the *trains rapides* are confined exclusively to first class passengers. This route is available also for travellers to Mentone and Bordighera, as a diligence runs in connection with the Nice-Limone service daily between Mentone and Sospel (fourteen miles), and between Ventimille and Giandola (twenty miles).

New Route to the Riviera.—The new line of the South of France Railway Company, from Draguignan to Nice *viâ* Grasse, affords tourists the opportunity of reaching the Riviera by a particularly interesting and picturesque route. The main line from Paris to Marseilles is left at Avignon, where it is necessary to change carriages for Meyrargues. The through train for Draguignan, Grasse, and Nice leaves Meyrargues at 8.30 a.m., and reaches Nice at 6.44 p.m. The journey is long and the trains slow, but as most of the line traverses very beautiful and varied scenery, through a country almost unknown to tourists, the slow rate of travelling has its compensations.

Society.—There is a large English and American colony of regular winter residents. In the numerous gaieties the American element is more prominent than at Cannes or Monte Carlo. Society at Nice is said to be split up into cliques, but any visitor well introduced is made heartily

welcome, and inundated with invitations to balls, afternoon dances, "at homes," etc.

A cynical writer has attempted to hit off epigrammatically the social characteristics of the three rival resorts, Cannes, Nice, and Monte Carlo, by suggesting that Cannes represents "the world," Nice "the flesh," and Monte Carlo—but the parallel need not be carried further.

Amusements.—Nice being the centre of a pleasure-seeking population, is better off in this respect than any other town in the Riviera. There are several theatres: The Municipal Theatre (Opera House), and the pretty little theatre attached to the Casino. There is a handsome theatre attached to the huge, bizarre structure, looking like a colossal kiosk on stilts, known as the Jetée Promenade. Entrance 1 fr. (admitting to concert); for the whole day (including fauteuil for the theatre), 3 fr. There is an excellent reading room here, as well as at the Casino. Cimiéz, too, has its own place of entertainment, in the form of a kind of Zoological Garden, with a switchback railway and other amusements. Excellent restaurant Entrance 1 fr. Electric tram from Nice, starting from Café de la Régence; fare, 40 c.

Several public balls are given in the Casino during the winter, but they are, naturally, of rather a mixed character, and need not be included among the entertainments for English visitors. The Carnival *Vegliones*, or masquerade fancy dress balls, are, however, comparatively select, and occasionally parties of English people may be seen assisting at the proceedings from the private boxes—for the ball is usually held in the Casino Theatre—very rarely taking any more active part in the entertainment. As a spectacle it is certainly worth attending. The Casino is a very pleasant lounge in rainy weather, and here the game of "petits chevaux" affords visitors the excitement

of losing a few francs. In fine weather the Jardin Public is crowded in the afternoon, from two to four, as either the military or municipal band plays here during these hours. Musical people, however, complain that good concerts are rare, though the world-famed orchestra at Monte Carlo is probably answerable for this. Those who want high class music go to Monaco. On Thursday afternoon, when classical music only is allowed on the programme, it is difficult to find a seat in the beautiful little theatre at Monte Carlo.

There are several clubs at Nice, but the only ones much frequented by English and American visitors are the Cercle Mediterranée, on the Promenade des Anglais, next to the Hôtel des Anglais, and the Cercle Masséna, in the Casino building. The Mediterranée is a high class and very select club, and in reputation and standing is equal to the Cercle Nautique at Cannes. Gentlemen wintering at Nice with their families often join the Club simply on account of the weekly *matinées dansantes*, to which they can bring their friends. The committee take great care to make these dances select, and they are much frequented by the English and American colonies. The subscription is 60 fr. a month, or 240 fr. for the season. There is no entrance fee, except for permanent members, who pay an annual subscription of 300 fr. The president and vice-president have the privilege of introducing visitors for three days without payment. Candidates must be proposed and seconded by a permanent member, but any member of one of the recognised London clubs would not, as a rule, have much difficulty in getting elected for the season, even if he did not happen to know a permanent member. There is occasionally very high play at *écarté* and *baccarat*. The Cercle International in the Casino Buildings has reverted to its old title—Cercle Masséna. *Matinées dansantes* are held every Saturday during the season. This club is

coming into favour with the English colony, as the sub scription is more moderate than that of the Mediterranée, and it gives more entertainments. A small club—a kind of whist club—known as the English Club, was started in 1894. It is situated on the Place Anglicane. Subscription, 100 fr. for the season. Hon. Sec., Guy Maunder, Esq.

There is a good lawn tennis club, with three courts. The committee elect the members, and the subscription is 20 fr. for a month, or 50 fr. for the season. The grounds are near the Pension de Genève, Rue Rossini. Coaching is now a fashionable amusement at Nice. Besides the Cannes coach, already mentioned, one now runs daily between Nice and Beaulieu. Fare: 10 fr. return; box seat, 5 fr. extra.

There is very good bathing, though the beach is composed of shingle—not sand—and bathing machines of the primitive English pattern are used. The usual charge is 50 to 70 c. including costumes. A dozen men's tickets can be obtained for 5 fr. at the principal establishment (Bonnet). There is no boating, but sailing boats can be hired in the harbour. Visitors are obliged to take a boatman with them. There is no regular tariff, or, if there is, the visitor will have considerable difficulty in ascertaining what it is, or inducing the boatman to accept it. 2 fr. an hour offered by a visitor of calm and determined demeanour might be accepted, but it is doubtful. A traveller, however, who could hold his own with Neapolitan boatmen would make short work of their Nice brethren. Yachting is becoming very popular in Nice, and there is a good yacht club. There is an important regatta at Easter.

Good saddle-horses can be hired for 10 fr. the afternoon, or 15 fr. for the day. A carriage and pair can be hired for a day's excursion for 20 fr. Near the Jardin Public will be found some well-appointed pony carriages (pair), which can be hired for Monte Carlo and back for 25 fr. or 30 fr.,

though the driver will ask 40 fr. The hirer can drive himself, if he chooses, the owner being perched up behind. Of other amusements, the Nice races, which take place on the Var racecourse in January, should not be forgotten. This meeting is one of the most important in France, and good sport may be witnessed. Some attempts have been recently made to start a golf club in Nice. There are some small practice links (seven holes) in the grounds of the Hôtel St. Barthélmy.

Some may think that the entertainments at Nice are insufficiently described unless some mention is made of its crowning glory—the Carnival. This subject, however, is noticed at considerable length in most of the guide books and books of travel dealing with the Riviera; and besides, as a matter of fact, the Carnival week is more dreaded by the majority of the regular winter residents, and especially invalids, than any other period of their stay. So far from wishing to take part in it, their great aim is to avoid it as much as possible, and at this time there is an exodus of visitors hurrying from the gay city to the convenient havens of refuge, Mentone and Bordighera. In the middle of Lent (Mi-Carême) there is a kind of aftermath of the Carnival *fêtes*.

Excursions.—Full particulars will be found in the local guide books. The most interesting excursion is the ride or drive from Nice to Monte Carlo or Mentone by the Corniche route. From this road, which at an elevation of 1200 ft. winds among the mountains, an uninterrupted series of beautiful and extensive views can be enjoyed. From La Turbie, just above Monaco, there is a magnificent panorama: the whole coast-line lies before you from San Remo to the Esterel Mountains beyond Cannes, and glimpses can be had of the islands near Hyères, and occasionally, on a very clear day, of Corsica, which is 100

miles due south. In order to reach Monte Carlo, it will be necessary to go on to Roquebrune, where the lower road meets the Corniche road. Pedestrians, however, can make their way down by a precipitous path, which will bring them into Monte Carlo a little to the west of the Casino. This path can with care be taken on horseback, though occasionally it may be necessary to dismount and lead the horse.

It may interest botanists to know that the Route de l'Observatoire (a portion of the Corniche Road near Nice) is one of the few places on the Riviera where the fragrant Parma violet grows wild.

Hotels.—As regards hotel accommodation, Nice can challenge comparison with any fashionable resort in the south of Europe. There are nearly a score of hotels which may justly be described as first class, and perhaps double that number of good and moderately-priced Hotels and Hotel-Pensions better adapted for visitors of moderate means, as well as a large number of Private Pensions. These establishments can be conveniently placed in four categories:—

1. Large, first-class hotels in Nice (those in the suburbs being classed by themselves). The most fashionable are those on the Promenade des Anglais. Taking them from east to west, those most frequented by the English are:—

Des Anglais, almost opposite the Jetée Promenade. The oldest-established first class hotel in Nice. Recently much enlarged. It has frontages on three sides. Has a high reputation.

Mediterranée, corner of the Rue Meyerbeer.

Westminster, R.* from 4 fr.; B. 1 fr. 50 c.; L. 4 fr. (12); D. 6 fr. (6.30 p.m.); A. 1 fr. P. from 12 fr. Lift. Billiards. Open Oct. to June. Next to the Hôtel des Anglais it is the largest on the Promenade des Anglais. Patronised largely by Americans.

The situation of the hotels on the Avenue Masséna (formerly

* For abbreviations, see list at end of Table of Contents.

Quai Masséna) has been greatly improved by the enlargement of the Jardin Public, due to the covering over of the bed of the Pailon and its conversion into a magnificent pleasure-ground. The two most visited by English people are:—

D'Angleterre, owned by Mr. Steinbruck, the author of a well-known "History of Nice." A well managed hotel.

Grande Bretagne. A well appointed and luxurious, but decidedly expensive house.

On the Quai St. Jean Baptiste is the—

Grand. The largest in Nice, with over six hundred rooms. The special hotel of Messrs. Cook's clients.

Cosmopolitan. A well-managed house with a very enterprising director. At these two establishments dances are given frequently during the season to the hotel guests and their friends.

On an elevated situation on the outskirts of Nice, in the Boulevard Carabacel, is the old-established Grand Hotel de Nice (Kraft's). Managed on Swiss principles. This is one of the best managed hotels in Nice, and is well suited to delicate persons. The cuisine is very well spoken of. R. 3 to 10 fr.; B. 1 fr. 75 c.; L. 4 fr.; D. 6 fr. (6.30). Lift. Billiards. Electric light. English sanitary arrangements.

On the Bd. Victor Hugo are three high-class hotels with slightly more moderate terms than the above-mentioned.

Des Iles Britanniques. Conveniently situated at the junction of the Avenue de la Gare and the Bd. Victor Hugo, but consequently less quiet than the two below-mentioned. R. 4 fr.; B. 1 fr. 50 c.; L. 4 fr. (12); D. 6 fr. (6.0); A. 1 fr.; L. 1 fr.; P. from 12 fr. Lift. Billiards. Open all the year.

Paradis et Métropole. Has lately changed proprietorship.

Splendide. A little too far removed from the centre of the town for those who wish to be "in the movement," but has a good reputation.

Terminus. Opposite the station. One of the largest in Nice. Good restaurant. Best adapted for tourists and passing visitors.

All the above-mentioned hotels are furnished with lifts, most are lit by electricity, and some have tennis-courts and English billiard-rooms. The Pension terms vary considerably, and might commence at any figure between 12 and 25 fr. Perhaps 14 or 15 fr. might be taken as the average.

At many of the Nice hotels prices are raised from the middle of December to the middle of April, or, at all events, during Carnival.

2. In another category may be placed the following Hotels and Hotel-Pensions with Pension charges, from 9 or 10 fr.

Suisse, Quai du Midi. The sanitary arrangements have recently been much improved, and in this respect the hotel ranks among the best in Nice. Charges very reasonable for an hotel of this class.

Milliet, Rue St. Etienne. Lift. Electric light. Pension from 11 fr.

Des Palmiers, Bd. Victor Hugo. Lift. Electric light. Recently considerably enlarged. At these two hotels dances are occasionally given to the hotel guests by the respective proprietors.

Genève, Rue Rossini (close to the Nice Lawn Tennis Club). Lift. Electric light.

Beau-Rivage, Quai du Midi. Lift. Electric light.

Berne, near Railway Station. Pension from 8 fr.

Windsor, Av. St. Maurice. Same proprietorship as the Hotel Terminus.

Richemont, Av. Durante. Pension from 8 fr.

Pension Rivoir, Promenade des Anglais.

Pension des Orangers, Bd. Victor Hugo. Terms very reasonable.

Cook's Coupons are taken at hotels Grand, Rome, and Beau-Rivage, and Gaze's at hotels Paradis and Westminster, while those of both firms are taken at Château des Baumettes.

3. In a third class may be placed Private Pensions. No very distinct line of demarcation can be drawn between these establishments and the smaller and quieter hotel-pensions, but the terms at a private pension are often more moderate, and, as a rule, guests are not taken for less than a week. These

establishments are numerous in Nice, but those best known to English and American visitors are :—

Villa Beau Séjour (Mrs. Thomson), Av. Verdi (a favourite English house); 38, Rue Cotta (Mrs. Busby), with pension from 9 or 10 fr.; Villa St. Pierre, Bd. Victor Hugo; and Las Palmas (Mrs. Bayly), 60, Rue de France. At these the terms for pension commence at 7 or 8 fr.

4. In a separate category should be placed the suburban hotels. Hotel enterprise in the beautiful environs of Nice has been very active of late years. At Cimiez is to be found one of the finest hotels on the Riviera, the Riviera Palace Hotel, the property of the International Sleeping Car Co., Ltd. This palatial building, opened in 1894, is a worthy rival to the magnificent Gordon Hotels at Cannes and Monte Carlo. It is, owing to its retired and salubrious situation and excellence of its sanitation, particularly well adapted for invalid visitors, *i.e.*, if they are well off, for the hotel is perhaps the most expensive—not necessarily the dearest—in Nice. Though some distance from Nice, communication is frequent by means of a service of coaches and breaks (free to guests) running at frequent intervals between the hotel and the town. Then there is also the electric tram from Nice to Cimiez, which passes close to the hotel grounds. The directorate, however, help to make their guests independent of urban amusements by giving excellent *thés concerts* and *soirées musicales* daily, in addition to the usual hotel distractions, billiards, lawn tennis, etc.

The other Cimiez hotel, the Grand Hotel de Cimiez, has earned of course European renown as the home of the Queen of England for two consecutive springs, but the terms for pension are very moderate, commencing at 10 fr. It was considerably enlarged in 1894, and the sanitation and drainage have been most carefully attended to. The only other Cimiez establishment available to visitors, the Pension Anglaise, has been closed, and is now a private residence. Cimiez is, however, the coming residential quarter, and new hotels are being planned. In fact, the rural charm of this beautiful suburb seems in danger of being spoilt.

Another first-class hotel on the opposite side of Nice, on a commanding but fairly well-sheltered site on Mont Boron,

nearly 1000 feet above the sea, is the new Hôtel de Mont Boron, opened in 1893. The views are varied and striking. Terms for an hotel of this class are reasonable, from 11 fr. upwards.

The Hôtel St. Barthélémy (Villa Arson) is another hotel which is better suited for invalids than the town hotels. Pension from 9 fr. For ordinary guests the chief objection to the hotel is that communications with the town are infrequent and costly. Very extensive grounds, with lawn-tennis court and small golf links suitable for practice (seven holes). In the Quartier des Baumettes there are two good hotels, Château des Baumettes and Belvedere. Both have delightful grounds and are built on elevated ground about ten minutes' drive from the Nice tourist centre (Jardin Public). Terms for pension at Château des Beaumettes from 8 to 16 fr. a day. Open all the year.

The Hôtel Belvedere, which is connected with an admirable hydropathic establishment directed by Dr. Glatz of Geneva, is a little more expensive, the lowest pension terms being 10 fr. Though intended primarily for those taking a course of the baths, there are features which might recommend it to ordinary visitors, such as lawn-tennis, billiards, etc.

Villas and Apartments.—The price varies according to situation. They are let generally for the whole season, not by the month; it is important to have all the details of the arrangement entered into in writing on *papier timbré* (*i.e.* paper sold with Government stamp at 60 c. per sheet), though it would probably be worth the expense to have a formal agreement prepared by an English solicitor. In the district to the east of the Jardin Public, an apartment of six rooms (usual number) would cost from 700 or 800 fr. A flat of the same size in a more fashionable quarter could not be obtained for less than 1000 or 1200 fr. A furnished villa could be rented in the Carabacel or Cimiez suburbs for from 6000 fr. to 10,000 fr., according to the number of rooms. Many would prefer a villa in this quarter, irrespective of price, to one on the Promenade des Anglais, on account of the beautiful neighbourhood. The villas on the Promenade used to command fancy prices—from 10,000 fr upwards—but of late years the tide of fashion seems to have set towards Cimiez and Carabacel.

Hydropathic Establishments.—There are two important Hydropathic Establishments in the suburbs, both in the salubrious St. Philippe Quarter, Villa Rozy (Hôtel Belvedere) and Villa Verdier. The Villa Rozy is under the direction of Dr. Glatz of Geneva and Dr. de Planta. It is intended mainly as a sanatorium for those suffering from affections of the nervous system and the digestive organs, and convalescence after serious illness. The terms for treatment are 30 fr. a week. Board from 10 fr. a day. The other hydro. (Villa Verdier), on a larger scale and more expensive, is under the superintendence of Dr. Levillain.

THE CLIMATE OF NICE IN ITS MEDICAL ASPECT.

By S. S. ASHMORE-NOAKES, M.D.

Nice, one of the most important of our winter stations, possesses a stimulating, dry, maritime climate. A beautiful amphitheatre of the Maritime Alps protects it completely from northern and easterly winds. Next to the continued prevalence of sunshine, and the shelter from cold winds, the most valuable characteristic of the Nice climate, from a medical point of view, is the absolute dryness of the air.

Rain falls now and again, but generally at long intervals during the winter, and sometimes lasts for two or three days together; but fogs are quite unknown, snow and frost exceedingly rare.

These rainy spells are looked upon by the physicians as rather an advantage to their patients, especially those of a nervous type than otherwise, as the air, which is usually too exciting for many people, and this is the one weak point of the climate, is thus rendered more sedative. It is true that from time to time the mistral, a very high wind, which, although a quite warm one, is often accompanied by clouds of dust, making things anything but agreeable, pays the Riviera a visit, generally in March or April; still invalids on these occasions use the wise discretion of staying within doors, and these unpleasant visits have been during the past few seasons unquestionably less frequent than formerly.

The season may be considered to last for six months, from

the middle of November till the middle of May; and although some people come earlier than November, this course can hardly be recommended to invalids, as a too early arrival brings them in contact with the autumn rainy season, and the mosquitoes are very troublesome in September and October.

With regard to temperature, the results of M. Teysseire's observations (taken with instruments placed outside a fourth-floor window facing the N.N.E.) for twenty years are as follows :—

Mean Temperature.

November ...	53·8°	February ...	46·2°
December ...	48·5	March	51·8
January... ...	47·1	April	58·1

Invalids and others visiting Nice and the Riviera generally must not consider that there is anything in the climate specially curative of disease, but that its great value in morbid conditions consists in its allowing a great deal of time, almost every day throughout the winter, to be spent in the open air, thereby giving vigour and appetite, and well maintaining the tone of the system; also in its milder temperature, compared with more inclement climates, and drier air, thereby protecting the respiratory organs in particular, and the other organs in general from fresh inflammatory attacks.

The climate is a most valuable one in the great majority of diseases, but certain precautions are necessary to be taken to ensure this benefit. In the first place it must not be forgotten that the warm temperature is almost entirely due to the heat and presence of the sun. Invalids must inhabit south rooms exclusively, must wear warm woollen clothing, avoid the shady side of the streets, and above all must be careful of the hour of sunset. At sunset there is a very rapid and substantial lowering of the temperature, whereas it may be that as a result of exercise and the general warmth the pores of the skin are open, and unless necessary precautions are taken, such as the invalid making a point of being indoors at this time, or having an additional thick wrap, there is great danger of chill. Now and again people complain that the climate is dangerous on account of their frequently getting chills, whereas a proper knowledge and care would completely obviate this danger. It is a good rule

for visitors to bring with them clothimg of the same weight they wear at home, and to be provided always with warm outer garments, which could be worn or discarded according to the warmth of the day. Woollen garments should be worn next the skin; these will ensure a uniform temperature, absorb perspiration and prevent the danger of chills.

In indicating the class of cases which receive benefit from winter residence in Nice, one must first mention the affections of the respiratory organs. Bronchitis, emphysema, laryngitis, the early stages of phthisis (especially those cases in which no important hæmorrhages have taken place), all receive conspicuous benefit; and, recognising the therapeutic value of absolutely dry air in all catarrhal affections, great improvement is speedily manifest in cases of bronchial, nasal, post-nasal, pharyngeal and laryngeal catarrh.

Persons suffering from rheumatic and gouty affections do extremely well; indeed, joint rheumatism is almost unknown, although muscular rheumatism is not unfrequently met with.

The mildness of the climate and persistent sunshine, encouraging the action of the skin, produces an excellent effect upon diseases of the kidneys and liver, and cases of diabetes receive marked benefit.

With regard to the circulatory system, some heart cases do quite well; but for valvular disease, especially in the later stages, and when complicated with a tendency to hæmorrhage and a quick pulse, the climate of the Riviera is too exciting. The same thing applies also to people suffering from affections of the nervous system. The various forms of paralysis, obstinate insomnia, and those nervous troubles in which periods of excitement occur, do better elsewhere, although one frequently meets with exceptions to this rule. On the contrary, patients suffering from melancholia and a want of proper interest in life, receive the greatest benefit from a winter residence in contact with the brightness and sunshine of Nice.

One cannot speak too highly of the climate in cases of convalescence from acute diseases such as fevers, inflammations, etc., where a complete change from colder climates is indicated, and also in cases of general anæmia, debility, and strumous troubles.

Great importance must be attached to the locality chosen for

the winter residence, as some patients do better quite close to the sea, others receive more benefit from the hilly regions at the back of the town.

As a general rule, diseases of the circulatory and nervous systems, and especially the subjects of insomnia, do best away from the sea, whereas invalids with diseases of the chest, and indeed most other troubles, do perfectly well in proximity to it.

As regards accommodation for visitors, there are numerous first class hotels and pensions, whose sanitary arrangements are of the highest order; indeed, every luxury and comfort are at hand and as easily attainable as at home.

Nice is the headquarters of the Hollond Nursing Institution, which provides an unlimited number of hospital trained English nurses at a moderate cost. This Institution, extremely well managed by Miss Woodcock, was founded by a charitable lady to supply a much-needed want, has branches in Paris and chief towns on the Riviera, and proves a great boon both to physicians and visitors. It is a comfort to persons in delicate health to feel when abroad that they can obtain a competent English nurse, when needing one, without the slightest delay.

NICE, *May* 1894.

PRACTICAL INFORMATION.

English Church Services.—Holy Trinity Church, Rue de France (Chaplain, Rev. J. Frere Langford, M.A.); Sunday services, 11 a.m. and 3 p.m.; H. C. 8.30 a.m. and 12 noon. The charge for a sitting is 30 fr. for the season. In the churchyard is the grave of the Rev. H. Lyte, author of the hymn "Abide with me." Christ Church, Carabacel (Rev. Halcott Ash, M.A.): daily prayer; Sunday services, 11 a.m. and 3 p.m.; H. C. every Sunday, at 8.30 a.m. and 12.15 p.m. The American Episcopal Church is in the Boulevard Victor Hugo; Rector, Rev. S. H. Adamson. Sunday Services, 11 a.m. and 3 p.m.; H. C. 8.30 a.m. The Scotch Church is in the Boulevard Victor Hugo; Sunday services, 11 a.m., 3 p.m. and 8 p.m. Minister, Rev. W. J. Macdonald, 18, Boulevard Victor Hugo.

English Consul.—J. C. Harris, Esq., 4, Place Bellevue, near the Port. Hours 9-12. U.S. Consul: Major W. B. Hall, 15, Promenade des Anglais. Hours, 10 to 12.30, and 1.30 to 3.

English Doctors.—Dr. S. S. Ashmore-Noakes, 5, Promenade des Anglais ; Dr. Brandt (formerly of Cannes), and Dr. Egerton Brandt, 29, Bd. Victor Hugo ; Dr. Home Douglas, 5, Rue de Russie ; Dr. A. W. Gilchrist, 39, Bd. Victor Hugo ; Dr. Allen Sturge, 29, Bd. Dubouchage ; Dr. Thomas Linn (American), 16, Avenue Masséna.

English Nurses.—Nice is the headquarters of the Hollond Nursing Institute, Villa Berthe, 14, Rue d'Italie (close to station). Principal, Miss Woodcock. Telegrams, "Woodcock." Telephone, "Dames Anglaises." From 10 fr. a day ; or from 12.50 in the season.

English Solicitor.—Arthur S. Browne, Esq., Palais du Credit Lyonnais, Solicitor to H.B.M.'s Consulate.

Dentists.—Mr. E. Shillcock, 22, Avenue de la Gare ; Dr. N. W. Williams (American), 16, Avenue Masséna ; Mr. L. Garcia (American), 1, Place Masséna ; Dr. Ryan (American), 39, Bd. Victor Hugo.

English Chemists.—Messrs. Nicholls and Passeron, 3, Avenue Masséna ; M. Basso, Avenue de la Gare.

Postal Arrangements.—There are two posts to England from all towns of the Riviera, the mails leaving Nice during the winter by the 3.25 p.m. and 10.30 p.m. *rapides*. The collection at the Place Grimaldi P. O. for the above is at 2.55 p.m. and 9.5 p.m. respectively (station 3.10 p.m. and 10.10 p.m.). Local time is discontinued on the Riviera (except Monaco), and is now the same as railway time. The Chief Post and Telegraph Office is in the Place de la Liberté. Hours, 8 a.m. to 9 p.m. Telegraph office always open. There are two distributions of the English and foreign mails a day, the first beginning at 8 a.m., and the second at 4 p.m. There is an excellent telephone service between Nice and other towns of the Riviera. Charge 25 c. for five minutes' "conversation" to non-subscribers. Offices at the Chief Post Office and the branches in Place Grimaldi and Place Garibaldi.

Banks.—Credit Lyonnais, 15, Avenue de la Gare (a special Anglo-American Department and Reading Room with nearly 200 newspapers) ; A. Lacroix et Cie., 2, Jardin Public ; F. Crossa, 13, Rue Masséna ; Messrs. Thos. Cook & Son, 15, Avenue Masséna. As in most towns in the South of France, the banking hours are from 10 a.m. to 12 noon, and 2 p.m. to 4 p.m.

Baths.—Bains des Galleries, Rue Adelaide; Turkish, Hammam de Nice, 2, Rue de la Buffa.

Cafés.—De la Renaissance, Victoire, de la Paix and de la Régence, Avenue de la Gare. For afternoon teas, ices, etc., Vogade, Place Masséna, and Rumpelmayer, Bd. Victor Hugo. Ladies need not hesitate about going to the latter alone, though in visiting the others it is advisable to be accompanied by a gentleman.

Restaurants.—London House, 10, Jardin Public; Régence; Français; Gourmets, Rue Masséna; de la Reserve (for Bouillabaisse), near the Port. All good, but expensive. London House has a great reputation, but the prices are exorbitant. There are several good restaurants with moderate prices in or near Avenue de la Gare. The National and Helder are perhaps the best. Dinner at *prix fixe*, 3 fr. including wine.

Conveyances.—Cabs: 75 c. for the course (anywhere from one part of the town to another within the octroi). If you cross the octroi you will be mulcted in an additional sum, just as in crossing the line of the four-mile radius from Charing Cross. 2 fr. by the hour. After 7 p.m., 1 fr. 25 c. the course, and 2 fr. 50 c. the hour. For longer distances there is an elaborate tariff, which will be found in the local guides. Tramways: There is a perfect network of trams traversing all the principal boulevards and streets of Nice and the outlying districts. The fares are very moderate. To Cimiez there is an electric tramway which makes about half-a-dozen journeys a day. Fare 50 c.

A carriage and pair can be hired for about 750 fr. a month, or proportionately less for the whole season. These carriages are well appointed, and a respectable-looking coachman is supplied. If the carriage was only wanted once a day—say, for an afternoon's drive—terms at 500 fr. a month might be arranged for.

House Agent.—G. Jougla, 55, Rue Geoffredo.

Living Expenses.—On the increase. The prices at the various fancy shops are high. Ordinary necessaries, fruit, provisions, etc., are, however, not dear. The most expensive shops are along the Avenue Masséna and Quai St. Jean Baptiste. Servants are difficult to obtain at moderate wages. Rents, which up to a few years ago showed a downward tendency, have increased considerably the last two or three years.

English Newspaper.—*The Anglo-American* 25 c., Saturday. Offices, 2, Place Masséna (In Summer, 1, Av. de l'Opéra, Paris). Contains a reliable list of visitors and a good deal of society information.

Reading Rooms and Libraries.—Galignani's, 48, Quai St. Jean Baptiste; Appy, Rue Gioffredo; Bensa, Quai St. Jean Baptiste. An excellent Circulating Library, "The Nice Library," has been founded within recent years at the Palais Credit Lyonnais. Large collection of standard works and modern fiction. Subscriptions 10 fr. a month; 25 fr. the year. There are Reading-rooms at the Municipal Casino and the Casino of the Jetée Promenade, and at the Banks of the Credit Lyonnais and A. Lacroix et Cie.

Shops.—

English Bookseller.—Galignani's, 48, Quai St. Jean Baptiste.

Confectioners.—Guitton & Rudel, 31, Av. de la Gare and Vogade, 1, Place Masséna; Fea, Place Masséna.

Florists.—Ereseo and Vigon, 3, Rue Garnier.

Jeweller.—F. Gast, 1, Quai Masséna.

Photographers.—Numa Blanc, Av. de la Gare.

English Sanitary Engineer.—Hugh Smith, Av. de la Gare.

English Tailor.—F. MacGowan, 19, Av. de la Gare.

Ladies' Tailor.—Redfern, 26, Bd. Victor Hugo.

Wine Merchants.—Claude and Metivet, 29, Rue Masséna; G. L. Portal, 3, Rue Garnier.

Tourist Agents.—Messrs. Cook & Son, 15, Avenue Masséna; H. Gaze & Sons, Place du Jardin Public.

Guide Books.—"The English Guide to Nice," published by Messrs. Galignani, 3*s.* 6*d.* A feature of this handbook is a reliable and well-arranged appendix on the climate of Nice and its suitability or non-suitability for different classes of invalids, by the late Dr. Meyhoffer, who practised here for many years. There is another English handbook to Nice published, but its information is not so reliable, being of a much earlier date. An interesting "History of Nice" has been compiled by Mr. Steinbrück, of the Hotel d'Angleterre. There is also Dr. Barety's "Nice and its Climate," which is considered trustworthy. Of the numerous French guide books, the "Guide Bleu," 1 fr. 50 c. (published annually), is the most useful.

IV.—BEAULIEU.*

THE number of visitors to the innumerable winter stations of the region popularly, but loosely, termed the Riviera probably exceeds that to all the health resorts of South Italy and North Africa together. It is not, then, surprising that new winter stations, fondly described by their discoverers, lay or medical, "The Health Resort of the Future," are continually obtruding their claims upon us. Valescure, Antibes, Beaulieu, La Turbie, Cap Martin, Ospedaletti, Alassio, have all been boomed in turn. But most of these incipient winter stations are rather wanting in distinct individuality, both as regards their geographical and climatological features, and are little more than appendages to their old-established and more prosperous neighbours; for Antibes may be considered as the satellite of Cannes, Cap Martin of Mentone, Beaulieu of Nice, and Ospedaletti of San Remo. The great popularity attained by these larger health resorts has naturally enough tended to make them not altogether desirable as health stations pure and simple. Hence the increasing vogue among invalids of these minor resorts, among which Beaulieu is prominent, as having developed the most rapidly of any. It has, moreover, a distinct climate of its own, and, though so near Nice, has very little in common with its more popular neighbour, and so deserves to be dealt with separately.

The situation of Beaulieu is most convenient, being not more than four miles from Nice and six from Monte Carlo.

* Taken, in part, from an article contributed to *The Queen*.

The climate is as mild as that of the East Bay at Mentone, but less relaxing, owing to the protecting barrier of mountains being more distant, which prevents that cabined and confined sensation complained of by some visitors to Mentone. Beaulieu is particularly well sheltered from north winds by the rocky heights which form such a conspicuous feature in the landscape. The very name of this district—"La petite Afrique," so called from the tropical luxuriance of the vegetation—aloes, cactuses, lemons and oranges growing in as great profusion as in Algeria—is alone enticing to that unhappy band of invalid *hiverneurs* who are "but killing time till time kills them."

This promising little winter station forms a good centre for excursions, and the beautiful peninsula of St. Jean, so much neglected by Nice visitors, affords ample opportunities for drives and rambles. The Corniche road is also now easily reached by carriage from Beaulieu, as a carriage road to the Quatre Chemins near the Observatory has recently been constructed. Another favourite excursion is to the strikingly situated mountain village of Eze, with the picturesque ruins of a Saracenic castle. From the railway the village looks absolutely inaccessible, but close to the Eze station (two miles from Beaulieu) a skilfully constructed mule path will be seen, by which the village can be reached in a little over an hour. Eza, or Eze as it is officially called, in accordance with the wholesale gallicising of the place nomenclature of the district, can also be reached by carriage from the Corniche road.

One drawback to Beaulieu, however, in the eyes of invalids who desire rest and quietness, consists in its very accessibility. Being on the high road from Nice to Monte Carlo, the great traffic raises an unpleasant amount of dust and noise. Then, too, the Reserve restaurant is a favourite lunching place for fashionable roysterers from Monte Carlo, and the daily incursions of these noisy bands of

visitors are a little resented by the regular winter sojourners.

Beaulieu is of some interest to sportsmen and naturalists, on account of St. Jean (only a couple of miles distant) being the seat of the Nice tunny fishery, the only one in existence west of Genoa. The fishery season lasts from March to October, and the operations are interesting and exciting, though the wholesale butchery of the huge fish is a little repugnant to fastidious tastes.

The hotel accommodation is very good. The principal hotel is the Hôtel des Anglais, a first class house, under English proprietorship. Pension from 12 fr. Rather more moderate are the two smaller hotels, Métropole, on the shore, and the Beaulieu. Pension from 10 fr. A new hotel, planned on unusual lines for the Continent (the only similar establishment on the Riviera being La Madeleine, at Cannes), was built in 1895. It is called the Victoria, and is of the residential hotel type, modelled after the fashion of the Hotel Belgravia, London, being composed solely of apartments *en suite* with public reception rooms, so that guests have the privacy of a modern flat, coupled with the conveniences of a high-class family hotel.

There are also two or three small pensions. Furnished villas can also be rented. The choice of this place as a winter residence by Lord Salisbury, who may, perhaps, do for Beaulieu what another famous statesman did for Cannes, seems to have given a great impetus to the building of villas in this region. In fact, the early discoverers of the place are rather inclined to deplore this as tending to vulgarise this beautiful little spot, and to make it a mere suburb of Nice.

Beaulieu is too small a place for anything in the nature of ordinary urban amusements, but, in addition to the numerous walks and drives, there is very good and safe

bathing in the bay, and at St. Jean good sea fishing and boating can be obtained.

There is a certain amount of society among the residents, and the English community are fairly sociable. An English church dedicated to St. Michael was built in 1894, the funds being entirely provided by English residents and visitors. Chaplain, Canon de Chair, M.A. An English physician, Dr. Johnston-Lavis (formerly of Naples), practises here during the winter: another indication of the growing importance of Beaulieu as a health resort.

Medical advice is also obtainable at very short notice from Nice or Monte Carlo—though, strictly speaking, the doctors at the latter place are not allowed, according to the terms of their licence, to practise outside the Principality of Monaco.

The local communications are excellent, and the train service very well arranged, thanks to the proximity of Beaulieu to Monte Carlo. Every train, including the *train de luxe*, stops at its station. (See under "*Routes*" in NICE Chapter.) Those desiring to economise can take the local omnibuses, which run frequently throughout the day, but at irregular intervals, to and from Nice (Place St. François), fare only 75 c. A cab to Nice and back, with half an hour's stay allowed, costs about 8 fr. Beaulieu is about twenty-eight and a half hours from London, *viâ* Dover and Calais. The first class fare is £7 14*s*., and the second class £5 5*s*.

V.—MONTE CARLO.

"How like a gem beneath, the city
Of little Monaco, basking glowed."

MONTE CARLO is the most serious rival of Nice, and certainly there is no watering place on the Riviera more picturesquely situated. Its delicious climate and beautiful and varied scenery attract each year a larger number of visitors and residents. The sternest opponents of the gambling establishment, or "Cercle des Étrangers," as it is euphemistically termed by the proprietors, are fully alive to the natural beauties of its surroundings, and regretfully murmur, as they glide past the station of this "poisoned paradise" on their way to Mentone: "Where every prospect pleases, and only man is vile." The scenic beauties of Monte Carlo are too familiar to be enlarged upon. The striking combination of the picturesque and the idyllic, the juxtaposition of bold Alpine landscape with the luxuriance of vegetation, the richness of colour, and the continuous sunshine which we associate with tropical regions, can hardly fail to extort admiration even from those whose æsthetic faculties are not very highly developed. The place is beginning, however, to be resorted to by a good many visitors who are not attracted by its facilities for play, and even mildly disapprove of it, as it is found that the frequenters of the *salles des jeux*, as a rule, keep very much to themselves, and do not mix with visitors who come for their health, or to enjoy the climate and scenery.

The suppression of the gaming tables is, however, only

a question of time. It is not likely that the present Company, who lease the Casino from the Prince of Monaco, will be able to hold their own many years longer in the teeth of public opinion in the south of France. The lease expires in 1913, when, if not before, it is generally supposed that sufficient pressure will be brought to bear on the Governments of France and Italy to induce them to compel the Prince to close the establishment. Judging from the increased popularity which Homburg, Baden, and other fashionable watering places have attained since the suppression of their gaming tables, it is probable that hotel keepers here will not lose if a similar policy is carried out.

Monte Carlo is ten miles from Nice and six from Mentone. The railway journey from Nice is in itself a delightful trip. The line runs along the coast, protected from the sea by a sea-wall, and, except that the scenery is wilder and more beautiful, reminds the passenger of the South Devon line between Dawlish and Teignmouth. Between the numerous tunnels, charming glimpses are to be had of the sea, almost lying at your feet. This trip has been fancifully compared to travelling through a flute, and looking out through the finger-holes.

Climate and Temperature.—Monte Carlo enjoys complete protection to the west and south-west by means of the lofty rock on which the old town of Monaco is perched, and to the north and north-west by the high mountains, which here approach to within a short distance of the sea. The mean annual temperature is 2° higher than that of Mentone. The great mildness and equability of the climate is proved by the fact that, during an exceptionally severe winter, some few years ago, when at Cannes and Nice a number of plants, recently acclimatised, were destroyed by the frost, similar plants at Monte Carlo were

not injured at all, although in the open air. At Mentone, too, the lemon trees that winter were much damaged by the severity of the weather; yet the lemon trees at Monte Carlo did not suffer in the least.

As a winter climatic station there is no doubt that Monte Carlo has a great future, and certainly when the public gambling tables are abolished—no unlikely event in view of the strong public feeling of the principal Riviera towns —Mentone and San Remo will have to look to their laurels. Both topographically and climatically Monte Carlo is particularly well adapted as a sanatorium. Here we have a milder and more equable temperature than Mentone, a site which is even better protected from cold winds than the latter town, an admirable water supply, and an efficient system of drainage. The two latter advantages are no doubt traceable to the liberal expenditure of the Casino authorities. Many medical men who are fully alive to the undeniable intrinsic merits of Monte Carlo as an invalid station will, however, hesitate to recommend the place on account of the dangerous—medically speaking—counter attractions of the Casino, with its hot and ill-ventilated gambling rooms, its noisy crowds, and the inseparable excitement and turmoil. In spite of this a considerable number of invalids will be found among the winter residents.

It is not advisable, especially for invalids, to remain at Monte Carlo after April. Invalids will probably eschew the gambling rooms altogether; but if they wish to visit them, it should be during the day. In the evening they are stifling, the ventilation being very defective.

Hotels.—Excellent hotel accommodation. A little more care should, however, be exercised than at Nice or Cannes in the selection of a suitable hotel. The most fashionable and expensive are Métropole, Continental, and des Anglais (Cook's coupons). The Métropole is on a grand scale and luxuriously appointed, but it is decidedly expensive. The Hôtel de Paris is frequented

chiefly by *habitués* of the Casino, and for that and other reasons cannot be unreservedly recommended. Its *cuisine*, too, which once had a European reputation, has fallen off very much of late years. A feature of the Hôtels Métropole, Grand and Paris are the excellent *table d'hôte* dinners at the price of 7 fr. 50 c., 6 fr. and 5 fr. respectively.

The daily tariff at the above hotels, during the season (December 15th to end of April) would be from 20 or 25 fr. All are perfectly appointed and equipped with lift, electric light throughout, billiard-rooms, etc.

Slightly more moderate in their charges are the high-class hotels Victoria and Prince de Galles (under the same proprietorship), St. James, and Monte Carlo. *Pension* from 15 fr. All the above are furnished with a lift, and several are lit with electric light. The following have a lower tariff:—Windsor, de la Terrasse, and Beau Rivage, Russie, Londres, Splendid, Europe, Royal (more of a family hotel). The Europe has an excellent 4 fr. *table d'hôte* (wine included), much patronised by those visiting Monte Carlo for the day. *Pension* from 10 or 12 fr. The Hôtels de Paris, Londres, and Royal are open all the year.

Cook's hotel coupons are taken at Hôtel des Anglais and Hôtel Beau Rivage, and Gaze's at Hôtel Splendid and Hôtel Londres.

The following Pensions have been recommended: - Villa Ravel, Château de Plaisance, Villa du Midi, and Villa Victoria. *Pension* from 8 fr. The Monaco hotels are much cheaper (from 10 fr. to 20 fr.) than those at Monte Carlo; but the splendid situation and superior accommodation of the Monte Carlo hotels fully compensate for the higher prices. Of these, the Hôtel des Étrangers can be recommended. It must be remembered that Monaco is not so well adapted for invalids as Monte Carlo.

Villas and Apartments.—Villas let freely at Monte Carlo, but the rents are high. The prices at which the following villas have been let (furnished) during the past two or three seasons will serve as an indication of the rentals:—Villa Indiana, Boulevard Pereira, 6000 fr.; Villa Annette, Avenue St. Charles, 10,000 fr.; Villas Renée, and Susanne in the same Avenue, each 9000 fr.; Villa Henrietta, Route de Menton, 25,000 fr.; Villa La Rève, on the same road, 6000 fr.; Villa Bolivar (unfurnished), Bd. des Moulins, 3000 fr.

Apartments are scarce and command high prices.

Excursions.—Monte Carlo makes a capital centre for walks and drives. After exploring the picturesque sea-girt city of Monaco, and the mediæval village of Roquebrune, an active pedestrian can scale the heights of the Tête de Chien by a steep mule-path. Or he can take the funicular railway which runs almost hourly from Monte Carlo to La Turbie—the "Rigi of the Riviera." Among the more distant excursions are the beautiful pine-clad peninsula of Cap Martin, the village of Laghuet (a renowned place of pilgrimage), north of La Turbie, and the strikingly situated cliff village of Eze, perched like an eagle's nest on the topmost peak of a precipitous mountain.

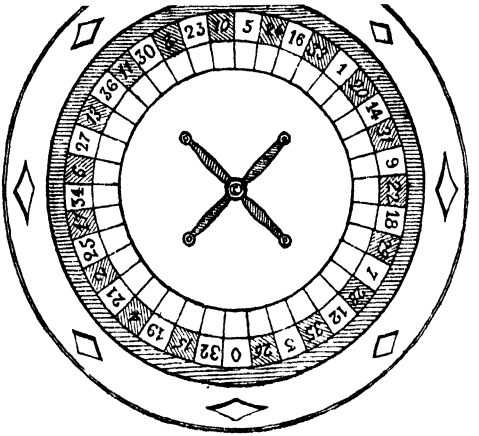
The Casino.—The "Cercle des Étrangers à Monaco," as the Casino is officially styled, is built in a commanding situation, on a promontory about three-quarters of a mile from the town of Monaco. It is a huge ornate structure, suggesting in its main features a faulty miniature copy of the Paris Opera. It is not an artistic success. In fact, this obtrusive, over-decorated building—a bit of sublimated Haussmannism—seems grotesquely incongruous amidst such beautiful rural surroundings. However, the votaries of the green tables are not likely to trouble their minds about the æsthetic shortcomings of the exterior of this Temple of Chance. Several alterations and enlargements have been recently carried out in the building. A portico at the entrance dwarfs the fine façade, and does not improve the appearance of the Casino. A lift from the station to the top of the steps has recently been added. Fare 25 c. The *salles des jeux* have been enlarged, and in the height of the season eight tables for roulette and three for trente et quarante tempt the visitor. The play now lasts from noon to 11 o'clock, and the administration enforce more strictly the rules as to admittance, a ticket being occasionally asked for even from *habitués*. Fronting the entrance hall is the theatre, where, twice a day—at

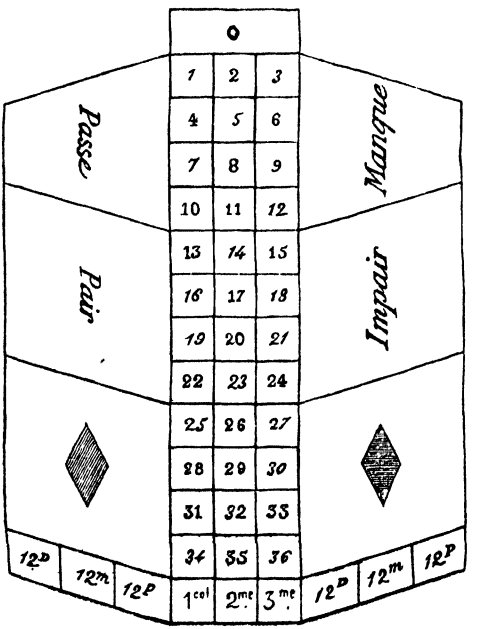
2.30 and 8 o'clock—orchestral concerts are given. The orchestra, which consists of eighty first class musicians, is considered one of the best in Europe. The concert hall and the reading room (which is well supplied with English, American, and Continental papers) are absolutely free. There is no charge even for programmes.

The famous Classical Concerts, which take place from 2 to 4 every Thursday during the season, are, however, no longer free. Owing to the crowds attending them, it has been found advisable to make a small charge. The tickets vary from 3 to 8 fr., and a subscription for the whole series (usually twenty) of concerts costs 75 fr.

For the *salles des jeux* a ticket is required; English visitors, on the production of their visiting cards, will have no difficulty in obtaining one. They are issued at the office to the left on entering. They are available for the day only; but if special application is made, a season ticket (white) is given, which is good for three months. The *salles des jeux* consist of four or five saloons, profusely decorated in the Moorish style. The first two and the third are usually devoted to roulette, and the two others (in the height of the season) to trente et quarante. The diagram on the opposite page will explain the different chances at roulette.

Visitors will at first have some difficulty in following the game, and perhaps it is best that they should content themselves with the *rôle* of spectators. If, however, the gambling spirit is not to be resisted, the following short description may be useful: The stakes at roulette are from 5 fr. to 6000 fr., but at the trente et quarante table nothing less than a louis is accepted, the limit being 12,000 fr., and all stakes must be divisible by 20. Each roulette table is virtually divided into two, one on either side of the roulette wheel. Visitors can stake their money on the numbers from 1 to 36, and the maximum





PLAN OF A ROULETTE TABLE.

for a number is 180 fr. If the number they have selected turns up—*i.e.*, if the ball falls into the compartment with a corresponding number—they will receive thirty-five times their stake. There are, besides, three even chances—red or black, manque or passe (*i.e.*, under and including eighteen, or over), and pair or impair (even or odd). There are, as well, combinations with the numbers; *i.e.*, a stake may be placed between two (*à cheval*) or three numbers, with the chance of winning seventeen or eleven times the stake respectively. It may also be placed between four numbers (*carré*), or to cover six numbers, yielding, if successful, eight times or five times the respective stakes. It is evident, then, that the bank has an immense advantage over the punters, as, in addition to the chance of zero (which turns up on an average once in thirty-seven times), it gives the winning player a point below the true odds, which are, of course, thirty-six to one. For this reason the regular players generally prefer trente et quarante, which is a more favourable game for the punter.

Trente et quarante is more difficult to follow; but there are only two chances—red or black, and *couleur* or *inverse*. The croupier deals out cards, face upwards, in two rows. The first row is called *black*, the second *red*. As soon as the number of pips in the first row has exceeded thirty, he begins with the second row, and whichever row is nearest thirty wins. In the *couleur* or *inverse* the chance depends on the colour of the first card dealt. If the first card in the first row (supposing black wins) is black, *couleur* wins, and if red, *inverse*. If the number of pips in each row is equal, the deal does not count (except in the case of "31 all"), and the punters are at liberty to withdraw their stakes, or leave them. If the tie of 31 occurs, then this gives the bank what is called the *refait*, which has the same effect as zero at roulette. It operates

as follows: All stakes are withdrawn, or "put into prison," as it is termed, and only refunded, *with no additions if they win*, on the next coup. So that the *refait* is really a forfeit to the bank of 50 per cent. It has been calculated that it occurs on an average once in seventy-two times. These explanations will, it is hoped, serve to show the great "pull" the bank invariably has over the punter, and may be appropriately wound up by reminding visitors of the proverb so often quoted at Monaco: "C'est encore rouge qui perd, et encore noir; mais toujours *Blanc* qui gagne!"

It must be admitted that the game of trente et quarante is conducted with the most scrupulous honesty by the croupiers. Indeed, it has been cynically argued, that the mere fact of the eyes of the sharpest scoundrels in Europe being bent upon the dealer is alone sufficient to guarantee the fairness of the play. Without discussing the vexed question of the morality of play, which is a matter for the individual conscience, it cannot be denied that the general surroundings of the *salle de jeu* are most unhealthy. It is a "focus of all the blackguardism of Europe," and the atmosphere is polluted, both literally and metaphorically.

As for the expediency of play there can be but one opinion. As a mere amusement it is, at the best, an exciting and costly recreation, but for a player to gamble continuously for days or weeks with the serious intention of coming off a winner in the long run, the folly is patent. As a matter of fact, the bank possesses three indisputable advantages over the punter, viz. (1) the rule of the maximum, which puts a stop to anything in the nature of a "Martingale"; (2) allowing one point below the real odds on the numbers, and (3) zero, any one of which would alone serve to break a syndicate of Rothschilds.

Mr. Clement Scott, in his "Land of Flowers," states the case very cleverly when he points out that there are only

two "infallible systems,"—one is that there is no system ever devised capable of beating the bank at its own game, and the other that the luckiest gambler, if only he play long enough, will invariably come away the heaviest loser.

If English visitors must visit the gambling room, it is preferable to leave the ladies of the party outside, at any rate. The sight, which can frequently be witnessed, of a fresh young English girl—perhaps making her first Continental trip—her cheeks flushed with unwholesome excitement, leaning over the roulette table, wedged in between a beetle-browed and sinister-looking blackleg and his equally objectionable "lady friend"—is a spectacle as incongruous as it is unpleasing. Those who can compound with their consciences by condemning the play, and yet taking full advantage of numerous attractions and entertainments provided gratis by the administration, but which are, of course, virtually paid for by the victims of the tables, have certainly no grounds for complaint. At the Monte Carlo casino they get absolutely for nothing what would have to be paid for by a heavy subscription at the casinos of Vichy, Wiesbaden, Homburg, Carlsbad, and other fashionable health resorts. Even the famous *table d'hôte* dinners of the Hôtel de Paris, the property of the Casino Administration, may be said to be subsidised by the losers at play, as it is notorious that the five francs charged for these excellent repasts leave no margin for profit, exclusive, of course, of the wine department. In fact, some ingenious patrons of the Casino, with a turn for paradox, argue that it is more moral to play than not, as the players are at any rate doing their best to render the continuance of the Casino impossible, while the non-players, who enjoy all the privileges of the place, may be said to participate with the proprietors in the spoiling of the Egyptians!

Of other amusements, operatic and theatrical perform-

ances are given frequently during the season, for which the leading singers and actors and actresses from the great capitals of Europe are engaged. There is a uniform charge to all parts of the theatre. An international pigeon-shooting meeting is held in December, masked balls during Carnival, and a regatta at Easter.

The gardens have often been described; they have been laid out with exquisite taste, and form a charming lounge for visitors. In short, the natural beauties of Monte Carlo cannot be equalled through the whole length of the Riviera, from Hyères to San Remo, and it well deserves the title, "the beauty spot of the Riviera."

MONTE CARLO MEDICALLY CONSIDERED.

By Dr. R. Pryce Mitchell.

As a winter health resort, Monte Carlo is considered by invalids to be without a rival on the Riviera. Nature has dealt lavishly towards this miniature Principality. The gradual incline from the sea-level to the Place de Casino, then to the higher level of the Boulevard du Nord, and again continued in a most precipitous manner towards the village of La Turbie, clearly demonstrates that Monte Carlo possesses a climate both sedative and bracing. It will thus be seen that the invalid by a change of altitude can respond to the requirements, and regulate the physical demand for opposite effects, common to all constitutions, without much mental exertion or pecuniary anxiety. Until the last few years, the majority of consulting practitioners in London and other parts of the United Kingdom ignored the superior claims of Monte Carlo, owing to the existence of the gambling rooms; but invalids have discovered for themselves the beneficial effect produced by one or more seasons' residence in this charming locality.

The many varieties of acute and chronic affections of the throat and lungs benefit by the soothing, and in many instances the curative, effects of the dry, equable and bracing climate. Gout and rheumatism in all their phases soon respond to the

palliative surroundings. The same applies to heart disease, Bright's disease, and liver complications.

Numerous cases of nerve lesions and insomnia, with its various causes, have shown indisputably the beneficial in the former and the curative results in the latter cases, after a limited sojourn in the principality. The climate is well adapted to young children—strumous cases especially—but those of a highly nervous temperament find the climate exciting at the age of thirteen. Up to this age the writer has found that any altitude in this locality is well adapted as a winter residence for children. The month of May often proves too trying for infants and young children. During this month they frequently develop feverish tendencies, and a removal to a colder climate is advisable about the end of April.

The death-rate among the English visitors is markedly low, which is due to the absence of infectious or contagious diseases, also to the excellent sanitary condition of the hotels and villas. Visitors residing in the lower level of Monte Carlo, Les Moulins, or La Condamine, complain of the enervating and lethargic effects. A change to the higher level is often productive of immediate and permanent benefit. The same applies to the residents of the latter locality, where a bracing effect is non-suitable.

It may be well to mention here that the tariff at the hotels, etc., on the higher level is almost as moderate as that of the numerous small hotels and pensions situated in La Condamine or Les Moulins. To pleasure-seekers and invalids alike, much benefit is obtained by a daily walk of one or two hours towards La Turbie.

Meteorological Conditions.—Owing to the change of climate throughout the whole of Europe, within the last few years, the mean temperature of the Riviera has, of necessity, considerably altered. The colder months, viz., January, February and March, are not alike two years in succession, but the absence of the winds from the north, and the protection from the north-west winds afforded by the projecting Tête-de-Chien, enhance the effect of the sun's rays during the season of "cold winds" from this direction. The mean daily temperature from November to April is 53° Fahr. and the lowest 35° Fahr.

The boulders and rocky elevations on the line of mountains forming the northern boundary reflect the sun's rays, and add their quota to the higher temperature of this locality.

Tourists as well as invalids should note the change in the temperature between 4 p.m. and 4.30 p.m. The sun disappears behind the Tête-de-Chien at this hour during the months of January, February and March, when a fall of 2° to 4° in the temperature takes place. This fall depends on the direction of the wind, which, if it be easterly or south-easterly, necessitates the exercise of much care on the part of invalids. The mistral should also be guarded against, as it is usually accompanied by a cloudless sky, and the warmth of the sun proves but too deceptive to new comers. Outer wraps are especially advisable during carriage exercise. The greatest rainfall occurs in the months of October and November, and the occasional wet days during the earlier months of the year are more welcomed than deprecated, as the refreshing and balmy condition of the air, the freshened verdure of the olive, palm, and caruba trees, and the heightened scent of the orange and lemon blossoms, and the numerous flowers testify.

The weather in the dead season is spoken of by the English residents as not being "too hot." The constant sea breeze springing up, together with the primitive summer aspect of this fashionable winter resort, make the interval a pleasant one after the excitement of a full season. During the autumn and early summer months the weather is at its best, and the little principality wears its best colours.

Sanitation.—Since the mild epidemic of 1888 the Monaco authorities have exercised the strictest control over the sanitary condition of the principal hotels, villas, and pensions. A Sanitary Committee was formed, with an English medical man added to its number ; rules were framed and properly carried out. The English system was adopted at most of the hotels, certificates of which can be seen in the entrance hall of each hotel. The proper construction of the cesspools and their efficient ventilation have produced the desired effect, so that from a sanitary point of view also Monte Carlo can claim to be one of the healthiest of winter resorts. It is erroneously supposed that the pipes seen on the shore at La Condamine convey drainage matter into the

sea. When the streets are watered, or after a heavy rainfall, the refuse thus carried away may be seen emanating at the mouths of the pipes; but the contents of sinks, and kitchen utensils, and gutter-flushings alone are conveyed to the spot. It is therefore advisable to refrain from utilising the cesspool as a receptacle for the above.

General Notes.—It is a subject of great controversy what beverage is most adaptable to the Riviera climate. A hard-and-fast rule cannot be adopted in this matter. Individual habits, temperament, general health, and physique must play an important part in any advice given.

Light wines, such as clarets and white wines, are accepted by the majority as the safest beverage, whisky being the staple spirit of all victims to gout and rheumatism. English malt productions are non-suitable to the climate.

The mode of diet is healthy and nourishing. Fatty and greasy foods are to be avoided. Early rising is advisable, as the refreshing effect of the morning air is one of the principal charms of the elevated position of this portion of the Riviera. Pedestrians revel in the bracing and invigorating effects of the scent of the pine trees on the footpath to La Turbie, or on the more even road to Cap Martin in the early morning.

The bathing esiablishment in the Hôtel des Bains in The Condamine is well patronised in fine weather. The writer strongly recommends the beach on the "Bas Moulins" as the most sheltered position for bathing. A service of bathing-machines at this spot would be a much appreciated concession on the part of the Monaco or Casino authorities. Visitors to the Casino, and more especially those who remain there for many hours in succession, are advised to apply some form of additional outer covering before regaining the open air.

Boating exercise is not much resorted to by visitors. This is surprising, as the boats for hire are well adapted for open sea rowing and sailing. This pleasant pastime is much in vogue by the Monégasques during the summer and autumn season.

MONTE CARLO, *June* 1892.

PRACTICAL INFORMATION.

Routes.—*Viâ* Calais, Paris, and Marseilles. Fare: first-class, £7 16s. 3d.; second, £5 6s. 8d.; by *train de luxe*, from Calais, 102 fr. (ordinary sleeping car 78 fr.) in addition. Time, twenty-nine hours; or by the latter service, twenty-seven hours. (See "Routes" in Introductory Chapter.) The first class fare by the Dieppe route is £6 13s. 10d., second, £4 12s. 8d. Registered luggage from France is examined at Monaco station.

Church.—A small Episcopal Chapel has recently been built near the Hôtel Victoria, but outside the Principality. Chaplain, (S.P.G.) Rev. F. Stewart, M.A., Hôtel Splendid; Sunday services at 11 a.m. and 3 p.m.

English Vice-Consul.—E. Smith, Esq., Villa des Palmiers; U.S. Consular Agent, M. De Loth, Les Moulins.

English Doctors.—Dr. Fagge, Villa de la Porte Rouge; Dr. Fitzgerald, Villa Picciola; Dr. Hutchinson, Villa Mai; Dr. R. Pryce Mitchell, Villa Henri.

American Dentist.—Mr. Ash, Villa Paola, near Crédit Lyonnais.

English Chemist.—Mr. Cruzel, Pharmacie Anglaise.

Postal Arrangements.—The Post and Telegraph Office is on the Monaco Road, a little past the Gardens. Rates the same as in France, but Monaco postage stamps must be used.

Banks.—Messrs. Smith and Co., Galerie Charles III.; Crédit Lyonnais, Rue du Nord.

Cafés and Restaurants.—Riche, Paris, Métropole, Ciro's Anglo-American Bar. Restaurants are also attached to the hotels Continental, Victoria, Prince de Galles, Russie, and Europe.

Conveyances.—Omnibuses from St. Roman to Monaco Station, and from the Casino to Old Monaco. Cabs: 2 horses; tariff 1 fr. 50 c. for the course, 3 fr. per hour. Limited to the Principality. A list of fares is attached to each carriage.

House Agents.—Messrs Roustan, Grand Hotel; Messrs. Smith & Co.

Shops :—

Florist.—Mme. Louis, Boulevard du Nord.

Jeweller.—B. Reynier, Grand Hotel.

Milliner.—Messrs. Sert & Co., Galerie Charles III.

Photographer.—Numa Blanc, Fils, Villa de la Geronstère.

English Tailor.—Pile & Co., Avenue de la Costa.

Ladies' Tailor.—Redfern, Avenue de la Costa.

Guide Books.—"Monte Carlo and How to do it," by F. W. Goldberg (Arrowsmith, Bristol, 2*s.*), and "Monaco, the Beauty Spot of the Riviera," by Dr. Pickering.

VI.—MENTONE.

MENTONE can boast of a milder climate and a more equable temperature than any other health resort on the French or Italian Riviera. This is due to its sheltered position. For many years after its discovery by Dr. Bennet it was almost exclusively regarded as an invalid station of the first importance. But of late years it has been much frequented by ordinary visitors, who are attracted by the beauty of the scenery and the comparative cheapness of living. It is a common notion that Mentone has rather a depressing effect, on account of the number of invalids; but the proportion of this class of visitors among the winter population is not so large as is generally supposed. It must be remembered, too, that the character of Mentone has changed a great deal of late years. Compared to many of the smaller stations on the Mediterranean littoral, Bordighera or Ospedaletti for instance, it is now a decidedly gay place. In fact, the remark attributed to an Irish visitor, that "but for an occasional funeral there would be no life in the place," may be regarded simply as an amusing instance of Milesian hyperbole.

M. Guy de Maupassant's beautiful description of Mentone in "Afloat" seems no doubt written under the influence of a somewhat funereal atmosphere, but a good deal must be allowed for artistic licence when he writes *à propos* of the Mentone cemetery:—

"This charming and balmy country is the hospital of society and the flowery cemetery of aristocratic Europe. . . . How truly in every part of the world this lovely and

terrible spot must be accursed, this ante-room of Death, perfumed and sweet, where so many humble and Royal families, burghers or princes, have left some one, some child on whom they concentrated all their hopes and lavished all their love and tenderness. . . . What a spot it would be for the living, that garden where the dead lie asleep! Roses, roses, everywhere roses. They are blood-red, or pale, or white, or streaked with veins of scarlet. The tombs, the paths, the places still unoccupied, and which to-morrow will be filled, all are covered with them."

But even granting that Mentone is not so gay and lively as Nice, Cannes, Monte Carlo, or even San Remo, to many visitors, even those who are not serious invalids, the comparative repose and tranquillity of Mentone will come as a pleasing relief after the bustle and gaiety of Nice, or the fashionable dissipations of Cannes. Besides, Monte Carlo is only a quarter of an hour's distance by train; in fact, the facility with which this popular resort can be reached is a standing grievance with many of the winter residents, who wish to make Mentone a health resort pure and simple.

The view of Mentone from the sea is one of great beauty. It extends along the lowest slope of the Maritime Alps in the form of an amphitheatre. A prominent feature in the foreground is the old town, which, perched on a rocky promontory, divides the bay into two parts. The modern town, with its white houses relieved by the bright green foliage of the olive trees, seeming to shrink back from the sea, and to take refuge under the shelter of the mountains, adds to the beauty of the picture. Most visitors, however, coming by rail, and having to drive through rather an uninteresting suburb, are not much impressed with their first view of the town.

Society.—The English community at Mentone is

sociable, and not, perhaps, so exclusive as that of Cannes. Social gatherings generally take the form of luncheon parties or "at homes," and there are not many dances given. Mentone being a favourite resort of overworked clergy, there is a decidedly clerical tone about the society, which resembles, to some extent, that of an English cathedral town. An English club, which is well supported by the visitors, has recently been founded.

Hotels.—There is a very wide choice. There are more hotels, in proportion to population, than in any of the Riviera stations, and this competition partly accounts for the comparative cheapness of Mentone. The guide books do not assist much in helping the visitor to choose, as they generally omit to mention in what quarter of the town the hotels are situated.

The following are the best and the most frequently patronised by English visitors: In the West Bay, the Hôtels National and Iles Britanniques, both excellent but rather expensive; Hôtel du Louvre, the largest hotel in Mentone, good and moderate (from 9 fr.); Hôtel de Venise, quiet and moderate; Hôtel d'Orient; Hôtel Cosmopolitan, on a hill behind the station. These are all away from the sea and well sheltered. The Hôtels Splendide, Paris, Métropole, Royal, Menton, and Littoral are all near the sea, and, excepting the first, which is close to St. John's Church, are on the Promenade du Midi. The Hôtel des Colonies is an excellent, quiet hotel, much frequented by English, although it has no garden. All these hotels, excepting the Cosmopolitan, have lifts, and several have tennis courts and English billiard tables. The hotels along the shore of the East Bay are very well sheltered from winds. The best are the Hôtel Bellevue, Hôtel d'Italie, Hôtel des Anglais, and the Grand Hotel. The Hôtel Britannia is a good, quiet hotel, with very moderate charges. The Hôtel Beau Rivage is quiet and comfortable. The Hôtels Bellevue, Anglais, Italie, and Grand are furnished with lifts. The Hôtel Alexandra, a fine new hotel recently opened in the Gorbio Valley, one mile from Mentone, can be recommended to invalids; it is beautifully situated, and has a large garden.

The charge for *pension* at most of these hotels is from 9 fr. upwards, except the Iles Britanniques, National, and Alexandra, where 10 fr. is the lowest *pension* charge. Cook's coupons are accepted at the Hôtels Menton, des Anglais, and Italie; and those of Gaze at the Grand, Bellevue, and Louvre.

Most of the hotels send omnibuses to the station. Many have large gardens with lawn tennis courts. All are closed in the summer, except Hôtels de Menton and du Parc.

Of the cheaper hôtel-pensions the following can be recommended: Londres, St. George, Pension des Rosiers, on the West Bay, and Pension Sta. Maria ("chiefly for ladies," *Baedeker*), and Villa Marina on the East Bay. The charges are from 7 to 10 fr. a day.

Near the Hôtel Bellevue is the Villa Helvetia, a convalescent home for ladies of limited means between the ages of eighteen and forty. The inclusive charge is 20*s.* a week. For terms, write to the Hon. Sec., Messrs. Barclay, Bevan & Co., bankers, 54, Lombard Street, London.

Villas and Apartments.—Furnished villas are plentiful, and, as a rule, the rents are more moderate than at Cannes or Nice. 3000 fr. to 4000 fr. for the season would be about the average rent in a good situation, but there are a few to be let at 1500 fr. to 2000 fr. Lists with full information can be obtained from Mr. Palmaro, the principal house agent. Private apartments are scarce. Mrs. Willoughby (widow of the late Mr. Willoughby, house agent), has some to let at Villa Claire.

Amusements, etc.—There is very good boating and bathing. The water is remarkably clear, and on a calm day the pebbles at the bottom can be seen at a depth of three or four fathoms. The harbour is well protected by a breakwater, and there is good accommodation for yachts. Sailing boats can be hired for 2 fr. an hour, or 12 fr. for the whole day. There is a good club, to which the subscription is only 60 fr. for the season. It possesses a fairly good ball-room, in which dances are given occasionally during the season. Concerts and dances are sometimes given by the Cercle Philharmonique. There

is a pretty little theatre attached to the New Casino, for operettas, etc.

Mentone is a capital headquarters for those wishing to explore the little-known Maritime Alps. It is rather curious that this interesting range should be so much neglected by climbers. Mountain scenery is not a question of altitude only, and from some of these peaks —none higher than 7000 ft.—the most glorious views can be counted upon, as the summits are generally free from clouds, so clear is the atmosphere.

Excursions.—There are numerous pretty walks and drives in the environs well within the walking power of all but invalids. "A daily expedition in almost every variety of magnificent scenery can be made by visitors" (A. J. C. Hare). In order to fully enjoy the lovely scenery around Mentone, it is necessary to climb the mountain ridges which surround the town. The following charmingly written description of the glorious views is not at all overdrawn :—

"Here a magnificent panorama is exposed to view: in the background a magnificent sweep of high mountains, remarkable for the variety and beauty of their form and the warmth and richness of their colour; in front the limitless expanse of deep blue sea, still and smooth as the surface of a mirror, or crisped into small white crests of foam by some light breeze; far in the distance the snow-clad summits of the Corsican Hills, touching the azure sky, like the ivory pinnacles of some unearthly temple; on each side the exquisite coast scenery; towards the west, the wooded promontory of St. Martin, the picturesque village of Roccabruna high up on the hillside; the bold precipice of the Tête de Chien, and the old tower of Turbia above Monaco; the rocky promontory of Monaco itself, its miniature bay, the glittering towers of the Casino

of Monte Carlo; and stretching out into the sea, far in the west, the ever-beautiful range of the Esterels. Orange, lemon, and olive groves are spread out at our feet; and to the east there are the steep, rock-bound coast of the Eastern Bay, and the adjacent frontier of Italy, the fine promontory of Cap Mortola, with steep red rocks behind it, and the carriage road into Italy winding over it; and extending far into the sea, and forming the eastern limit of the view, the sunny promontory of Bordighera. All this, seen in the varied and gorgeous colouring of the setting sun, with its many hues of blue and purple and crimson and gold, composes a picture of almost unrivalled beauty."

Those who do not care to walk can hire a donkey at 5 fr. for the day. Of longer excursions, the following are interesting: Roquebrune (three miles), Gorbio (carriage road, five miles); and Monte Carlo (seven miles); Bordighera (eleven miles), across the Italian frontier; Castellar, an interesting mountain excursion, which would take about two hours and a half (carriage road); and, if possible, Sospel (fourteen miles). The latter excursion is, perhaps, the most interesting of all, and the views are only surpassed by those from the Corniche road above Monaco. The charge for a carriage and pair for this trip would be 30 fr. Detailed descriptions of these drives and excursions will be found in Joanne's "Stations d'Hiver de la Mediterranée," and in Black's "Handbook for the Riviera." Mentone itself should not be neglected. The old town is extremely interesting, with its mediæval architecture. Its flights of steps for streets render it accessible for foot passengers only.

Dr. Bennet and Mentone.—A description of Mentone would hardly be considered complete without some mention of the late Dr. Henry Bennet, who may be said to

have discovered Mentone. He is certainly the greatest authority on all questions connected with the climate and temperature of this resort, and its suitability to the various classes of invalids. It must be admitted, however, that many medical men acquainted with this part of the Riviera consider he takes rather too rose-coloured a view of the benefits to be derived from a winter residence at Mentone. His exhaustive work on the Riviera climate, "Winter and Spring on the Shores of the Mediterranean," should be consulted by all invalids; and, in fact, all visitors will find a good deal of interesting information in it. He considers Mentone especially adapted for pulmonary consumption (earlier stages) and chronic asthma.

MENTONE FROM A CLIMATIC, HYGIENIC, AND SANITARY POINT OF VIEW.

By Stanley M. Rendall, M.D.

To explain the characteristics of the Mentone climate it is necessary to refer briefly to its topography, prevalent winds, rainfall and temperature.

Winds.—Mentone is situated in 43° 47′ north latitude, and has an almost due south exposure. It is perfectly protected from the north, and to a great extent from the north-east and north-west winds, by a double range of hills or mountains. In the outer and higher range, the highest point is over 4400 feet above the sea-level, and the lowest point (the pass from Mentone to the Col di Tenda) is 2574 feet; between this outer high range and the coast are numerous lower hills or ridges, one of which divides Mentone into two bays, the east and west bays.

On the other hand there is free exposure to the south, south-east, and south-west winds; but in the valleys running up from the sea towards the hills complete protection can be found at any time, even from these winds, so that the invalid can always evade any wind that may be blowing by changing the direction of his walk.

The dreaded north-west wind or mistral does blow sometimes at Mentone to a certain, but fortunately very limited, extent; it is felt chiefly on the west bay along the sea-shore, but complete shelter can be found from it by passing up one of the lateral valleys, and it is a very rare thing for it to last more than 24 to 48 hours at the most.

Rainfall.—In considering the rainfall of any place it is impossible to deduce much from the mere statement of the number of rainy days or of the number of inches, as there is no definite relation between the two, a month such as October often having a high rainfall in number of inches and a low one in number of rainy days. According to Dr. Sparks, the highest rainfall in inches takes place in descending ratio as follows:—Oct.: Nov.: March: Dec.: April: May: Feb.: and Jan.; and in number of days as follows:—May: Nov.: March: April: Oct.: Dec.: Feb.: and Jan. During the year the mean monthly humidity is, according to Dr. Farina, 67-85, with, according to Freeman, 73 for the winter months.

Temperature.—To concisely state the average temperature of Mentone, I cannot do better than quote from a table of temperatures contained in Dr. Spark's work upon the Riviera.

Month.	London 10 yrs. Mean temp. 1865-1874.	Mentone 10 yrs. Mean temp. 1861-1871.
	deg.	deg.
October	49·4	65·5
November	42·6	54·9
December	39·5	50·5
January	38·8	49·7
February	40·7	50·8
March	41·1	54·0
April	48·8	58·8
May	52·5	65·8

The climate of Mentone is frequently stated to be relaxing and enervating, especially by those who have not visited it. Personally I have not found it so, nor have a great many of my friends who have for many years resided there. The late Professor Freeman speaks of it as being "peculiarly agreeable

in consequence of the generally dry, fresh, and bracing character of the air, of the large amount of sunshine, and of the entire absence of fogs."

Want of space prevents a more full and detailed account of the climate of Mentone, but from the above facts it can be seen that the climate is characterised by unusual dryness, by comparative absence of cold winds, and by a relatively high temperature ; so that it may fairly claim to be the warmest and most sheltered of all the Riviera health resorts.

Hygiene and Sanitation.—The water supply is abundant and good ; most of the houses and hotels have wells, from which, prior to the existence of the present water company, they derived an excellent water for drinking and household purposes, but as the place grew in size they were found insufficient for sanitary purposes, such as sluicing down the drains, watering the streets, etc. ; so that a water company was promoted, which derived its supply of water at first from the springs of the Carrei Valley, but that also becoming inadequate to meet the increased demand, the company during the past year has brought into Mentone, by pipes, the water of the river Vesubie, which now supplies the whole littoral from Nice to Mentone ; this treble source of supply—viz., the old wells still in existence, the Carrei Valley springs, and the Vesubie river—ensure that water could never run completely short, and should one source become from any cause polluted, it could be shut off or reserved for sanitary purposes, and the other two still exist for drinking and household use.

The drainage of Mentone consists of a large, well-constructed and well-ventilated main sewer, running the length of its principal street and receiving lateral branches from the side streets ; it empties itself into the sea at a considerable distance from the shore. This sewer does not communicate with the water-closets of the houses or receive any solid excreta ; it receives the surface rain water from the streets and the *eaux ménagères* from the houses ; nothing, unfortunately, can produce more unpleasant smells than decomposing "eaux ménagères," and the ventilators of the sewer not being efficiently trapped at certain parts, at times unpleasant smells are only too rife.

Each hotel and house has its own cesspool, into which the

water-closets empty their contents; these cesspools are built of solid masonry and are lined with cement, so that infiltration into the surrounding soil is prevented; as a rule, they are provided with a ventilation shaft; but before taking any individual villa it is best to assure oneself of the following points: Is the cesspool or fosse ventilated? is the water-closet properly trapped and ventilated, and has it an adequate water supply for flushing, *distinct* from the cistern which supplies the water for kitchen and drinking purposes?

In all the principal hotels and in a great many of the villas these necessary points have been attended to, but in some of the villas there may be some slight alterations required, which should be seen to by the landlord before the lease or agreement is signed; the house agents will always attend to this, if requested. Always at the end of the season, and if necessary during the season, these cesspools are emptied at night by suction into iron tanks, and their contents carted away into the country to be used as manure.

The fear has often been expressed that the earthquake of February 23rd, 1887, must have considerably upset the drainage, and impaired the solidity of the houses, by producing fissures in the walls and dislocating the drains; but as a matter of fact in these respects the earthquake came as "a blessing in disguise," so far as Mentone is concerned, inasmuch as, after the earthquake, each hotel and house was visited by a commission of architects, and all repairs necessary for the solidity of the house or for the condition of the cesspools and drains were indicated; and after their execution, a second visit was made by the same commission, to see that they had been properly carried out; this in most instances was so efficiently done, that it is considered that Mentone would be better able to resist a shock of the same force than it was in 1887.

The Medical Aspect of Mentone.—The cases for which Mentone has the widest, and indeed a world-wide reputation, are diseases of the chest, and the first in importance among them is phthisis or pulmonary consumption. All consumptive cases do not do equally well, and often it is difficult to define those that it will or will not suit; there being a good many factors to take into consideration before forming an opinion, besides the climate of

a given place, and an artificial classification of a disease into which a given patient's case may fall.

Generally speaking, the catarrhal form of phthisis, accompanied by a great deal of bronchial catarrh, does exceedingly well at Mentone, the cough and expectoration rapidly diminishing. It goes without saying that the earlier the case has been taken the greater and quicker the result, and the better the chance of ultimate and complete cure; but even in advanced cases, with a very large area of lung affected and cavity formation having taken place, it is surprising to watch the rapidity of change for the better and in the patient's general condition, in his sense of comfort, and in the relief from the distressing symptoms of cough and breathlessness.

Incipient phthisis of whatever form is often arrested, and the patient, after one or two seasons, returns home with no remaining physical signs of the disease for which he was sent abroad. When the complaint is more advanced, arrest may, and often does occur; and far advanced cases who perhaps never ought to have left their homes, once the fatigue of the journey over, obtain great relief, so that life becomes bearable if not pleasurable, and but too frequently, it may be added, false hopes of recovery and life are raised both in patient and the friends.

In the space at my disposal it is impossible to enter more fully into the special suitability of the Mentone climate for phthisis, but I must touch upon the following question: viz., Is consumption gaining ground amongst the native population of Mentone since it has become the resort of visitors suffering from that disease? I make no personal statement, as it might be considered a biassed one. I will only state that the inquirer is often misled by the fact that every person, native or otherwise, suffering from a cough is described by the native as a *poitrinaire*, or consumptive; and so the death-rate for consumption is swelled in the popular mind by every fatal case of disease accompanied by a cough, such as pneumonia, bronchitis, laryngitis, etc. In Dr. Bottini's experience, one death in forty-five amongst the natives was due to consumption. Dr. Farina, in twenty-five years in hospital experience, with 3189 cases of all sorts admitted during that time, found only one case in seventy.

In order to get more recent experience to throw light on this

point, I wrote for information to the British Vice-Consul, and give his reply, which is as follows :—"From inquiries made at the Mairie it can be proved that the cases of phthisis in Mentone are inferior in number to those of any town in France (in proportion to population), and that the deaths (from consumption) during the past four years have not exceeded four per year."

Bronchitis.—In no complaint is a more happy result obtained from residence in Mentone than in bronchitis, and especially is this so with those advanced in years. Where there is a tendency to bronchial catarrh, and to catch cold on slight provocation, there can be no doubt that wintering on the Riviera often prolongs life in comfort for many more years than would probably have happened had they wintered in England; the difference between the Mentone and the English climate, as regards mean temperature, rainfall, or humidity and prevalent winds amply suffices to account for and justify the above statement; of course, this applies more or less to the whole of the French part of the Italian Riviera, but perhaps more to Mentone than to some of the health resorts on the littoral on account of its exceptionally sheltered position. Convalescents from all acute affections of the respiratory organs (pneumonia, bronchitis, pleurisy, and laryngitis) nowhere make more rapid progress than here.

One affection of the respiratory tract does not as a rule do well at Mentone, more especially if a residence near the sea be chosen, and that is pure spasmodic or nervous asthma. Still, this bizarre complaint has invariably to be judged from the personal experience of each case, and I have seen entire immunity from the spasmodic attack during the whole of the patient's residence in Mentone. On the other hand, cases of asthma due to bronchial or nasal catarrh, or cardiac disease, improve by residence here as the conditions producing the spasmodic attacks are alleviated.

Heart and Kidney Diseases.—Mentone is, on account of its comparative freedom from wind and damp, and its relatively high temperature (ensuring, with ordinary care, absence from risk of chill and so freedom from dangerous increase of blood pressure), peculiarly suitable for cases of heart disease, whether valvular or muscular; and for the same reason it is eminently

suitable for cases of Bright's disease; kidney diseases are rare amongst the native population—and in albuminuria I have found the amount of albumen to rapidly diminish in several cases lately under observation.

Gout, Rheumatism and Rheumatic Gout.—Patients suffering from gout and chronic rheumatism experience, as a rule, great relief from pain by residing in Mentone. In rheumatic gout or rheumatoid arthritis there is such a large nervous element that the same relief is not always obtained; here there is the same element of doubt as obtains in spasmodic asthma, and personal experience alone permits of a decision; but I can recall many such cases that do well at Mentone, and return there season after season on account of the benefit that they derive.

Anæmia.—Cases of anæmia are, as a rule, immensely improved by residence in Mentone. Iron in some suitable form should be administered at the same time, and it is often wonderful to see the rapid return of colour and health in patients that at home did not assimilate or could not even take any preparation of iron; the combination of iron with out-door life and sunshine making all the difference.

Brain Affections.—If accompanied by insomnia, are certainly better away from Mentone, and if compelled to remain, should seek a residence as far back from the sea-shore as possible. On the other hand, patients suffering from nervous exhaustion pick up rapidly.

In connection with Mentone it is impossible from its close proximity to avoid reference to Cap Martin; though in the commune of Roccabrune, it is really a suburb of Mentone, but its climate is entirely different from that of the latter place. The promontory of Cap Martin jutting right out into the sea, it is possessed of a marine atmosphere, combined with the resinous odours of the pine trees thickly distributed over the whole of its extent. Visitors to the Riviera requiring a more bracing atmosphere than can be found in most of its towns cannot do better than visit the Cap Martin Hotel, which they will find exceptional for its comfort and excellent in every respect.

MENTONE, 1892.

PRACTICAL INFORMATION.

Routes.—*Viâ* Calais, Paris, and Marseilles. Time, 29 hours. Fare: first class, £7 16*s.* 11*d.*; second class, £5 7*s.* 1*d.* *Viâ* Dieppe, £6 14*s.* 6*d.* and £4 13*s.* 1*d.*

Church Services.—Christ Church, adjoining the Hôtel de la Paix (East Bay). Chaplain, Right Rev. Ed. Sullivan, D.D. (C. and C.S.). Services, 8.30 a.m., 11 a.m., and 3 p.m. In the West Bay is St. John's Church. The church and parsonage are vested in the S.P.G. Society. The hours of service are: Sundays, at 8 a.m., 11 a.m., and 3 p.m.; week-days, daily at 10, Wednesday and Friday, at 11 a.m.; H.C. on Holy Days, 8 a.m. The chaplain is the Rev. Canon Sidebotham. Both churches are open from October to May. The Presbyterian Church is in the Rue de la République. Services, 11 a.m. and 3 p.m. Minister, Rev. J. E. Somerville, B.D.

Consuls.—H.B.M. Vice-Consul, Charles Palmaro, Esq., 17, Rue St. Michael. U.S. Consular Agent, M. Clericy.

English Doctors.—Dr. FitzHenry, Casa Rossa; Dr. P. W. Marriott, Casa Mare; Dr. Stanley Rendall, Villa des Palmiers; Dr. J. L. Siordet, Villa Cabrolles.

St. John's House of Rest, for clergymen and other professional men, was established in 1879. The Archbishop of Canterbury is President and the Bishop of Gibraltar is visitor. The inmates pay £1 a week. All particulars may be learned from Canon Sidebotham, St. John's Parsonage.

English Dentists.—Mr. G. Mount, Maison Dorée, Avenue Victor Emmanuel, and Mr. Ker, Avenue de Sospel.

English Chemists.—Messrs. Oddo, Avenue de la Gare; Bain, Rue St. Michael; and Bezos, Rue St. Michael.

English Library.—Rue de la République. Over 5000 volumes.

English Stores.—T. Willoughby & Co. (have taken over the late Mr. Willoughby's business).

Post and Telegraph Office.—Rue Partonneaux; hours, 8 a.m. to 7 p.m. (telegrams up to 9 p.m.).

Banks.—Credit Lyonnais, Avenue Victor Emmanuel; Messrs. Palmaro; Messrs. Thomas Cook & Son,

Baths.—Rue Partonneaux.

Cafés and Restaurants.—Maison Dorée, Rue Partonneaux; du Nord, Avenue de la Gare; Paris, Avenue de la Gare. Also at Hôtels Parc, Menton, and Littoral.

Conveyances.—Cabs: For two persons, 1 fr., and for four, 1 fr. 50 c., for the course; by the hour, 2 fr. 50 c. and 3 fr. 50 c.; for the whole day a carriage with two horses costs 25 fr. There is a regular service of trams running from one end of the Bay to the other; fare, 30 c.

House Agent.—Mr. Palmaro.

Shops :—

Bookseller—Bertrand, 3, Rue St. Michael.

Confectioner—Rumpelmayer, Jardin Public (ices, afternoon tea, etc.).

Photographer—Numa Blanc, Rue Partonneaux.

Tourist Agencies.—Messrs. Cook & Son, 10, Avenue Victor Emmanuel; Henry Gaze & Sons, Ld., Avenue Victor Emmanuel.

Newspaper.—L'Avenir de Menton. Weekly Visitors' List.

Guide Books.—"The English Guide to Mentone" (published at Mentone), and Dr. Bennet's book.

In the French Riviera the following winter resorts demand a more or less cursory notice. Taking them in geographical order, starting from Hyères, the first to be noticed is

St. Raphael.—This place is exactly twenty miles west of Cannes, and is a summer sea bathing station as well as a winter resort. It is the terminus of the new coast railway to Hyères. The surroundings are pretty, but it has few attractions in the way of amusements. Matters have, however, improved a little in this respect of late years, as a kind of combined Casino and Hydropathic Establishment, known as *l'Établissement Médical de St. Raphael*, has recently been established.

As a health resort St. Raphael is open to the serious

objection that it lies exposed a good deal to the mistral. Its chief merits are its quietness, its convenience of access to Cannes, its comparative cheapness, and its good sea bathing. Mr. Gladstone's visit in January 1892 served as a useful advertisement for this ambitious little watering place. It has good hotel accommodation. The principal are: Grand Hôtel St. Raphael, Grand Hôtel des Bains (Cook's coupons), and Hôtel Beaurivage. *Pension* at the two former from 10 fr., including wine, lights, and attendance. The latter is a little cheaper. *Pension*, 8 to 9 fr.

There is a small church where services are held every Sunday morning during the season. Chaplain, Rev. A. F. Dyce, M.A., Villa Duval.

Visitors have occasionally the chance of a little sport, as the Casino Administration organise from time to time *Chasses de Sangliers* in the Esterel mountains.

Invalids and others requiring absolute repose and seclusion will find Valescure, situated in the pine woods two miles inland, a most suitable residence. This is a small colony of villas and hotels—a sort of miniature Cannes. There are two good hotels, des Anglais and Valescure. *Pension* from 9 fr. Villas can occasionally be obtained, furnished for the season, at rents from £200 upwards.

At the former hotel, church service is held alternately on Sunday morning and afternoon by the St. Raphael chaplain.

The next watering place to be noticed is

Grasse,—which was brought so prominently to public notice by the Queen's visit in the spring of 1891. There is no doubt that this place has a future before it, as the scenery is very fine, the town is easily accessible from Cannes, and the climate is healthy. The new railway of the *Sud de France* renders this place, too, very easy

of access from Nice. There is a deficiency of hotel accommodation, there being only one first class hotel (Grand), where, owing to the absence of competition, prices are rather high. *Pension* from 12 fr. The other hotel is the old-established and old-fashioned Muraour et de la Poste (*pension* from 9 fr.). This hotel is moderate in its charges, and comfortable, and the cooking is fair, but its position in the centre of the town does not recommend it to invalids. A small episcopal church was built near the Grand Hotel in 1891, and during the winter and spring services are held every Sunday. Chaplain, Rev. H. E. Gedge, M.A., Grand Hotel.

Climatically, Grasse has some claim to be considered an important health resort of the future, on account of its well sheltered though elevated situation, and its pure air. It serves as a useful change for those who find Cannes and Nice too exciting, owing to the proximity of the sea. The chief objects of interest are the perfume manufactories, and the chapel of the hospital, where are three pictures, believed by some judges to be by Rubens.

Between Cannes and Nice the only winter station to be noticed is the new resort,

Cap d'Antibes.—Recently it has been rather sought out by literary men, partly perhaps owing to the persistent way in which its praises have been sung in periodical literature by Mr. Grant Allen. There is an excellent hotel—in fact, the resort consists of little more than one colossal hotel and a few villas—where the charges for *pension* are rather more moderate than at most hotels of the same pretensions along the Riviera. As an invalid station the place has hardly even reached the experimental stage, and I have not been able to obtain meteorological details or statistics. Owing to its peninsular position, it possesses a climate more nearly approaching

to a marine type than that of any other wintering place along the Riviera, except, of course, its haughty rival, Cap Martin. Cap d'Antibes is fairly easy of access, as all trains stop at Antibes station, which is some three miles from the Grand Hotel du Cap d'Antibes. The last of the newer winter stations demanding some notice is

Cap Martin.—Though in climate and situation there is great similarity between the two peninsulas, there is a great difference in the character of their frequenters. Cap Martin is perhaps the most expensive residence along the whole Riviera, and the villas command fancy rents. Here the famous Cap Martin Hotel, the Claridge's of the Riviera, has perhaps as aristocratic and wealthy a *clientèle* as any on the Riviera, and the charges are on a commensurate scale, as befits an hostelry which has entertained several of the sovereigns of Europe.

PART II.

THE ITALIAN RIVIERA AND FLORENCE.

I.—BORDIGHERA.

THE principal resorts of the French Riviera having been dealt with, I now propose to describe the more important winter stations of the Italian portion of the Riviera (the Riviera di Ponente), which extends from Ventimille to Genoa. Taking them in geographical order, the first to be noticed is Bordighera, pleasantly situated about ten miles from Mentone. This pretty little winter station is especially attractive to a certain class of visitors who cannot afford to visit, or who dislike, overcrowded or ultra-fashionable resorts; and with these, beautiful scenery amply compensates for the absence of the amusements and distractions of a large and popular winter station.

There are, no doubt, other resorts to be found in the Italian Riviera still more retired than Bordighera; but most people, and certainly real invalids and those in delicate health, prefer to spend the winter at a place which has passed beyond the experimental stage, and is not quite in its infancy as a health resort. For some years Bordighera has been an established health resort, and one which has been well spoken of by medical men.

Being a small town of about 2500 inhabitants, the system —if system it can be called—of drainage which is employed is primitive but healthy, and the hygienic conditions of the place are good. The inhabitants are extremely pleasant and hospitable, and well disposed to their visitors. Their native simplicity has not as yet been spoilt by contact with a large throng of English and American visitors, and their respect for the "almighty dollar" does not obtrude itself unpleasantly.

Situation.—The old town is partly perched on a promontory jutting out into the sea, and is a conspicuous and picturesque object all along the French Riviera as it is seen glittering in the sunshine. The new town, or English quarter, is situated to the west of the promontory, the hotels and villas being surrounded by groves of olive, lemon, and palm trees. The palms, which with the lemon trees constitute the chief objects of cultivation, grow to a great height, and are more plentiful than in any other part of the Italian Riviera, or even in the neighbourhood of Algiers. "It is said that there are more palms in the neighbourhood of Bordighera than in the whole of Palestine" (Dean Alford). The reason is, that the natives of Bordighera are "protected" in this culture, as they have the monopoly of supplying the Vatican with palm-leaves for Palm Sunday. There is an interesting legend connected with this monopoly, which will be found in most of the guide books to the Italian Riviera. The numerous groves of palms give a peculiarly Oriental aspect to the country; and, apart from this sentimental value, the shade afforded by them is a great boon to invalids, who can walk in many directions without being much exposed to the sun.

Hotels.—In an open and healthy situation at a moderate elevation about five minutes' drive from the station are the first

class hotels, Angst and Belvedere. The Hôtel Angst (late Bordighera) is the largest of all the Bordighera hotels, but its *clientèle* is not so exclusively English or American as that of the hotels Belvedere or Angleterre. The Hôtel Belvedere is delightfully situated, with a large garden. Here as well as at the Hôtel d'Angleterre English tastes are consulted. The daily tariff at the hotels Angst and Belvedere (the proprietress is English) ranges from 9 or 10 to 15 frs. The situation of the Hôtels Bella Vista and Belle Vue (two hotels adjoining under the same proprietorship) is not good, being in the old town and surrounded by houses. They command, however, very fine views. *Pension* from 8 fr. Near the station and the sea is the old-established Hôtel d'Angleterre, the oldest in Bordighera, which has a good reputation among English visitors. *Pension* from 9 frs. Dark room for photographers. A little distance westward, and nearer the shore, is the Hôtel Windsor Beau Rivage. Prices very reasonable.*

There are a few villas which can be rented for the season, but apartments are scarce. Cook's coupons are accepted at the hotels d'Angleterre and Windsor, and Gaze's at Angleterre and Bella Vista.

Amusements.—The chief charm of Bordighera consisting in its thorough repose and freedom from the "madding crowds" which throng some of the Riviera resorts, this little town does not offer many attractions to pleasure seekers, the only amusements being sea fishing and lawn tennis. A tennis club has recently been founded by the English colony. The grounds are behind the English Church.

Society.—The society at Bordighera is somewhat similar to that of Mentone ten or fifteen years ago, before the place was spoilt by the Monte Carlo contingent, who have now taken up their abode there on account of its proximity to the Casino, and the comparative cheapness of living. Bordighera, however, though lacking in "distractions"

* The Public Museum is in the grounds of this hotel, and hote visitors are admitted free.

itself, is only a quarter of an hour by train from San Remo, where amusements are plentiful enough. Mentone, also, can be easily reached by visitors without being dependent on the trains, as an omnibus runs from Bordighera to Ventimille (three-and-a-half miles) at frequent intervals.

Excursions and Objects of Interest.—The neighbourhood abounds with beautiful walks and drives. The following, among many others, will be found interesting:—(1) Aqueduc della Fontana. This is a pretty excursion, which can be managed on foot or on a donkey. Bordighera is supplied with water by means of this aquedect. (2) Montenero. This is a mountain excursion, which can easily be done in one afternoon. The foot of the mountain is only one mile and a half from the town. Here will be found a mineral spring. On the way the tourist passes by the Osteria del Mattone, where the scenes of Ruffini's well-known novel, "Doctor Antonio," are laid. (3) Tour des Mostaccini. This walk need not take more than an hour and a quarter. The town is of Roman origin. From here a very fine view is to be had. (4) Il Sasso. The way to this pretty little village is through the Vallée del Sasso, lying north-east of Bordighera. (5) Madonna della Ruota. To this place there is a carriage road. Here there is an interesting little chapel, near which the road to La Colla branches off. (6) Vallée de la Nervie. An interesting excursion, which would occupy a whole day. The carriage road extends as far as Pigna, about eighteen miles. A shorter excursion would be to Dolce Acqua, half way up the valley. In the suburbs of Bordighera are several "show" villas, surrounded by extensive gardens. Those usually visited are the Villa Bischoffsheim, which the Queen of Italy occupied for a short time some years ago, and the Villa Garnier, the

property of M. Charles Garnier, the architect of the Grand Opera, Paris, and the Monte Carlo Casino. The far-famed Jardin Mareno is at the foot of the hill on which the Villa Bischoffsheim is built. Visitors should not neglect to visit it. It is considered one of the most beautiful gardens in the whole Riviera; the palms grow most luxuriantly. M. Joanne, with pardonable exaggeration, calls it "the most beautiful open-air conservatory in the whole world."

BORDIGHERA FROM A MEDICAL POINT OF VIEW.

By G. A. Goodchild, M.D.

It would be useless, in a short article like the present, to reproduce the elaborate statistics upon the climate of Bordighera which have been prepared by Messrs. Fitzroy, Hamilton and others. It must suffice if I notice such general particulars of situation, etc., as tend to differentiate it from its fellow health resorts upon that tract of coast in which the disadvantages of the Riviera climate are minimised by the protection afforded by the last buttresses of the Alps—namely, the district extending from Beaulieu to Taggia. Beaulieu and Monte Carlo, lying at the foot of precipitous mountains with little level ground near the sea, are probably similar in climate, and have their own advantages and disadvantages. Similarly, Mentone and San Remo may be coupled. Both these towns—as a glance at a large map will show—face the south-east. They are consequently well protected from the west winds, and by mountain ranges of considerable altitude from the north. Bordighera, on the other hand, faces south-west with the protection of hills of moderate altitude to the north and east; these being backed at a distance of two to five miles by more lofty ranges. It is consequently better shielded from the prevalent east winds than any other place upon the coast, with the exception of Ospedaletti. The temperature averages about three degrees lower than that of Mentone, yet the range of temperature is smaller. Whilst the latter place

would always show considerably higher maxima in dry, bright weather during the day, Bordighera has higher minima at night, the range for the twenty-four hours being often ten degrees less. This is due to two causes, one being the rapid radiation of heat from the bare hills about Mentone, whilst at Bordighera and San Remo the mountains are thickly covered with olives and pine-trees to their summits; the other is that, owing to its south-westerly aspect, the evening chill is less felt at Bordighera, the sun gradually losing power as it sinks into the sea, whilst at Mentone it is rapidly lost behind Mount Agel.

In rainfall and relative humidity Bordighera approximates to San Remo, both places having the advantage over Mentone. Another advantage possessed by Bordighera over its neighbours is the comparatively large number of level walks in the shade of the olive trees. These remarks apply more to the new inland district than to that bordering the old coast road, which has an unattractive and exposed situation.

The soil upon the hillsides is limestone and conglomerate, but upon the flat it is composed of old sandy sea-beaches in which the water rapidly finds the sea level. About a couple of acres near the English church the soil has, however, a small admixture of clay, and is somewhat damp in consequence. The water supply is obtained from wells, and a source in the flank of Monte Nero, but might be insufficient to meet the needs of an increased population. The water itself is hard, and occasionally contains nitrates, from the decomposition of the olives, etc., but during fifteen years I have seen no case of typhoid or diphtheria amongst the English colony. The native death-rate is 22 per 1000, and the mortality from zymotic disease is very small.

The climate is admirably suited for cases requiring a more bracing atmosphere than that of Mentone. Of the very small number of phthisical cases which were here during my first season fifteen years ago, five are still living to my knowledge; and I have had many opportunities of confirming the observations made at that time by Dr. Schmitz, of Neuenahr, upon the advantages of the climate in cases of diabetes and albuminuria. In fact, most cases attended with chronic degeneration of tissue do well. Nervous affections of a depressed type are also benefited, but febrile or excitable cases are better elsewhere.

In conclusion, I may say that Bordighera offers a considerable variety of situation to the choice of intending residents, and from November to February the best sites for the majority of cases are those above the Strada Romana.

CASA ELDREDA, BORDIGHERA, *Nov.* 1895.

PRACTICAL INFORMATION.

Routes.—*Viâ* Marseilles, or Turin and Savona (see SAN REMO, "Routes"). By the former route Bordighera is only thirty-three hours distant from London. Fare: first class, £7 18*s.* 7*d. viâ* Calais. The stoppage at Ventimille (where the baggage is examined) is not so long as would appear from the time tables, as the Italian time is three-quarters of an hour in advance of the French. The actual stay at this station is not, usually, more than thirty-five or forty minutes.

Church.—The English Church (All Saints') is near the Hôtel Angst. Chaplain, Rev. A. T. Barnett, M.A., The Parsonage, Via Bischoffsheim. The hours of service on Sunday are 10.30 a.m. and 3 p.m. H.C. 8 a.m.

English Doctors.—Dr. Goodchild, Casa Eldreda; Dr. L. K. Herschel (American), Villa Carlotta; Dr. Danvers.

Hospital.—A small Cottage Hospital has recently been founded by Mrs. Walker.

English Vice-Consul.—H. de B. Daly, Esq.

Bank.—Mr. E. Berry, Casa Etienne.

Post Office.—In the main street. It is only open from 9 a.m. to 12 noon, and from 3.30 to 7.30 p.m.

House Agent.—Mr. E. Berry.

English Stores.—Kept by Madame Essarco.

Living Expenses.—Visitors will find Bordighera one of the cheapest winter stations on the Italian Riviera. Fish, vegetables, and fruit are plentiful.

Cook's Agent.—Mr. E. Berry.

Conveyances.—Frequent trams between Bordighera and San Remo. An omnibus every half-hour to Ventimille.

Guide Book.—Bordighera is too small a place to have a guide book specially devoted to it, but it is included in Bruckmann's

"Illustrated Guide" Series (price 60 c.). Mr. F. F. Hamilton has, indeed, written a book which might, from its title, "Bordighera and the Western Riviera," be supposed to be a guide book to the place. The work is, however, an elaborate and expensive monograph on the geology and the flora and fauna of the district, and the requirements of the ordinary visitor or tourist are rather ignored. Visitors will, of course, read Ruffini's "Dr. Antonio." In this novel will be found charming descriptions of the scenery around Bordighera.

II.—OSPEDALETTI.

HALF-WAY between Bordighera and San Remo lies the charmingly situated village of Ospedaletti, one of the newest health resorts along this favoured strip of coast.

It is only within the last few years that the merits of Ospedaletti as an invalid station have begun to be recognised. Just as along our own south coast there are fully half a dozen watering places which arrogate to themselves the proud title of "the English Mentone," or "the English Madeira," so along the Mediterranean littoral there are almost as many claimants for the honour of being "the warmest and most sheltered spot of the Riviera," as among ancient cities for the honour of being Homer's birthplace. Ospedaletti has certainly a better claim to this distinction than some of the more frequented Riviera resorts. It seems intended by nature for a sanatorium, and its name (little hospital) does not belie its character.

Ospedaletti, though quite as well sheltered as its old-established rival Mentone, is not so confined and shut in, and consequently is not so relaxing. A glance at the map shows how admirably the configuration of the country lends itself to the establishment of a winter station for invalids. The residential portion of Ospedaletti (for the hotel and villas are quite separate from the old fishing village) is perched on a gentle elevation rising from the shores of a little bay which is shut off from the larger bays of San Remo and Bordighera by Capes Nero and Sant Ampeglio respectively. These promontories form, as it were, bastions of the huge rampart of mountains—an

outlying spur of the Ligurian Alps—which afford complete protection from the north winds. The hygienic value of this encircling mountain wall is much increased by the absence of any openings in the shape of cols or ravines to form vents for the dreaded Alpine winds.

There are, of course, certain obvious drawbacks to this charming little resort. It is very quiet, not at all fashionable, and quite lacking, not only in the usual urban amusements, but even in the milder *kurhaus* dissipations, which the presence of a casino might lead a visitor to expect. In fact, the resources of Ospedaletti still await development. This casino might well be closed altogether, as the only amusement allowed by a paternal Government within its walls is a very occasional concert. Its history is significant. It was founded by a syndicate with the avowed object of rivalling the famous Monaco gaming establishment. When the building was completed, however, the Italian Government refused to grant a gaming concession, so that the casino remains a colossal monument of disappointed greed and misdirected ambition. One can hardly regret this somewhat arbitrary measure, for even those who hold the most tolerant views on the ethics of public gambling are bound to admit that one Monte Carlo is quite sufficient for the whole Riviera. At all events the action of the Government in refusing a concession does not much distress the frequenters of this retired winter station, as they alone benefit by the beautiful gardens of this ill-fated casino.

Climate.—Speaking generally, the climate of Ospedaletti is excellent. The meteorological and climatological records have been very carefully kept since 1889, and elaborate tables of statistics have been drawn up by Dr. Enderlin, based on observations made during the winter months from 1889 to 1892. The average mean temperature

for the whole six months (November to April) was 53° Fahr, the average for the respective months being: November 56°; December, January, and February 51°; March 54°, and April 57°; the difference between the maximum and minimum daily temperature showing a mean for the six months of the three seasons of only 7°. In the matter of rainfall, Ospedaletti compares favourably with other Riviera wintering places. During the winter of 1889-90 rain fell on thirty-four days only, and in the succeeding winter on thirty-eight days; while in the winter of 1891-2, an exceptionally wet one all along the Riviera, there were fifty-one rainy days. The mildness of the Ospedaletti climate is shown by the fact that during the abnormally severe winter of 1890-91, when heavy falls of snow were recorded at Algiers and other places on the North African littoral, Ospedaletti was quite exempt from snow.

It is, however, on the amount of sunshine that the *habitués* of this resort chiefly plume themselves. Owing to its aspect and situation, and the configuration of the two capes which form the horns of the crescent-like bay of Ospedaletti, the sun is visible, even during the shortest day, for quite nine hours. This means that the fortunate sojourners here get about an hour more of sunshine than visitors at Cannes, Nice, or Mentone. Here the sun does not set suddenly behind high mountains, producing that rapid fall of temperature so dangerous to invalids; but, passing beyond Cape Sant Ampeglio, it gradually loses itself in the sea after passing behind a succession of hills of moderate altitude.

The roads and promenades have been laid out with some regard to the wants of invalids. They are well sheltered from winds, and yet fully exposed to the sun. Seats have also been placed at convenient points—a concession to the needs of invalid visitors too much

neglected at Riviera resorts of far greater pretensions than Ospedaletti.

Society.—There is hardly any society in the conventional sense, though several villas are let to English or Italian families, and the resources of Ospedaletti are confined to walks, rides, and excursions. The English visitors at the two hotels are, on the whole, quiet, elderly folk, rather inclined to resent any innovation on the part of the younger visitors in the shape of impromptu dances, theatricals, and other amusements, so popular at hotels in Nice and other fashionable centres. The majority of the visitors either come for their health or for the sake of the rest and quietness which this retired little spot affords. Then the cost of living is much less than at the fashionable watering places on the other side of the frontier, though living is still cheaper at the little-known wintering places east of Genoa.

Excursions.—There are innumerable walks and drives. In fact, Ospedaletti being so near both to Bordighera and San Remo, most of the excursions for which the two latter places are the usual starting points can be conveniently managed from Ospedaletti.

The principal excursion is to the strikingly situated mountain village of La Colla or Coldirodi, over 1000 feet above sea level. Here is an interesting collection of paintings, containing a few original works by Guido Reni, Fra Bartolommeo, and Andrea del Sarto, and a large number of pictures by other masters, but whose authenticity is disputed. The collection was bequeathed to his native town by the Abbé Rambaldi in 1864. The gem of the gallery is a "Holy Family" by Fra Bartolommeo. La Colla can be reached by a zigzag carriage road of about three miles in length, though active walkers will prefer the

steep but picturesque bridle path winding through groves of olives and orchards of lemons and oranges, by which the village can be reached in about half an hour.

Hotels.—There is excellent hotel accommodation. The leading hotel is the magnificent Hôtel de la Reine, close to the casino. It is planned on a somewhat ambitious scale for so small a place, and the appointments are luxurious. The terms are very moderate for a house of this class; *pension* from 8 fr. for a period of not less than a week. The Hôtel Suisse (Gaze's coupons) is of more modest pretensions. It is comfortable and well-appointed, but its cuisine is inferior to that of the Hotel de la Reine. *Pension* from 7 fr. There is also a small hotel-pension, known as the Hôtel de Rhodes, which is cheap (6 fr. a day), and offers tolerable accommodation. Apartments are to be had, and the rents are low. There are a few furnished villas to be let at a rental very much more moderate than that demanded for similar accommodation at San Remo or Bordighera.

PRACTICAL INFORMATION.

Route.—See SAN REMO.

Church Services.—Twice every Sunday at the Hôtel de la Reine. Chaplain, Rev. Christopher Morgan, D.D., Hôtel de la Reine.

Doctor.—Dr. Enderlin (speaks English), Hôtel de la Reine.

Postal Arrangements.—Post and Telegraph Office near the Hôtel de Rhodes. London letters take about a day and a half.

Chemist.—On the Boulevard. English prescriptions made up.

Shops.—Ospedaletti boasts a grocer (called "English Stores"), Stationer, Butcher, Tobacconist, etc. San Remo is, however, only ten minutes by train, and here the shops are very good.

Conveyances.—A few cabs to be hired. Tariff the same as at San Remo.

Guide Book.—Ospedaletti is included in the excellent *Europe Illustrée* series published by Orell Füssli, Zurich, at 60 c. each.

III.—SAN REMO.

SAN REMO, the principal winter station of the Riviera di Ponente, is sixteen miles from Mentone, and six from Bordighera. It has increased a good deal during the last few years, and at the last census had a population of over 17,000, which, in winter, is considerably increased.

San Remo and Bordighera, though somewhat similar in climate and temperature, and not far removed from each other, are very dissimilar in general character. San Remo is a gay and lively town (although it has no pretensions to the gaieties or dissipations of Cannes and Nice), while Bordighera is little more than a large village, and is a favourite haunt of overworked clergymen and seekers after health or rest, the only relief to the quiet and subdued tone of its visitors being afforded by a sprinkling of artists. San Remo is situated in a wide bay at the foot of an amphitheatre of low, wooded hills. The scenery is rather tame, and the visitor who has first stayed at Nice or Mentone misses the bold and varied scenery that he has left behind. When the low hills are climbed, the visitor will find many picturesque spots among the mountains behind the first tier of hills; but there is a great scarcity of paths, and any visitor not in robust health will have to fall back on a mule or donkey, if he wishes to see much of the surrounding country.

Society.—Though San Remo is smaller than Cannes, and has not the social attractions of Monte Carlo and

Nice, society, both English and foreign, is always well represented here. There is a considerable permanent resident English colony, and during the gay season, from Christmas to Lent, there are frequent balls, reunions and concerts, as well as an excellent opera at the Teatro Principe Amadeo. A small but well appointed English Club was established a few seasons ago, but owing to lack of support it has been closed. There is a Lawn Tennis Club; subscriptions, 5 fr. a week, 10 fr. a month, and 30 fr. for the season. The courts are in the grounds of the Hôtel des Iles Britanniques.

Hotels and Pensions.—Hotel accommodation is very good. The hotels mostly visited by English people are the following first class houses: On the west side, which is more elevated, the Royal (large garden), des Anglais (electric light), Eden, Londres and West End. All these hotels are in a cluster on a slope of the hill fronting the sea. They are furnished with lifts, and have large gardens. Charge from 12 fr. a day. Nearer the sea is the Hôtel des Iles Britanniques, with large garden and two tennis courts. *Pension* from 11 fr. Till 1894 the Grand Hôtel Bellevue was situated on the west side. But in this year the building was pulled down, and the hotel has been rebuilt on a magnificent scale on a commanding site east of the town, near the Villa Zirio. *Pension* from 12 fr. Extensive grounds.

Of the cheaper hotels in this quarter, the following are good: Hôtel de la Reine (9 fr.), Hôtel Paradis, Villa Flora, and, high up on the Berigo Road, the Pension Belvedere (very comfortable). *Pension* from 8 fr. or 9 fr.

Of late years the hotels situated east of the town have been growing in favour with English visitors. Of these the Hôtels Victoria, Mediterranée, Bellevue (see above) are well spoken of. These three have very fine gardens, and are pleasantly situated. The terms for *pension* at these hotels are from 10 fr. to 15 fr., according to the position of bedroom.

On the Corso Garibaldi is the Grand Hôtel de Nice, 10 fr. to 14 fr. The hotels in the town itself which can be recommended are the Europe (near the station), du Commerce, and National.

Pension from 8 fr. Messrs. Gaze's hotel coupons are accepted at the Hôtels Mediterranée, Europe, and Paradis, and those of Messrs. Cook at Hôtel Mediterranée, Isles Britanniques, and Victoria.

Behind the West End Hotel is the Villa Emily, a Home for ladies of limited means. It is a similar institution to the ones at Mentone and Cannes. The weekly charge, which includes wine and doctor's fees, is 25*s*. Particulars may be obtained from the secretary, Hon. Mrs. Griffiths, at San Remo (or during summer at Yoxal Lodge, Burton-on-Trent), or from Dr. Freeman, or Dr. Kay-Shuttleworth, the hon. medical officers.

Villas and Apartments.—There are a good many furnished villas to be let for the season, the prices varying from £80 to £400; the houses are generally let from October 15th to May 15th. There are not many at a lower rent than £100, unless very near the shore. The villas are not so large as those at Cannes or Nice, as it has been found that the demand is greater for small villas, at rents from £100 to £200. The drainage, as a rule, is good. The cesspool system is universal, and in the Riviera this method of draining is thought healthier than sewers. In renting villas it is well to remember that all external repairs are made good by landlords, but the tenant is expected to pay for internal repairs. Furnished apartments are scarce, and 40 fr. a month is the usual charge for one room, or 75 fr. for two. The water in the hotels and villas is good and pure, but that of the wells in the country is not always safe, and should be filtered and boiled. The new water supply is now, however, generally laid on to all new houses in San Remo and its suburbs.

Amusements.—San Remo, being a large town of nearly 20,000 inhabitants, is better off in this respect than the other watering places of the Italian Riviera. There is a theatre, with a very fair opera company during the season. The price of a box is 25 fr., in addition to 1 fr. for each occupant; charge for the season, 500 fr. The seats in the dress circle cost 4 fr. A band plays in the public gardens three times a week. The Carnival

festivities are interesting, and entered into with zest by a good many of the English visitors. At this period several balls are given at the hotels, and in the Circo Internazionale. This club is open to English visitors, and has good reading, smoking and billiard rooms; the subscription is 12 fr. a month. Good boating and sailing can be had at a very moderate charge; the price per hour is 3 fr., and this sometimes includes the services of two men. A new and very fine Casino is in contemplation, which should prove a great attraction. Several new inland drives have been recently constructed. The walks are varied and beautiful, and during the spring especially, picnics are very popular. In short, amusements at San Remo are cheap and plentiful.

There is an interesting collection of pictures by some of the old masters at La Colla, a small village about two miles from San Remo. The collection which is kept in the Mairie (open from 9 a.m. to 12 a.m., and from 2.30 p.m. to 5 p.m.), includes paintings by Fra Bartolomeo, A. del Sarto, Paul Veronese, Salvator Rosa, and Guido Reni. The gem of the gallery is No. 57, a Holy Family, by Fra Bartolomeo. These pictures were collected at Florence by the Abbé Paolo Rambaldi, who died in 1864.

MEDICAL NOTES ON SAN REMO AND THE ITALIAN RIVIERA.

By A. J. Freeman, M.D., etc.

In complying with the request to write an article dealing briefly with the climatic, sanitary, and hygienic conditions of San Remo and the Italian Riviera for this work, my aim will be to touch on a few practical points more especially interesting to invalids, without attempting to give an exhaustive or scientific description, for which the reader is referred to the many standard

books on the subject, and more especially to that of the late Dr. Hassall.

The tide of humanity, as represented by the English and American element, tends eastwards along the Riviera, so that by the time the visitor has arrived at San Remo a fairly general idea of the characteristics of the climate has probably been attained. It may therefore be useful, and will, I trust, not be considered invidious to make a few observations comparing San Remo with other places on the coast. In my opinion, San Remo has many advantages over its rivals included in the much favoured belt of coast extending from the Esterel range at Cannes on the west, to, say, Alassio on the east. The drawbacks of the coast, of which there are not a few, in the form of high and irritating winds, dust, sudden alternations of tempera ture, over-dryness of air, difference between sun and shade temperature, overcrowding (and consequent insanitary conditions of life), and, last but not least, defective or impure water supplies, are certainly most of them modified, and some entirely absent at San Remo. To those well acquainted with the coast, this climatic difference is proverbial; and, season by season, one has the testimony of patients, sent from San Remo to Cannes, Nice, Mentone, and the more westward places for change of scene, to the marked difference they experience on their return, even on passing Ventimiglia. This difference is much more marked in the spring months than in winter. It is due mainly to the more luxuriant and extensive vegetation which commences here, and which, by preventing radiation, lessens the variation of temperature during the twenty-four hours, and modifies that too rapid change from extreme saturation to extreme dryness of the air which proves so injurious to many, and which is certainly less marked at the places east of Ventimiglia than at those on the west.

The hygienic advantages are in great measure due to the fact that San Remo is a much younger place than its sister health resorts, and that those in authority, profiting by the misfortunes of their neighbours, have exercised considerable vigilance and care in regard to sanitary matters. San Remo has, up to the present time, enjoyed an almost absolute immunity (as regards the visitors) from such diseases as typhoid, diphtheria, etc.

This statement is borne out by the experience of colleagues who have practised here since the place was first resorted to, notably by that of the late Dr. Daubeny, who, in the course of a practice extending over twenty years, never met with a case either of typhoid or diphtheria which had originated in San Remo. My own experience, covering a period of twenty-five years, entirely coincides in this respect with that of Dr. Daubeny. I attribute this immunity (1) to the isolation and other proper precautions adopted when cases of typhoid have been imported here from southern Italy, Marseilles, etc., (2) to the determination to postpone the introduction of a system of drainage until we can have an effective one, and (3) to the fact of our having obtained a most excellent and perfect water supply before the place was so over-built as to vitiate the previously existing supply, which, though obtained from many excellent springs, and fairly good in quality, was not enough to meet the requirements of the growing community.

In common with the whole western Riviera, San Remo possesses a moderately warm, dry, bracing and stimulating climate, in which invalids can on most days spend many hours in the open air, and so enjoy a large amount of sunshine—a matter of vital importance in all chronic diseases and debilitated states of the system. Even if the weather is unsettled (a not unfrequent occurrence) they can still live in a pure unvitiated atmosphere in the hotels and houses, as the cold is never so severe as to require a large amount of artificial heat, or to prevent the almost constant introduction of fresh air, which the construction of most of the houses well provides for. The perpetual living out of doors, so strenuously advocated by many physicians and by the laity for confirmed invalids, is an egregious mistake, and is constantly productive of relapses. This is conclusively shown by the fact that, both in my own experience and in that of Dr. Frank, of Cannes, and others, the more confirmed invalids have often done better during so-called bad seasons than good ones, chiefly because during bad weather they are less venturesome. Personally, I have had some striking instances where, from force of circumstances, patients have been confined to their rooms for weeks and even months together, and where the chest conditions have improved

in a marvellous manner. In order, however, to secure this result, great pains must be taken to ensure a good supply of fresh air. It is foolish to expect, as some people appear to do, that the climate alone will more than make up for altered and unsatisfactory conditions of life, *e.g.*, the occupation of a single room in an hotel by a patient accustomed to a comfortable establishment at home.

It is almost essential for a decided invalid to have two rooms adjoining (and, as most patients have a friend with them, this should be easy enough to arrange), so that in bad weather one room can be ventilated through the other, with open window at night, and that by this means the restlessness and morning headache, so often simply caused by the fumes from the wood fires in a small room, can be avoided. This question of open windows at night is one to be decided for each individual case, though, unless there be a special susceptibility to cold on the part of the patient, there is, generally speaking, no reason against it, except in towns (where one may be exposed to sewage gas from below), and in malarial districts, under both of which conditions it may be very dangerous.

Of course, when strength permits, patients should be a great deal in the open air, but I am convinced that the extent to which this should be allowed, with a climate like that of the Riviera, should be regarded with great judgment, and that it is sometimes possible, in this as in other matters, to have "too much of a good thing." To those who do not leave their rooms early in the morning, I may say that it is perfectly safe and very desirable, provided extra bed-clothing be put on, to open the windows freely for a time, as soon as the sun is shining on them, and thus thoroughly to change the air. Invalids coming to San Remo must not expect to escape winter. It is a short and comparatively mild winter that we have, but the cold is felt for a time relatively almost as much as in England, more especially indoors, and warm, light, woollen winter clothing becomes absolutely necessary. The alternations of temperature, though, as shown by the thermometer, not great, are decided and sometimes sudden, and must be guarded against by the light overcoat or cape for men, and wraps for ladies. These precautions are quite necessary, even in the finest winter weather,

for protection against the cold winds which spring up unexpectedly, and against the shade temperature which one must encounter in any considerable walk. On very bright days the hour before sunset is most dangerous. In windy weather the atmosphere is often calm and still before eleven in the morning, when a walk may be taken without risk.

The winds of the Riviera, undoubtedly the most objectionable feature in the climate, are some of them, at any rate, modified at San Remo. This is notably the case in regard to the dreaded mistral (north-west wind), the scourge of Hyères, and the bane of Cannes and Nice. It is a low-level wind, and is directed out to sea by the mountains east of Nice, where the coast protected by the last buttresses of the Alps begins to be more sheltered. But, in spite of this protection, it is certainly the worst wind we have to encounter, though perhaps an excellent scavenger. It is a wind of a peculiarly irritating character, especially to the nervous system, and great care should be exercised during its continuance.

The east wind is at times strong and trying, and is felt in full force at the west end of the town, the east bay being decidedly more sheltered. This wind, contrary to our English experience, is decidedly less injurious than the west. The sirocco (south-east) is a most enervating wind, but is fortunately a rare visitor, while from the north wind, which is the prevailing one in winter, complete protection is afforded by the hills.

San Remo is absolutely protected from the north and almost entirely from the north-east and north-west by a perfect amphitheatre of hills, the highest point of which, Monte Bignone, immediately behind the town, is over 4000 feet above the level of the sea. The descent from the summit to the two headlands, Cape Vero (800 feet) westwards, and Cape Verde (350 feet) eastwards (forming on the two sides the wings of the amphitheatre), is very gradual. In this protecting range there are no openings or gorges, with torrent beds forming channels for cold air (as at Mentone); at the same time its distance from the sea is so considerable, and the ascent to the summits of the hills so very gradual, that a large space is formed, allowing of free movement of air. This space is intersected by a series of seven hills forming spurs to Bignone, these spurs being thickly covered

by olive trees, while the ridge itself and Bignone are covered by fir trees. We have thus complete protection without being shut in, and the fresh north air, which sets in towards evening, is modified by the extensive vegetation on the mountain sides. Behind this amphitheatre the snow-clad Maritime Alps form another and still greater barrier.

The picturesque *old* town ascends from the sea in a pyramidal shape, directly in the centre of this amphitheatre, and the wide bay thus formed is divided into the west and east bays by the town, and by a small promontory, ending in the Molo or Pier forming the port.

The west bay is unquestionably drier, fresher, and more bracing and stimulating, and has always been popular amongst the English community ; while the east bay is warmer, moister, and more protected and sedative, and is therefore far more suitable to certain conditions of disease and temperament, though the prejudices and gregariousness of mankind make it difficult to convince people on this point.

I will now quote a short and necessarily unprejudiced description of this climate from a recent paper by Dr. Bagshawe, of St. Leonards, who, before he commenced practice in the English health resort, where he has since won for himself so high a reputation, spent several winters on the Riviera in the capacity of an invalid.

"The average winter and spring temperature exceeds by about 10° that of our own country. In common with Alpine climates the chief features are the dryness and the sunnyness and the exhilarating character of the air, but with much greater warmth. The chief advantage to be derived is that invalids can, during the winter months, spend infinitely more time in the open air than they can in any northern climate. It is not alone to its southern latitude and to the direct influence of sunlight that the Riviera owes its warmth. Placed with a full southern exposure it is washed by the Mediterranean, whose waters are estimated to have a mean excess of 9° over that of our northern shores. Along the Riviera protection is obtained from the cold northern winds which prevail during the winter, from their passing over the lofty chain of the Maritime Alps, precipitating, in so doing, most of their moisture in the form of snow, and only striking the

sea at a distance of many miles. In the finest winter weather these dry and cool northern airs prevail invariably at night, while southerly breezes occupy the day-time. It is to the former mainly that the bracing character on which the great reputation of the climate rests, depends.

"While therefore the Riviera enjoys great advantages from a southern exposure and from the influence of a warm inland sea, it partakes largely of the character of the climate of northern Europe (in this way being more natural to northern constitutions), standing in direct contrast with insular and more southern climates, such as Madeira, the Canaries, Algiers, and our own. It is especially in lung affections that the stations in the Riviera have won their great repute, and their claims hold good, partly on account of the lessened liability to the recurrence of catarrhal conditions, but chiefly perhaps owing to the improvement in the general nutrition and condition produced by the pure stimulating air and improved digestive functions. In those cases then which are thus liable to irritation of the mucous tract of the lungs, etc., under the application of the stimulus of cold and damp, and in those where the circulation is feeble, and localised congestions are readily set up, the climate of the Riviera is indicated. Cases come constantly under observation in which the return of the autumn cold and damp brings fresh irritation to diseased portions of the lungs which have been quiet during the warmer months; and in these, removal to the Riviera has been the means of arresting further damage. Great constitutional nervous irritability is alone a reason against sending patients to these climates, and where irritative fever is present as the result of lung or other disease, in whatever stage, no great remedial influence is to be expected, indeed in some cases the condition is unquestionably aggravated. As soon as this ceases, however, a change south may be beneficial."

There is not space to enumerate all the diseases, other than lung and bronchial affections, for which the climate of San Remo is indicated. Its acknowledged superiority in throat affections may be gathered from the fact of its having been chosen as the residence of the late lamented Emperor Frederick, and I know the experience of some leading physicians on the Riviera confirms this. Morbid throat conditions, whether tuberculous or

otherwise, for the most part do very well here, but only in direct proportion to the care taken in avoidance of the cold winds and to the suitability of the treatment.

I believe the climate in some way exercises a direct and positive beneficial effect in rheumatism, of its benefits in which disease I have known many striking instances.

Its influence upon asthma is as capricious and inexplicable as that of all other climates, but my experience is on the whole decidedly favourable. One of the worst cases of this malady that I ever saw was at once and completely relieved by the removal of the sufferer from the west to the east end of the town. But in asthma the choice of locality *can* be but experimental, as indeed climatic treatment generally must always be, to a very great extent.

The general characters of the climate show that it is suited to many other diseases, such as diabetes, Bright's disease, etc.; and that the Riviera is contra-indicated in highly nervous and excitable conditions, in marked hysterical cases, and in simple severe neuralgia (not rheumatic)—though in these complaints I am sure the climate of San Remo (and of Hyères up to early spring) give a much better chance to the patient than the other places on this coast.

Where there is a tendency to cerebral congestion, and in some forms of heart disease, the coast is better avoided.

Except under unusual atmospheric conditions people seldom complain of sleeplessness at San Remo, and I have repeatedly seen patients relieved of this great trouble who had suffered much at Cannes, Nice, and even at Mentone.

The choice of locality in settling at San Remo is a most important point; the selection of the west or east bay, and the much vexed questions of proximity to or distance from the sea (materially modified by the amount of intervening vegetation), high or low ground, nature of the soil, etc., must be settled according to the idiosyncrasies of each individual case. No prudent person coming for health to a new and decided climate will hesitate to consult a local authority on such matters, and obtain at least general directions as to management.

Many patients coming to the Riviera have been told by their medical advisers at home not only to live in the open air, but to

take no medicines, and even avoid doctors. This might be reasonable if they had been treated at home on the same principles. I am certainly of opinion that all ordinary medicines, tonics, etc., should be discontinued on the first arrival of a patient in any new climate, and I am, under these circumstances, in the habit of enjoining rest and the scrupulous avoidance of undue fatigue. This is essential in order that a patient may make a fair start under the new conditions and obtain a correct idea of the influence of the climate. Gradual adaptation to the climate is most important, and people, whether in health or disease, who import their insular habits, taking the same amount of stimulant, meat, etc., as they have been accustomed to at home, cannot be surprised if they come to grief. One great advantage in the treatment of disease here is that patients, as a rule, do not require half the amount of stimulant that they do in more northern latitudes.

A fruitful source of income to the local doctors is the tendency, on the part of the new comer, to a somewhat free indulgence in the imperfectly made wines of the country.

People taking houses should insist upon seeing that the cesspits and drinking-water cisterns have been thoroughly cleansed. When they have done this, they may put aside all fear of contracting those diseases the prevalence of which has, owing to gross carelessness, obtained for some places on the Riviera, in former years, an unenviable reputation.

The time of the arrival and departure of an invalid is a matter of much importance. I am in the habit of recommending people not to come out to San Remo until heavy rain has fallen, which generally happens by the middle of October. Before rain has fallen, the dryness and dust are often very trying, and mosquitoes and flies are apt to be troublesome. One of the crying errors committed by invalids is to join the general public in the stampede that takes place immediately after Easter, quite regardless of the time when Easter may fall. A certain limited number of cases are better sent away quite early, even in April, either to an intermediate station, or, more generally, to the south of England; but the vast majority of patients should remain until the beginning or middle of May, not necessarily in the one place, but somewhere on the coast. After the first few

days of hot weather, which occur generally in April, the temperature is as a rule delightful, and an out-of-door life not only becomes permissible, but is likely to be followed by positive improvement. In serious lung-conditions, indeed, this period and the summer months are the only time when it is reasonable to expect great improvement, the winter months being recognised as a season of danger to be tided over.

The proximity of other places, which patients can try if one does not quite suit, or if change of scene is desirable, gives to the health resorts on the Riviera a great advantage over those which are more isolated, and from which patients cannot be removed without involving fatigue in travelling. Nevertheless, the towns on the Riviera differ so widely, that those patients do best who can settle down quietly in one place. This is so well established a fact that it has become an axiom, that if one place is suiting well, it is unwise to try another.

No two seasons are alike. If this were remembered, much of the grumbling against the climate, with which one has to contend, might be prevented. That the Riviera possesses a remarkably attractive climate, and that no other equally accessible health resort can take its place, are shown by the increasing crowds who flock to it; no perceptible difference having been caused even by the disastrous earthquake of a few years ago.

If the average of the weather is taken throughout the season, and compared with that of other places, San Remo will come well out of the comparison; and when it is remembered that, within a journey of little more than thirty hours from our English shores, the following advantages can be obtained, it is no wonder that the place maintains its popularity :—

A short and comparatively mild winter, with a bright, clear, exhilarating atmosphere, during a very fair proportion of the worst winter months, and no fog or mist.

An average of between seven and eight hours of sunshine on 162 days out of the 181 days of the season.

A small rainfall, the mean number of days on which rain falls (sometimes very little in quantity) during the season being thirty.

A mean variation of day shade temperature of only 5·8° Fahr.,

and a mean relative humidity as low as 66·7 during the time that invalids would be out of doors.

As against these advantages must be set the many windy days which occur in some seasons, the occasional sudden alternations of temperature, which are very trying, and which give a certain treacherous character to the climate, *necessitating even greater precautions* than are necessary at home; and the spells of two or three consecutive rainy days which occur, but which the reasonable invalid can tolerate, bearing in mind the certainty of bright sunshine to follow.

The above statistics (from Dr. Hassall's work), though taken at San Remo, would apply more or less to other places on the Riviera.

The special advantages which I claim for San Remo at the present time are the following:—

(1) An exceptionally good and pure water supply, now laid on to all the hotels and better houses. This admirable work was most energetically carried out a few years since by Messrs. Marsaglia. The sources are at Argallo, beyond Bardalucca, 26 kilomètres from San Remo, and consist of a great number of springs from the rock, 700 mètres above sea-level. These are all covered in, and the water is brought in iron and cement pipes to the three large reservoirs (also covered), which store it for the town. At every 500 mètres of the piping is a cistern one square mètre deeper than the pipes, to allow of the deposits of gravel, etc. The town takes as much as 1000 to 3000 mètres of the water daily, there being thirty fountains in constant function. There is therefore an ample supply for flushing, etc., and every possible precaution has been taken against accidental contamination.

(2) The absence of imperfect systems of drainage, and consequent immunity from typhoid, etc. Well-ventilated cesspits, earth-closets, and the primitive modification of these (undoubtedly the most sanitary arrangement for the country) in vogue amongst the natives, have proved far safer than any drainage that could hitherto have been accomplished.

Now, with the largely increased water supply, some immediate provision must be made for the overflow of the great hotels and new houses, which, though probably harmless, is already a

source of annoyance, the town having permitted some of the pipes to have their outlet almost on the beach, so producing at times the most objectionable odours. All this, however, can and will be easily rectified, and two good systems for the disposal of sewage are at the present moment before the Town Council.

(3) Certain well-marked climatic modifications and advantages, due to extra vegetation, difference in soil, and geographical position, making the climate somewhat more equable, and preventing that desiccation of the air which, in many cases of throat, lung and nervous disorders, is so much complained of in some other places on the coast.

SAN REMO, *October* 1895.

PRACTICAL INFORMATION.

Routes.—San Remo can be reached *viâ* Marseilles or *viâ* Turin. The Marseilles route is the more comfortable for through travellers, as there need be no change of carriage between Calais and Ventimille. Passengers by the 8.25 p.m. *rapide* from Paris can have their luggage registered through to San Remo, though the Customs examination takes place at Ventimille. Time, thirty-three hours. Fares: *viâ* Calais, £8 0*s.* 3*d.* first class (no second class by express train), *viâ* Dieppe £6 17*s.* 9*d.* first. There is a special service (*train de luxe*) for the Riviera twice weekly during the winter season, beginning usually in the first week of November. (See "Routes," in the introductory chapter, THE FRENCH RIVIERA.) Travellers who intend to break the journey will probably prefer the Turin route. London (Victoria) is left at 11 a.m., and Turin reached the next afternoon at 2.20. Here it is advisable to break the journey and stay the night, as the one daily express from Turin to Ventimille *viâ* Savona leaves Turin at 9.20 a.m., reaching San Remo at 4.34 p.m.

The great advantage of this route is that second class tickets for Italian stations are available by all the express trains from Paris. The fare to San Remo is £7 14*s.* 6*d.* first, and £5 6*s.* 3*d.* second class, *viâ* Calais, and for a sleeping car ticket between Paris and Turin, £1 3*s.* 6*d.* is charged in addition to the first

class fare. San Remo can also be reached by sea, as the P. and O. Co. have a fortnightly service between London and Marseilles. The outward bound steamers only call at Marseilles during October and November, but the homeward ones call at Marseilles fortnightly regularly throughout the year. The single fare is £13 first, and £10 second. The average time occupied is seven or eight days. The North German Lloyd fortnightly steamers from Southampton to Genoa are also available. Fare £9 5*s.* first, £5 17*s.* 6*d.* second. Time, seven days. For the combined New York-Genoa service of this line and the Hamburg-American, see ALGIERS, "Routes."

Church Services.—St. John Baptist's, Via Carli. Hours, 11 and 3. Chaplain, Rev. H. Collings, M.A.—All Saints', Corso dell' Imperatrice. Hours, 8, 11, 3, and 8 o'clock. H.C. 8 a.m. every Sunday. All sittings free. Chaplain, Rev. A. H. E. de Romestin, M.A.—Presbyterian Church, Corso dell' Imperatrice. Minister, Rev. W. Proctor, M.A.

English Vice-Consul.—John Congreve, Esq., 16, Via Vittorio Emanuele. Hours, 10 to 12.30. U.S. Consular Agent, Chevalier Ameglio, Via Umberto.

English Doctors.—Dr. A. J. Freeman, Villa delle Palme; Dr. L. E. Kay-Shuttleworth, Villa della Luna; Dr. Foster, Villa Annita; Dr. Hobhouse.

English Nurses' Institute.—Recently established with a good staff of English nurses by Miss Bryant. Application to be made to the Lady Superintendent, 19, Via Vittorio Emanuele.

Anglo-American Dentists.—Dr. Buss, 19, Via Vittorio Emanuele, and Dr. Terry, 6, Villa Bracco.

English Chemist.—Mr. F. R. Squire, 17, Via Vittorio Emanuele. Established over twenty years. Chemist by appointment to H.R.H. the Prince of Wales.

Postal Arrangements.—An English mail arrives and departs twice a day, *viâ* Marseilles or *viâ* Turin. The rates for telegrams are: To England, 3*d.* per word; to France, 2*d.* a word, plus 10*d.*; to any part of Italy, 10*d.* for fifteen words. Parcels under 7 lb., 2*s.* 1*d.* Post and Telegraph Office in Via Roma, Hours, 8 to 5.30, and 7 to 8 p.m. Telegrams, 8 a.m. to 9 p.m.

Banks.—Messrs. Asquasciati Frères; Messrs. Rubino et Fils. Both Via Vittorio Emanuele.

Baths.—Stabilimento di Bagni, Via Privata.

Cafés.—Européen, Menotti, Via Vittorio Emanuele.

Restaurants.—Roma, Via Roma, and at H. du Commerce, near the station.

Conveyances.—Cabs: The course, 1 fr. by day; after gas lamps are lit, 1.50 fr. By the hour, 2 fr.; night, 3 fr. To Poggio, 7 fr.; Madonna de la Garde, 7 fr.; Taggia, 8 fr.; Ospedaletti, 5 fr.; Ceriana, 14 fr.; Bordighera, 8 fr.; Dolce Acqua, 15 fr.; Ventimille, 14 fr. A carriage and pair can be hired for about £20 a month, or £14 with one horse.

Mules and Donkeys.—Taggia, 4 fr.; Ceriana, 5 fr.; San Romolo, 6 fr.; Monte Bignone, 8 fr.

Trams and Omnibuses.—Taggia, 50 c.; Ceriana, 1 fr.; Ospedaletti, 30 c.; Bordighera, 60 c.; Dolce Acqua, 1 fr. 50 c.

Tourists' Agencies.—Messrs. Thos. Cook & Son, 15, Via Vittorio Emanuele; Henry Gaze & Sons, Ltd., 6, Via Roma.

House Agents.—Mr. John Congreve, and Mr. A. C. Benecke, both in Corso Vittorio Emanuele.

Library.—An excellent book club has recently been started at San Remo, and there is a very fair circulating library also at Gandolfo's, the stationer.

Living Expenses.—About the same as at popular English watering places; but provisions, and especially fruit, are very cheap and plentiful. The necessaries of life, and living in general, are a little cheaper than in the French Riviera.

Shops:—

Bookseller.—Gandolfo, 21, Via Vittorio Emanuele.

Confectioner.—Andry & Co., 21, Via Vittorio Emanuele.

Hairdressers.—Rovere, Via Umberto; Musso, 30, Via Vittorio Emanuele.

Hatter.—Torti, Piazza del Mercato.

Milliner.—Louise, 16, and Blanc, 10, Via Vittorio Emanuele.

Tailor.—Cremieux, 19, Via Vittorio Emanuele.

Tobacconist.—Battaglia, 1, Via Feraldi.

Money.—The coins in use are centesimi and lire (equivalent to centimes and francs). "As a rule refuse coins of date prior to 1862, as these issues are officially cancelled" (Murray's "Riviera"). Visitors should take care to get rid of paper

money before leaving Italy. The notes are from one lire upwards.

Newspaper.—L'Indicateur de San Remo. Weekly. There is also a weekly *Visitors' List* published on Tuesdays, 25 c., which contains a large amount of useful information for visitors. Office, Via Georgio Pallavicini.

Guide Books.—Invalids will find a great deal of information of special interest in Dr. A. H. Hassall's "San Remo Climatically and Medically Considered," and "San Remo and the Western Riviera." There is a small guide book to San Remo, written by Mr. John Congreve, an old resident, which contains a good deal of practical and useful information: the title is "The Visitor's Guide to San Remo," and it can be obtained at any of the booksellers' in the town. Interesting article on San Remo by Mrs. Oliphant in *Good Words*, February 1893.

IV.—ALASSIO.

ALASSIO is twenty-eight miles east of San Remo, and fifty-six west of Genoa, and is gradually coming into favour as a health resort. It is situated in a charming little bay having a south-eastern aspect, well protected between the two promontories—Capo delle Mele on the west, and Capo di Santa Croce on the east. It is also well sheltered by encircling hills to the north, at no great distance from the shore. It must be admitted that Alassio is not quite so well sheltered from the winds as Mentone, or even Monte Carlo, as it is more open to the north-east winds, and the hills to the north not being so high, the tramontana (north wind) reaches a portion of the district close to the shore.

The coast scenery, which after passing San Remo is of diminishing interest, and comparatively tame, here becomes very beautiful again. The hills behind the town are covered with vegetation, and dotted about with groves of olives. In the immediate neighbourhood are many sheltered nooks for villas, as well as numerous picturesque walks and drives. To the late Dean Alford must be given the credit of first calling attention to the merits of this sheltered spot as an invalid resort.

A writer in one of the English magazines admirably hits off the characteristic features of this charming little place:—

"It would be difficult to imagine any place more lovely in spring than Alassio. The sombre hue of the olive is broken by patches of bright green where oak and acacia and chestnut trees

are bursting into leaf. Roses everywhere with the lavish wealth of Italy—a cascade of roses over terraces, walls, balustrades, and trees—one glorious mass of bloom. Each villa garden has its own characteristic; no two are alike. Below, stretching away to the horizon, is the bluest of seas flashing and gleaming in the sunlight. Along the shore lies the picturesque Italian town, with domed church and Romanesque campanile. The charm of Alassio lies not only in its beauty of situation and foliage, but in the variety of its interest. Stroll along the sands, and you find picturesque "bits" at every turn. The houses, some with fading fresco pictures on their walls, the women in bright-coloured clothing, the men with caps of Phrygian red, the deserted old bastion forts, and, farther along beyond the orange groves, the fishing town of Laigueglia, grey and quaint and old. Towards the end of April you will see boats plying to and from steamers in the bay, which have called to take off the youth of the mountain villages for several months' tunny fishing on the Sardinian coast.

"The little colony of foreign residents is a hospitable one. Their villas are built in a variety of styles. One is in part an Italian villa, in part a comfortable English house. Another is picturesquely formed out of an old olive mill and adjacent house, the stream of water being diverted so as to flow through various grottos in the garden to the mountain torrent below."

Hotels.—The Grand Hôtel d'Alassio has an open and healthy situation on the beach, near the station. *Pension*, 7 to 10 fr. The Hôtel de la Mediterranée is a comfortable and well-appointed house, but its situation is not quite so convenient; some distance from the station. Room, 2 fr. 50 c.; lunch 3 fr., and dinner 4 fr. (wine included). *Pension* by arrangement from 6 fr. Both these hotels are frequented chiefly by English and American visitors. Hôtel Suisse, opposite the station. Comfortable, and prices moderate. *Pension* from 6 fr. The two latter hotels are open all the year. Pension Belle Vue, near English Church, sunny, sheltered. Pension des Anglais is a new house. The Hôtels de Londres and de Rome no longer exist.

Villas.—There are a few villas to be let for the season, at rents varying from 1500 fr. to 4000 fr. The latter sum is the rent of the large Villa Garibaldi.

Amusements.—Though Alassio is a quiet and retired little watering place, it does not lack amusements.

During the spring and autumn good bathing can be obtained, as the shore shelves away very gently, and is formed of fine smooth sand. An important sea bathing resort in the summer, much frequented by Italian families. A lawn tennis club has recently been started. Subscriptions for the season, 10 fr. (family 20 fr.); for one month, 5 fr. The courts are near the church. A band plays every Thursday in the English Garden, near the church, from 2 to 4 p.m.

Objects of Interest.—In the neighbourhood are the three interesting villas: Rathbone, Garibaldi, and Napier. The Villa Garibaldi has peculiar interest to English visitors, as General Garibaldi lived here during the last few months of his life. There is another house of some historic interest—the Palazzo Rosso, where Napoleon I. once slept when, as General Buonaparte, he was marching against the Austrians. So many houses in the south of France and Italy have been immortalised by being used as resting-places by the great Emperor in his numerous campaigns, that the matter-of-fact tourist is often a little incredulous. There is some excuse for this sceptical attitude when it is remembered that in England there is hardly a manor house of any note which does not possess a bedchamber in which, on the unimpeachable authority of the local cicerone or housekeeper, Her Gracious Majesty Queen Elizabeth slept on one of her—apparently perennial—royal progresses.

There is a picture gallery in the Palazzo, in which are paintings by Vandyke, Caracci, Batoni, Greghetti, and other painters not so well known.

ALASSIO AS AN INVALID STATION.

By MICHAEL G. FOSTER, M.A., M.B., Cantab.

Alassio is well protected by the hills from the north and the north-west—in fact, the mistral may be said never to blow there. On the other hand, owing to its exposed condition towards the east, a strong easterly wind is far from uncommon, and, blowing as it does in mid-winter from off the snow of the Apennines, this wind may be exceedingly cold. The following figures form the mean of six years' (1883—1889) observations taken at Alassio during the winter months.

	Mean temp.	Number of days rain fell.	Average rainfall.
	deg. Fahr.		deg. Milms.
October . . .	61·9	7	93·1
November . .	54·3	8·6	163·7
December. . .	49·7	5·6	43·3
January . . .	47·3	4·3	60
February . . .	48·2	4·8	70 9
March	52·3	6·6	50·7
April	56·4	10·8	111·9
May	64·3	5	46·4

Fog has been recorded on fourteen days during these six winters, 1883—1889.

The mean temperature of the three winter months is 48·4.

From these tables it will be seen that Alassio possesses a dry, bracing and temperate climate, coupled with an almost complete absence of fog, a relatively small number of rainy days, and a large average number of hours of daily sunshine. A climate such as this possesses properties of considerable value in the treatment of disease.

The special complaint in which the climate of the Riviera is considered to exercise a beneficial influence is consumption in its various forms. Although latterly so many more invalids have been sent to the Alps and to the Canary Islands, and have

thus taken away many cases from the Riviera, yet there are certain classes of patients that do better on the Riviera than elsewhere. The class of cases for which the climate of Alassio is best suited are those with limited disease and feeble circulation; and those suffering from overwork often find the warmer air of the Riviera suits them better than the tonic air of the higher Alps. Cases, which have recurring attacks of hæmorrhage, form a prominent feature, and generally do well at Alassio.

No one, however, should go there unless he can be certain of being able to obtain all the comforts which are so supremely important in this disease. Above all is this caution necessary in advanced cases; such cases often improve a great deal at Alassio.

The influence of the climate of Alassio on chronic rheumatism varies with the different cases; some persons are entirely free from any symptoms, while other patients, again, do not seem to gain any benefit at all from the climate. Gout is usually benefited, as are its milder manifestations. Owing to its fine sandy beach, Alassio forms a very admirable winter resort for strumous or weakly children. For the same reason it forms a very excellent resort for sufferers from nervous diseases. In partial paralysis, the sufferers are enabled to spend a large proportion of their time by the sea, and to take what little exercise they are capable of upon a level surface. Patients showing any marked tendency to hysteria or melancholia should, however, on no account be sent there, as the almost invariable tendency of the climate is to aggravate those complaints. That large and common class of ailments, known as nervous breakdown, frequently receive very great benefit from a prolonged stay there. Caution, however, should be exercised in sending any case in which sleeplessness forms a prominent symptom, as but little benefit is likely to be obtained in such cases. In diseases of the heart a great alleviation of symptoms may be reckoned on in consequence of a winter spent at Alassio. Not only does the open-air life improve the general nutrition, but also those great dangers bronchitis and broncho-pneumonia may be warded off.

SAN REMO, *November* 1895.

PRACTICAL INFORMATION.

Routes.—*Viâ* Calais, Paris, Turin, and Savona. Fares: first class, £7 10*s.* 6*d.*; second class, £5 4*s.* 1*d.* The fares for the same route, except to Paris, *viâ* Dieppe, are £6 7*s.* 6*d.*, and £4 9*s.* 9*d.* There is also the alternative route *viâ* Marseilles, for which the first class fare is £8 4*s.* (*viâ* Dover and Calais). The extra charge for sleeping car by the weekly *train de luxe* is 102 fr. 80 c. from Calais to Ventimille, beyond which station this service does not run.

Church Services.—The church is close to the station. Hours: 10.30 a.m. and 3 p.m. Chaplain, Rev. T. Hewitt, B.D., the Parsonage. A circulating library is connected with the church. Subscription for the season, 10 fr.; three months, 7 fr.

Doctors.—Dr. Boon, M.D.; Dr. Names (speaks English).

Postal Arrangements.—Post and Telegraph office in the Piazza della Posta. Hours, 9 to 12 a.m., and 2 to 7 p.m.

Banker and House Agent.—Mr. Walter Congreve, 3, Piazza della Posta. Banking hours, 10 to 12 a.m., Mondays, Wednesdays, and Fridays. Mr. Congreve also supplies wines and English stores.

Living Expenses.—Alassio is an extremely cheap place, and provisions are plentiful.

V.—THE LEVANTINE RIVIERA.

THE winter stations from Genoa to Spezia, that district which is usually known as the Levantine Riviera, in contradistinction to the Italian Riviera between Bordighera and Alassio, may be conveniently divided into two groups: (1) the Genoese resorts, Pegli, Sestri Ponente, and Nervi, which may be considered more as suburban watering places, or satellites of Genoa; and (2) those in the neighbourhood of Chiavari—Rapallo, Santa Margherita, and Sestri Levante.

The first-named group, chiefly frequented by Italians and Germans, are more used as summer bathing stations than winter quarters. The best hotels are rather expensive, as might be expected from the proximity of these watering places to Genoa, probably after Rome the dearest city in Italy for visitors and residents. Perhaps it is partly on this account that these winter places have rather hung fire with English residents. Besides, the scenery round Rapallo is far more beautiful, and opportunities for walks and excursions more plentiful.

Taking these places in geographical order, we come first to Pegli.

Pegli, only six miles west of Genoa, is a small winter resort, more frequented by Italian than English families. It is however much used as a place of *villeggiatura* by the English colony of Genoa, and is a popular holiday resort of the Genoese. Its chief merit is that it has frequent communication with Genoa, an advantage it shares equally with Sestri Ponente. The great attraction of Pegli are the

wonderfully laid out grounds of the famous Villa Pallavicini, regarded by some as a triumph of art over nature, and by others of æsthetic proclivities as a sort of glorified tea-garden. Very fine views can be obtained from the highest point of the gardens. Fee 1 fr., or 2 fr. for a party. There is a small English Episcopal Chapel, where services are held every Sunday at 8 a.m., 10.30 a.m., and 3 p.m. Holy Communion at 8 a.m. The Chaplain, appointed by the S.P.G., is the Rev. H. J. Bodily, Grand Hôtel Mediterranée.

The climate is not so warm as Mentone, and in common with all these Eastern Riviera resorts, there is more humidity.

There is a high class but expensive hotel, the Mediterranée, under the same proprietorship as the famous Hôtel Quirinal at Rome. It has a hydropathic establishment attached to it under a German physician. The terms for *pension* are from 10 fr. upwards. A much cheaper house is the unpretending Hôtel d'Angleterre, with *pension* from 7 fr.

Sestri Ponente, not to be confused with Sestri Levante, which is very different in character, may be looked upon as a suburb of Genoa, as it is only some four miles distant. It seems lately to have fallen upon evil times, as in 1891 the principal hotel (Grand Hôtel Sestri) was closed.

Nervi is gaining in importance as a winter station both for invalids and ordinary visitors. It has an excellent climate, the numerous hotels offer good accommodation, and the town is well sheltered. The neighbourhood is picturesque, and the scenery varied. Plenty of shade is obtainable, the country round being thickly covered with olive woods, orange and lemon orchards. The climate is rather milder than that of Pegli or Sestri Ponente, and the town is better sheltered. There are several good hotels and pensions: the leading houses

being the Anglais near the sea, and Eden on the mountain side, some distance from the shore. *Pension* from 9 or 10 fr. More moderate are the hotels Bellevue, Nervi, and Victoria, charging 7 or 8 fr. There is also the Pension Bonera, which seems a favourite resort with English people. Here the *pension* terms are about 6 or 7 fr. The inhabitants and municipal authorities are enterprising, and, in order to attract foreign visitors, a Strangers' Committee has been established, for the purpose of giving information and assistance to strangers. With regard to the climate, Nervi seems, from the exhaustive meteorological records which have been published regularly since 1883, to be one of the driest places on the somewhat humid Riviera di Levante. The town is well sheltered from the tramontana, which in this portion of the Riviera is as much dreaded as the mistral of the French Riviera. Nervi is one of the most recent additions to the admirable "Illustrated Europe" series published by Orell Füssli, Zurich (price 1 fr. 50 c.), and all intending visitors are recommended to procure the number.

The next group of winter places on the Eastern Riviera, Santa Margherita, Rapallo, and Sestri Levante have been for many years favourite haunts of artists and lovers of scenery, but now their charms are beginning to be known and appreciated by the ordinary tourist—the mere pleasure-pilgrim and sun-worshipper. These resorts, too, are not so much overrun by travellers from the Fatherland as the Genoese watering places. Then another advantage is that living expenses and hotel prices are much more reasonable than at the fashionable winter stations of the French Riviera.

Santa Margherita, ten miles from Nervi, is delightfully situated on the shores of a sheltered bay at the foot of olive-clad hills. The accommodation is, however, deficient, consisting of only one hotel, Bellevue (*pension*

from 7 to 8 fr.), and a small second-rate hotel-pension. Some years ago the faulty sanitary condition of Santa Margherita excited some adverse criticism; but since then the sanitation has been improved, and the town is considered fairly healthy. These suspicions of defective drainage naturally checked the development of the town as a place of resort for visitors, and its rival, Rapallo, has gained thereby.

Rapallo is little more than a mile from Santa Margherita, and has a similar climate, though it is a little more protected from winds. Rapallo is thought by many competent judges—Mr. Grant Allen, *inter alia*—to be the most beautiful spot along the whole Eastern Riviera from Genoa to Spezia. Fortunately for its *habitués*, however, its scenic charms have not been blazoned abroad, and it is still rural and unsophisticated. Here there are no huge hotels or staring stucco villas which deface the landscape of most of these "beauty spots of the Riviera." Rapallo is well worth the consideration of medical men as a winter invalid station, for which its sheltered site and mild and sheltered climate make it well adapted. It is as well sheltered from cold winds as Mentone or Beaulieu, but the air is not so dry. On the other hand, the fall of temperature at sunset is not so marked as at the French resorts. At present, however, Rapallo must be regarded only as an invalid station *in posse*, for it is very little developed as yet, and there is no resident English doctor, no chemist, and very poor shops. English medical advice can, however, be obtained from Genoa, only eighteen miles distant. The S.P.G. have recently established a winter chaplaincy here, and the chaplain (Rev. A. B. Strettell, M.A.) holds services on Sundays, from December to April, in the Hôtel Rapallo et de la Poste. This is emphatically the English hotel, and the tariff is moderate (7 fr.). Slightly more expensive is the Grand Hôtel de l'Europe, a first class house, but

visited chiefly by Germans. There is also a private pension (Germania), where the terms are as low as 5 or 6 fr. a day.

Sestri Levante.—Exactly halfway between Genoa and Spezia is the picturesque little town of Sestri, strikingly situated on a promontory jutting out half a mile or so into a well-sheltered bay. The houses are built on each side of the promontory. The leading hotel is the old-established Hôtel d'Europe, on the shore, about ten minutes' walk from the station. The visitors are chiefly English and American. Charges very reasonable—from 6 to 7 fr. upwards. Then there is the newer Hôtel d'Angleterre, with similar charges; and the modest Albergo d'Italia, where board can be obtained from 5 fr. a day. The climate is very sunny and equable, but the town is not so well protected from winds as Rapallo.

Routes.—The journey by the shortest and most direct route—viz., *viâ* Calais, Mont Cenis, and Genoa, which a glance at the map will show is almost as direct "as the crow flies" from London—takes from thirty to thirty-two hours, which is a little more than the time occupied from London to San Remo, *viâ* Marseilles. Though all these Levantine resorts are on the trunk line from Paris to Rome, it will be necessary to change at Genoa into a slow train for Rapallo or Santa Margherita, however, as the express trains do not stop at these unimportant places. A better plan for those going to either of these resorts would be to drive from Chiavari (where all expresses stop), only six miles distant. For hours as far as Genoa see FLORENCE, "Routes." There are two express services daily from Genoa—one leaving Genoa at 12.53 p.m. (in connection with the 2.15 p.m. train from Paris), reaching Nervi at 1.8 p m., Chiavar at 1.50 p.m.. and Sestri Levante at 2 p.m.; and a second (the Calais-Rome sleeping car

express) leaving Genoa at 6.45 p.m., and reaching Nervi 7.13 p.m. and Chiavari at 8 p.m. Fare from London to Sestri Levante: £7 10*s.* 5*d.* first, and £5 0*s.* 8*d.* second. By Marseilles and Ventimiglia, a very fatiguing journey, the fare is £8 13*s.* first-class. Those who can dispense with the luxury of a sleeping car will be compensated by the glorious scenery between Genoa and Chiavari, which they can enjoy by taking the evening express from London. By the Rome express service, however, there need be no change of carriage between Calais and Turin. Since 1894, when the Parma-Spezia line was completed, an alternative route is offered across the Apennines, through remarkably fine scenery on the journey from Parma. This route is only recommended to hardy travellers, and would involve several changes. For hours, etc., see the St. Gothard route in FLORENCE, "Routes."

VI.—FLORENCE.

"Florence! beneath the sun,
Of cities fairest one."—*Shelley.*

THOUGH Florence is not, of course, a Mediterranean resort, being situated some sixty miles from the tideless sea—nor, for the matter of that, can it be accurately described as a winter station, as it is better known as a spring residence—yet for several reasons it has been thought advisable to include it in this work.

Florence might perhaps be more truthfully described as an intermediate spring station, like Pallanza, Lugano, or Varese, being in the main a useful and suitable residence for tiding over that unfavourable transition period between the end of March and the beginning of June; and, regarded in this light, it has a serious claim to be looked upon as an invalid station. It is also useful as a kind of climatic half-way house for invalids returning to England from Egypt and the south of Italy. The most serious drawbacks to Florence, as a winter residence, are the undeniably severe weather often met with in December and January, and also the terribly cold winds that blow, not infrequently with great force, from the snow-clad Apennines. The benefit of the shelter which this range might be supposed to afford to Florence is minimised by the fact that, unlike Mentone and San Remo for instance, which are situated immediately at the base of the Maritime Alps, this city does not lie immediately at the foot of the Apennines, but is separated by many miles of hills of comparatively low altitude, so that Florence gets the full

benefit of the chilly breezes, which do not blow almost harmlessly *over* the city, as in the case of the Alpine winds of the above-mentioned towns, but *through* it. This natural phenomenon is well exemplified along the Mediterranean shores between San Remo and Mentone. Often no wind is felt in the coast towns, yet a few miles out at sea the force of the land breeze is shown by very rough weather.

The topography of Florence accounts a good deal for the great extremes of winter and summer temperature. Situated in the midst of the fertile plain of the Arno, immediately surrounded by a series of lowlying hills, these in turn fenced round on three sides by outlying spurs of the Apennines, Florence might more justly, though prosaically, be compared to a saucer than to "a water-lily rising on the mirror of a lake," to quote the poetical simile of the rhapsodist Leo. It seems to absorb all the summer heat, and to concentrate upon itself all the winter winds. See an article on "The Climate of Florence" in the *Lancet*, January 28th, 1893.

The merits and demerits of Florence as an invalid resort are, however, exhaustively analysed below, and need not be dwelt upon here. But as a winter residential city for ordinary healthy persons the merits of Florence are sufficiently obvious. Putting aside its undeniable æsthetic attraction as the most beautiful city of North Italy, and one of the most important art centres in Europe, its pleasant society, its lovely surroundings, which give unlimited opportunities for excursions, its accessibility, its educational advantages, and its comparative cheapness of living, all combine to make Florence one of the most popular winter quarters in the South of Europe.

Then, too, the resources which a large city of nearly 200,000 inhabitants offers in the shape of recreation—public amusements, theatres, concerts, etc.—must not be

forgotten. It is, then, as a purely residential town, rather than as a health resort—or even as a pleasure resort in the sense that Nice and Monte Carlo are—that this beautiful city is justly celebrated.

Another important advantage is that families can live here in comfort for a larger portion of the year than at any of the towns of the Riviera, for it is only during the two months of July and August that the town becomes unpleasantly hot.

Routes.—There are a great many ways of reaching Florence by rail, but the most direct may be narrowed down to three—one by the St. Gothard, and two by the Mt. Cenis.

1. *Viâ Calais, Laon, Basle, St. Gothard, and Bologna* (1048 miles).—There are two through expresses a day, leaving Victoria at 11 a.m. and 8.15 p.m., and reaching Florence at 6.23 a.m. and 6.25 p.m. in the morning and evening respectively of the second day after leaving London. Fares: first, £8 16*s.* 5*d.*; and second, £6 3*s.* 10*d.* Luggage cannot be registered from London beyond Chiasso, where the Customs examination takes place. Berth in sleeping carriage, Calais to Basle, 20 fr. 60 c. in addition to the first class fare.

2. *The mail route, viâ Calais, Paris, Mt. Cenis, and Bologna.*—The train (Rome express) leaves Charing Cross or Victoria at 11 a.m., and reaches Turin at 2.20 the next afternoon. Here change carriages, as the through carriages go on to Rome, *viâ* Alessandria, Genoa, and Pisa. The train for Florence leaves Turin at 7.10 p.m., reaching its destination at 6.23 the next morning. Fare: first, £8 16*s.* 6*d.*; second, £6 1*s.* 8*d.* If a stay of five or six hours at Turin is objected to, passengers can continue their journey by the Rome express, changing carriages at Pisa for Florence, which is reached at 12.45 a.m. This is a very rapid and tiring journey, Florence being reached in a little over 36 hours after leaving London. It is a good plan to spend the night in Turin, leaving the next morning at 8.40, reaching Florence *viâ* Genoa at 6.44 p.m. without change of carriage. This route is a little cheaper than *viâ* Bologna, viz., first, £8 10*s.* 8*d.*; second, £5 17*s.* 8*d.*

3. *The popular cheap route viâ Dieppe, Paris, Mt. Cenis, Turin, Genoa, and Pisa.*—Passengers leave Victoria at 10 a.m., and arrive at Paris 6.55 p.m. Beyond Paris, same train and route as No. 2. Fare: first, £7 8*s.* 3*d.*, second, £5 3*s.* 8*d.* By the Mt. Cenis route luggage cannot be registered from London beyond Modane, where the Customs examination takes place. Charge for berth in sleeping car from Paris to Turin, £1 3*s.* 6*d.* Travellers who do not take sleeping berth tickets are advised to procure a pillow, which can be procured at all the principal stations for night journeys for 1 fr. Rugs (*couvertures*) are also supplied for the same price. As there is usually only one second class carriage from Paris to Turin it is generally very crowded, so travelling second by this route can only be recommended to hardy tourists.*

In comparing the merits of these routes, the one *viâ* St. Gothard is undoubtedly the most interesting, and it is advisable to leave London by the morning express so as to pass through the magnificent scenery by daylight. Travellers are recommended to break their journey at Bologna, unless time is an object. From this town the extremely interesting city of Ravenna, with its wealth of Byzantine architecture, can be easily visited. The journey between Bologna and Florence over the Apennines should be made if possible in daylight, as it is a highly interesting and picturesque route. For this reason alone it is worth breaking the journey at Bologna if travelling by the train which reaches Florence in the early morning, and thus losing all the scenery.

Bologna has excellent hotel accommodation; the leading hotel is the Hôtel Brun. *Pension* 10 to 12 fr. There are also the hotels d'Italie and Pellegrino. *Pension* from 9 fr.

The Customs examination at all the frontier stations between France and Italy is exceedingly stringent, and passengers will

* Travellers should remember that on Italian railways the twenty-four o'clock notation has been adopted. The hours are reckoned from 1 a.m.; midnight being 24.0; 12.30 a.m. being 0.30, etc. It is easily mastered, and the chief advantage is that in the time-tables one can see at a glance whether morning or evening is the hour of arrival. The difference between noon and midnight is also very clearly indicated by this method.

find it good policy to declare the smallest quantity of dutiable articles.

Florence can also be reached by sea *viâ* Genoa by the North German Lloyd fortnightly steamers from Southampton, thence by rail *viâ* Pisa (see SAN REMO).

Society.—There is a large English colony at Florence, and a considerable number of American families are to be found residing at villas or *pensions* during the spring. The American element is not, however, so prominent as in some of the fashionable Riviera stations. Florence being one of the greatest art centres in Europe, and a sort of focus of intellectual life and culture, there is a decidedly literary and artistic tone about the society, which is also more cosmopolitan than at most foreign towns where there are many English residents. In fact, the humanising influence of art seems to have dissipated a good deal of the proverbial insularity and exclusiveness of our compatriots, and there is a fair amount of intercourse between the leading English and Italian residents. The well-known English club has also done a good deal towards promoting kindly relations between the two nations.

The fashionable crowds who gravitate annually to the more lively towns of the Riviera, such as Cannes, Nice, and Monte Carlo, do not much affect Florence, except, perhaps, at Easter; and, in fact, they are apt to take it for granted that Florence is no longer "in the movement," and does not now afford much society. It is true that compared with Nice or Cannes there is not much society in the conventional sense, for though a good deal of quiet entertaining goes on, there are not many public balls or private dances and theatricals and such-like social functions given during the season. In short, this "Modern Athens" is no more a pleasure resort, pure and simple, than it is an invalid station. It can best be defined by the generic

term of *residential* resort. Florence seems at all events to have almost succeeded in attaining the much-desired *juste milieu*. It is not, perhaps, a particularly gay or fashionable place of residence, but it is at any rate free from the somewhat loud atmosphere which characterises certain classes of smart society at Nice or Monte Carlo, and one does not find here that strange juxtaposition of *la haute noblesse* and *la haute finance*, which has of late years given a slightly snobbish tone even to the society of ultra-fashionable Cannes. Then again, invalids form a small minority among the residents, so that Florence has not that funereal aspect which renders Mentone, Bordighera, and other health resorts so oppressive to ordinary visitors.

Hotels.—Florence being one of the great show cities of Europe, and being visited by travellers from all parts of the world, hotels of all kinds are very numerous. In this handbook, however, as only the principal hotels, and the smaller ones which have the least claim to possessing an English or American *clientèle* are noticed, the list can be kept within reasonable limits. At the more fashionable hotels the lowest tariff would be about 12 or 15 fr., the latter price being charged during Easter, the height of the Florence season. In Italy these prices are rather high, but then the season, so far as the leading hotels are concerned, does not last more than a couple of months or so. Nearly all the high class and more expensive hotels are situated along the Lungarno, on the right (north) bank of the river, between the Piazza Manin at the western end, and the Lungarno della Zecca Vecchia. They all have a southern aspect. It may be remarked that Lungarno is a generic term, and the different portions have some more or less cumbrous qualifying termination, such as—Lungarno Amerigo Vespucci, Lungarno della Zecca Vecchia, etc. In short, there are nearly a dozen Lungarnos in Florence. The Lungarno hotels are noticed below in geographical order, starting from the Piazza Manin.

Royal Continental de la Paix (known generally as Hôtel de la

any hotels approaching in size or splendour to the colossal establishments at Nice, Cannes, or Monte Carlo. These *pensions*, originally intended to compete with the higher prices of hotels, and to cater for a cheaper class of visitors, seem to be rendered unnecessary, owing to the almost universal adoption nowadays of the *pension* system in ordinary hotels. Still, in Florence, these establishments hold their own, though their prices differ little from those of the moderate-priced hotels. It will be found, also, in the case of the leading private *pensions*, that there is little difference in the character of the *clientèle*, though originally they were patronised by a somewhat inferior class (*i.e.*, inferior, of course, from the narrow standpoint of the hotel proprietor). The most important are :—

Bellini, 22, Lungarno Nuovo. P. 8 to 12 fr. ; L. 2 fr. 50 c. (1 p.m.) ; D. 3 fr. 50 c. (7 p.m.). Open all the year. Heated with *calorifères*. On Saturday evenings concerts and dances are given to guests and their friends.

Piccioli, Lungarno, and 1, Via Tornabuoni. P. 8 to 10 fr. Open September 1st to June 1st. Musical entertainments to guests and their friends once a week.

Molini Barbensi (formerly Pension Clark), 13, Lungarno Guicciardini (left bank of the Arno). P. 7 to 10 fr. ; L. 2 fr. 50 c. (1 p.m.) ; D. 4 fr. (7 p.m.). Open all the year.

Macnamee (Villa Trollope), Piazza dell' Indipendenza. P. 9 fr. *Clientèle* mainly American.

Chapman, 21, Via Pandolfini. Most of the visitors Americans.

Clarke, Piazza d'Azeglio.

At all the above wine is included in the *pension* price.

At the better-class Florence *pensions* the appointments and service are fairly satisfactory, but complaints are not infrequent that the food is occasionally deficient in quantity if not in quality. Three forcible arguments may be adduced, however, in justification—high rents, short season, and fierce competition. At Rome the season is much longer, and yet the prices are somewhat higher. Some of the larger *pensions* here have branch establishments during the summer, either on the coast between Spezia and Leghorn, or in the mountains, in the Lucca and Pistoia districts. The terms at these *succursales* are much lower, ruling from 5 fr. to 7 fr., and the *clientèle* is chiefly Italian.

There are numerous private *pensions* of the "paying guest" type. Of these, one kept by Miss Plucknett, Palazzo coi Portici, Via degli Anselmi, can be recommended.

Villas and Apartments.—The rent of a furnished villa would be anything from 300 fr. a month, the rent depending a good deal on the situation. The neighbourhood of the Cascine, and the more distant suburbs in the hills near the Viale dei Colle, are the dearest quarters. Furnished apartments are plentiful. In a fairly central position a couple of rooms can be obtained for 50 fr. a month, or, if taken by the year, from 40 fr. or even less. Those contemplating staying all the year round should take rooms some distance from the Lungarno, as it is infested with mosquitoes in the late summer and early autumn. Those about to rent villas should certainly employ a reliable house agent.

Amusements.—Putting aside the great attraction of Florence—its Art Collections—the mere pleasure seeker will find that the city offers plenty of resources in the form of public amusements. There are several good theatres, of which the best are the following:—La Pergola, 12, Via della Pergola; Opera and Ballets. Only open for a few months in the year. Pagliano, 5, Via del Fosso; Opera. Niccolini, 1, Via Ricasoli; Comic Opera and Comedy. *Fauteuils* at above, generally from 2 fr. to 5 fr. The performance usually begins at 8.30.

There are numerous Variety Theatres, Cirques, and Café-concerts where smoking is allowed. The most frequented are: Politeama, Corso Vittorio Emanuele; Grand Ballets or Circus. Arena Nazionale, 15, Via Nazionale; Operetta or Circus (1 fr.). Alhambra, Piazza Beccaria; Winter garden. Café-chantant. The most frequented Café-chantants are the Trianon, Piazza Vittorio Emanuele; and Gambrinus, Piazza Vittorio Emanuele.

Classical or sacred concerts are occasionally given by the Philharmonic Society, 83, Via Ghibellina.

Except at the different clubs and at a few hotels, billiard

tables will be found at very few *cafés*. But the game can be played at the Café-restaurant Cornelio, Piazza dei Buoni, and at Café Schiatti, 1, Via Ricasoli. The principal public parks and gardens are the Cascine, Boboli, and Torrigiani (see also "Principal Attractions"), where performances by the various regimental bands are given frequently. The Municipality, however, does not seem able to support a band of its own. Of out-door sports, lawn tennis and cricket can be indulged in (see "Clubs"). Popular entertainments are often given at the new Skating-Rink, a favourite resort.

Principal Attractions and Places of Interest.—It is only necessary here to give a bare list of the chief sights which might be attempted superficially by visitors who can only give a week or so to Florence. To explore Florence at all thoroughly would require a couple of seasons at least. Sufficient information will be found in Baedeker's or Murray's handbooks, or in the new and very complete "Guide-Souvenir de Florence," by Dr. J. Marcotti; but Hare's "Florence" and Horner's "Walks in Florence" should also be previously consulted at home. (See also list of authorities at end of this chapter.)

1. *Public Galleries, Museums, etc.*—Uffizi Galleries, 10 to 4, 1 fr. (includes admission to the Pitti Galleries). Sunday free. 11 to 3. Pitti Galleries. Same hours and fees. Free admittance from here to Uffizi Galleries by a long covered corridor crossing the river. National Museum in the Bargello (Palazzo del Podesta), 10 to 4, 1 fr. Sunday free. Academy, 52, Via Ricasoli (Michael Angelo's famous David), 10 to 4, 1 fr. Sunday free. Palazzo Vecchio, 10 to 3, 50 c. to custodian. Galleria Buonarotti (Michael Angelo's House), 64, Via Ghibellina, 9 to 3, 50 c. Monday and Thursday free. Closed on Sunday. Museo di S. Marco

in the Piazza di S. Marco, 10 to 4, 1 fr. Sunday free. Closed on *fête* days. Biblioteca Laurenziana (S. Lorenzo), 9 to 3, 50 c. to custodian. Closed on *fête* days. Museo Archeologico (Egyptian and Etruscan collections, and Galleria degli Arazzi), 26, Via Colonna, 10 to 4, 1 fr. Sunday free. Children are admitted for 50 c. to these galleries.

All the above are closed on the following days: January 1st and 6th, March 14th, Easter Day, Ascension, Corpus Domini, first Sunday in June, June 24th, S. John, June 29th, August 15th, September 8th, November 1st, November 20th, December 8th, and Christmas Day.

2. *The four famous Cenacole* (Last Supper).—Di Foligno, 58, Via Faenza; d'Andrea del Sarto, S. Salvi, 12, Via S. Salvi; del Ghirlandajo in the Ognissanti Convent, Borgognissanti; d'Andrea del Castagno, S. Appollonia, 27, Via Aprile (leading out of the Via S. Gallo). 25 c. to custodian.

These Cenacole and Perugino's frescoes in Sta. Maria Maddalena de' Pazzi, Via de' Pinti, can only be seen from noon to 4 p.m.

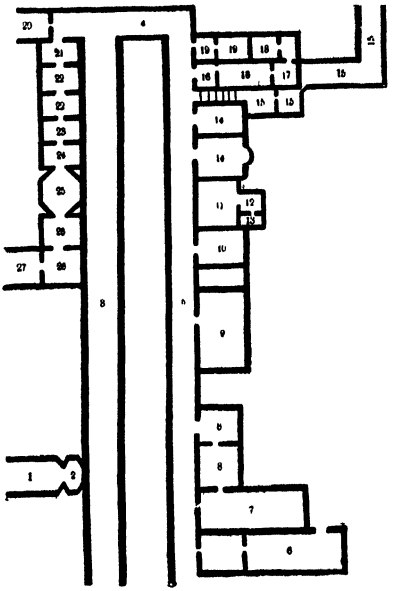
3. *Churches.*—Cathedral and Baptistery, Piazza del Duomo (Campanile 1 fr.); Sta. Maria del Carmine, Piazza Sta. Maria del Carmine (frescoes by Giotto and Filippino Lippi); Sta. Croce, Piazza Santa Croce (the Westminster Abbey of Florence); S. Lorenzo, Piazza S. Lorenzo (Michael Angelo's famous monuments, Day and Night, and the Medici Chapel, 50 c.); Sta. Maria Novella, Piazza Sta. Maria Novella, near the station (Cimabue's Madonna); S. Marco, Piazza di S. Marco (Fra Angelico's frescoes, Savonarola Memorials in Museum); S. Miniato, Via dei Colli (mosaics); SS. Annunziata, Piazza del' Annunziata (Andrea del Sarto's frescoes); S. Spirito, Piazza S. Spirito, near Ponte Sta. Trinità on the left bank of the Arno (Madonna by Filippino Lippi). The churches usually remain open all day till an hour before

very comfortably by the steam trams which leave the P. Beccaria every hour for Certosa *viâ* Viale dei Colli. Fare: 55 and 50 c. Mount Oliveto and Bellosguardo. A drive worth taking for the views alone. Going by Via Romana and returning by the Ponte Sospeso at the eastern end of the Cascine, the drive will take about two hours. Fiesole. Without exception the most beautiful drive near Florence. A very convenient electric tram service leaves the Piazza S. Marco hourly from 8 a.m. to 6 p.m., 70 c.; return, 1 fr. For a cab, 8 fr. will probably be asked, but less will often be taken, especially in the mornings. Castello di Vincigliata. A much restored mediæval castle belonging to Mr. Temple Leader, situated on a commanding position to the S.E. of Fiesole. Worth visiting. Fine views. Open Thursday and Sunday from 8 to 5. *Permesso* can be obtained at 14, Piazza Pitti, Florence. Drive, three hours there and back. The following summary of drives and excursions is taken from the *Italian Gazette*:—*Out of Porta San Frediano:* Monte Oliveto—Monticelli—Legnaia—Ponte a Sieve—Scandicci—Bellosguardo—Signa. *Out of Porta Romana:* Cantagalli Pottery and Artistic Majolica (21, Via Senese)—Certosa—Poggio Imperiale—Arcetri (Astronomical Observatory)—S. Margherita a Montici—Torre del Gallo (Galileo Observatory)—S. Miniato—Piazzale Michel-angelo—Impruneta. *Out of Porta San Niccola:* Ponte a Ema—Valley of the Ema—Antella—Badia—Bagno a Ripoli—Galleria del Prete. *Out of Porta alla Croce:* S. Salvi, Cenacolo of A. del Sarto—Settignano—Castle of Vincigliata (permit necessary)—Rovezzano. *Out of Porta San Gallo:* Montughi (Villa Stibbert)—Castello (Villa Reale della Petraia)—Doccia—La Loggia (Villa Salviati)—Badia—San Dominico (Villa Palmieri)—Fiesole—(Villa Spence, Scavi, Etruschi, Duomo)—Pratolino Park, Villa Demidoff. Permit necessary.

Of the more distant excursions, the Vallombrosa

Monastery and Camaldoli are by far the most interesting. Since the mountain railway from S. Ellero (on the Florence-Rome Railway), to Saltino, Vallombrosa can be managed in one day if the morning train from Florence be taken; but such a hurried visit is not recommended. The train leaves the Central Station, Florence (Ponte Croce Station ten minutes later) at 7.40 a.m., reaching Saltino (about two miles from the Monastery) at 10 a.m. The return train leaves Saltino at 5.10 p.m. Fare: 4 fr. single, 6 fr. return.

The trip to Camaldoli is not often undertaken, as it involves a long and tedious train journey, but the grandeur and wildness of the scenery fully reward the enterprise of the tourist. Two days at least are required. Leaving Florence by the early morning train, Arezzo is reached in about an hour. Here change carriages for Poppi (line recently opened) 1½ hour's journey. Here a carriage can be obtained for Camaldoldi (12 kil.). Charge, 8 fr. Camaldoli is becoming a favourite summer station as well, and consequently there is good hotel accommodation (Grand Hotel, a *succursale* of Grand Hôtel Bretagne, Florence. *Pension* 12 fr.). A far more interesting route, passing through the finest and boldest scenery to be found within fifty miles of Florence, is *viâ* Pontassieve and the Monte Consuma Pass. A carriage to Poppi can be had for 15 fr., or with two horses (necessary for four persons or more) 24 fr. During the spring a diligence, in connection with the hotel at Camaldoli, meets the morning train at Poppi.



GALLERIA DEGLI UFFIZI.

1. Primo vestibolo.
2. Secondo ,,
3. Primo corridore.
4. Secondo ,,
5. Terzo ,,
6.
7. Galleria Feroni.
8. Bronzi antichi.
9. Salla della Niobe.
10. ,, del Baroccio.
11. ,, delle Iscrizioni.
12. ,, dell' Ermafrôdito.
13. ,, dei Cammei.
14. Ritratti dei Pittori.
15. Corridore o passaggio che conduce alla Galleria Pitti.
16. } Corridore e sala di Lor-
17. } enzo Monaco.
18. Gabinetto delle Medaglie.
19. Scuola Veneziana.
20. Gemme.
21. Scuola Francese.
22. ,, Tedesca e Fiam-
23. ,, Olandese. [minga.
24. ,, Italiana.
25. Tribuna.
26. Scuola Toscana.
27. Sala di antichi maestri.

The Uffizi Galleries.—These, with the Pitti Galleries, combine to form what is perhaps the largest and most famous Art Collection in Europe.

The Uffizi is much the larger, and contains a far larger proportion of comparatively indifferent pictures than does the Pitti collection, which boasts of "a relatively greater array of masterpieces than any collection in Italy." Visitors staying only a week in Florence are recommended to devote at least two mornings to the Uffizi, and one to the Pitti collection.

The whole collection has been for some time undergoing the lengthy process of re-arrangement and re-numbering, so that many of the numbers given below, though of recent date, and taken from the official catalogue, will be found to be inaccurate. None of the innumerable Florentine guides and books of reference, except, of course, Karl Károly's "Handbook to the Florence Galleries" (see list below), give as full a list as is to be found in the little Italian guide book "Firenze e Dintorni," published by Treves Fratelli, Milan. Only a few of the most famous paintings and sculptures can be mentioned here. The gems of the whole collection are placed in Room No. 25, the Tribuna, which is a kind of *sanctum sanctorum* of art. Entering from the corridor, the world-renowned Venus de Medici confronts the visitor. This statue is considered to represent the nearest approach to the highest ideal of feminine beauty. "During the second occupation of Italy by the French (1801), Napoleon wished to marry the Florentine Venus to the Belvedere Apollo, which he had removed from the Capitol at Rome. Venus was, however, brought back from the Louvre and restored to Florence in 1815."

The three other statues are :—

343. *I Lottatori* (The Two Wrestlers).
344. *Il Fauno* (The Dancing Fawn).
345. *L'Apollino.*

Pictures :—

1104. *Spagnoletto* . . . . St Jerome.
1108. *Titian* . . . . . Venus.
1112. *Andrea del Sarto* . . Madonna with St. John.
1113. *Guido* . . . . . Madonna.

1114. *Guercino* . . . . . Sibyl.
1117. *Titian* . . . . . Venus.
1118. *Correggio* . . . . Rest in Egypt.
1122. *Perugino* . . . . . Madonna.
1125. *Raphael* . . . . . Madonna del l'ozzo.
1127. *Raphael* . . . . . St. John.
1129. *Raphael* . . . . . Madonna del Cardellino.
1132. *Correggio* . . . . Head of John the Baptist.
1133. *A. Caracci* . . . . A Bacchante.
1136. *Paolo Veronese* . . . Holy Family.
1137. *Guercino* . . . . . Endymion.
1139. *Michael Angelo* . . Holy Family.
1141. *A. Durer* . . . . Adoration of the Magi.
1145. *A. Caracci* . . . . Rebecca.

Room 26. Tuscan School (*Prima Sala*).

1153. *A. Pollaiuolo* . . . Hercules struggling with Anta.
1162. *Lorenzo di Credi* . . Portrait of Verrocchio.
1176. *Andrea del Sarto* . . Portrait of himself.
1179. *Filippo Lippi* . . . St. Augustine.
1182. *Botticelli* . . . . . Calumny.
1184. *Fra Angelico* . . . Translation of the Virgin.

Room 26. Tuscan School (*Seconda Sala*).

1252. *Leonardo da Vinci* . Adoration of the Magi.
1257. *Filippino Lippi* . . Adoration of the Magi.
1259. *Albertinelli Mariotto* . The Virgin and St. Elizabeth.
1265. *Fra Bartolomeo* . . Virgin and Child.
1112. *Andrea del Sarto* . . Virgin, Child, and Two Saints.
1279. *Sodoma* . . . . . Martyrdom of St. Sebastian.

Room 27. Tuscan School (Old Masters).

1288. (?) *Leonardo da Vinci*. Annunciation.
1290. *Fra Angelico* . . . { Coronation of the Virgin. (On an easel.)
1131. *A. del Pollaiuolo* . . { SS. Eustace, James and Vincent.
1307. *Fra Filippo Lippi* . Virgin and Child.

Some good examples of Botticelli here also.

Room 24. Italian School.

1002. *Correggio* . . . . Virgin and Child with Angels.
1025. *Mantegna* . . . . Virgin seated on a Rock.
990. *Albani* . . . . . Venus asleep.

Room 23. Dutch School.

854. *Van Mieris* . . . . A Charlatan.
977. *Rembrandt* . . . . A Landscape.

Room 22 (two rooms). Flemish and German.

703. *Hans Memling* . . Madonna.
765. *Holbein* . . . . . Portrait of Richard Southwell.
766. *A. Durer* . . . . Portrait of his Father.

Room 21. French School. Contains little of special interest except a painting of Watteau.

Room 19. Venetian School (*Prima Sala*).

592. *Moretto* . . . . . Death of Adonis.
599. 605. *Titian* . . . . . Portraits of Duke and Duchess of Urbino.
601. *Tintoretto* . . . . Portrait of Admiral Veniero.

Room 19. Venetian School (*Seconda Sala*).

609. *Titian* . . . . . A battle-piece.
26. *Titian* . . . . . Portrait of a Lady (La Flora). This painting (on an easel) is one of the best known in the Uffizi.

Room 17. Sala di Lorenzo Monaco.

17. *Fra Angelico* . . . Altar-piece, Virgin with Twelve Angels.
39. *Botticelli*. . . . . The Birth of Venus.
1286. *Botticelli*. . . . . The Adoration of the Magi.
1309. *Lorenzo Monaco* . . The Adoration of the Virgin.
1310. *Gentile da Fabriano* . Mary Magdalene and Three Saints.

Room 14 (*Prima Sala*). Portraits of Old Masters painted by themselves.

287. *Perugino*; 286. *Filippini Lippi*; 262. *Dolci*; 282. *Sodoma*; 451-2. *Rembrandt*; 228. *Rubens*; 232. *Holbein*; 224. *Cronach*; are considered the best executed portraits.

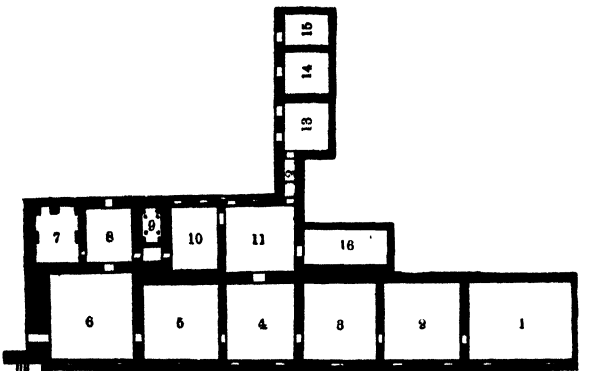
In Room 14 (*Seconda Sala*) are portraits of modern painters, of which Nos. 471, *Angelica Kauffmann*, and 549, *Madame Lebrun*, are perhaps the best. Both are frequently copied.

Room 10. Sala del Baroccio.

169. *Baroccio*	The Virgin interceding for the Poor.
203. *Guido Reni*	Subject taken from Ariosto.
191. *Sassoferrato*	The Virgin Weeping.
210. *Velasquez*	Portrait of Philip IV.

Room 9. Sala di Niobe. One of the most famous groups of ancient statuary in existence. Unfortunately the general artistic and dramatic effect is spoilt by the children of Niobe being placed symmetrically round the saloon at equal distances, instead of being grouped naturally around Niobe. "This figure of Niobe is probably the most consummate personification of loveliness that remains to us of great antiquity."—*Shelley.*

Some very important changes have been made in the galleries of Florence within the last two or three years. At the Uffizi, three new rooms have been opened to admit the valuable gifts of Mr. Walker, Mr. Orchardson, the Florentine artist Boldini, Roby the Belgian, and the Swiss Charles Giron. In the first of the three rooms is exhibited a well arranged collection of Tuscan Art, from its commencement to the seventeenth century. The other rooms will require some time before they are entirely in order. The whole of the gallery of the Uffizi has been rearranged, with the most scrupulous care as to the artist and date of the different pictures; many of which having been for years hidden in cellars under the Uffizi, are now being located in the new rooms. Among them is a beautiful Venus, by Lorenzo di Credi, at first sight resembling strikingly that of Botticelli, painted no doubt in the studio of Andrea di Verrocchio. It has been hidden here since 1869, when it was brought from the Grand Ducal Villa of Cafaggiolo, now possessed by the Princess Borghese. Another gem brought to light is that of a half-size figure of a youth, with a rocky landscape behind him, supposed to be by Leonardo da Vinci in his young days. Among the gifts of modern artists are those of the heirs of the French David.



GALLERIA PITTI.

1. Sala di Venere.
2. ,, d'Apollo.
3. ,, di Marte.
4. ,, ,, Giove.
5. ,, ,, Saturno.
6. ,, dell' Iliade.
7. Stanza della Stufa.
8. ,, dell' Educazione di Giove.
9. Bagno.
10. Stanza di Ulisse.
11. ,, ,, Prometeo.
12. Corridore delle Colonne.
13. Stanza della Giustizia.
14. ,, di Flora.
15. ,, dei Putti.
16. Galleria del Poccetti.

The Pitti Galleries.—Famed chiefly for pictures of Raphael, eleven undisputed works by that master being hung here. Entering the gallery at Room 6, it is advisable to walk straight through the saloons, and begin with Room 1 (Sala di Venere), as the numbers in the official catalogue (from which the numbers in this summary are taken) commence at this room. The light in some of these saloons is indifferent, and, if possible, the galleries should be visited on a fine clear day.

The ordinary visitor, who does not lay claim to a profound knowledge of art, will probably prefer this gallery to that of the Uffizi, as the chronological order of the different schools, so strictly preserved in the latter, is quite ignored here, the great object being to "ravish and delight the eye."

Room 1. Sala di Venere.

3. *Tintoretto*	Venus, Vulcan, and Cupid. "For colouring unequalled by any Venetian examples."
9. *Rubens*	Ulysses and Nausicaa.
14. *Rubens*	Haymaking near Malines.
18. *Titian*	La Bella. Portrait of the painter's mistress.

Room 2. Sala d'Apollo.

63. *Raphael*	Portrait of Leo X. "No master has ever produced, or will produce, anything better."
54. *Titian*	Portrait of Pietro Aretino.
56. *Murillo*	Madonna del Rosario.
58. *A. del Sarto*	Descent from the Cross.
59. 61. *Raphael*	Portraits of Angelo Doni and his wife, Maddalena Strozzi.
62. *A. del Sarto*	Holy Family.
64. *Fra Bartolomeo* . . .	Descent from the Cross.
67. *Titian*	Magdalene.

Room 3. Sala di Marte.

79. *Raphael*	Portrait of Pope Julius II. Formerly in Sala di Saturno.
82. *Van Dyke*	Portrait of Cardinal Bentivoglio.
85. *Rubens*	Portraits of himself and brother.
86. *Rubens*	The Evils of War.
87. 88. *A. del Sarto*	Scenes from the Life of Joseph.
94. *Raphael*	Madonna dell' Impannata.
96. *Cr. Allori*	Judith with the Head of Holophernes.

Room 4. Sala di Giove.

113. *Michael Angelo* . . .	The Three Fates (Clotho, Lachesis, and Atropos).
123. *A. del Sarto*	Madonna and Four Saints.

123. *A. del Sarto* . . . . The Annunciation.

125. *Fra Bartolomeo* . . . St. Mark. (Colossal dimensions.)

Room 5. Sala di Saturno.

151. *Raphael* . . . . . Madonna della Seggiola, or Sedia. Perhaps the most popular of Raphael's Madonnas. N.B.—This occupies the space formerly filled by Raphael's Julius II., now in Sala di Marte (79).

157. *Giorgione* . . . . . The Three Ages of Man.

159. *Fra Bartolomeo* . . . Christ and the four Evangelists.

164. *Perugino* . . . . . The Descent from the Cross. Raphael took the figures of St. John for his celebrated Crucifixion (now in Lord Dudley's collection).

165. *Raphael* . . . . . Madonna del Baldacchino. Unfinished.

172. *A. del Sarto* . . . . Dispute about the Trinity.

174. *Raphael* . . . . . Vision of Ezekiel.

178. *Raphael* . . . . . Madonna del Granduca. Formerly in the Sala dell' Educazione di Jove. Guido Reni's Cleopatra now takes its place.

179. *Sebastiano del Piombo* . Martyrdom of St. Agatha.

Room 6. Sala dell' Iliade.

185. *Giorgione* . . . . . A Concert.

191. 225. *A. del Sarto* . . . . Two Assumptions.

200. *Titian* . . . . . Portrait of Philip II. of Spain.

201. *Titian* . . . . . Portrait of Cardinal Ippolito de Medici.

208. *Fra Bartolomeo* . . . Marriage of St. Catherine. Bad light.

230. *Parmigianino* . . . Madonna.

235. *Rubens* . . . . . Holy Family.

Room 8. Stanza dell' Educazione di Giove.

245. *Raphael* . . . . . Fornarina. Known in the guide books as La Donna Velata, but recently the director of the galleries has established its identity with the painting of Raphael's mistress.

243. *Velasquez* . . . . . Portrait of Philip IV.

272. *A. del Sarto* . . . . St. John the Baptist.

Room 11. Stanza di Prometeo.

343. *Filippo Lippi*. . . . Madonna and Child.

377. *Fra Bartolomeo* . . . Ecce Homo. In the next three saloons there is little of special interest, except Canova's celebrated Venus in Room 14 (Stanza di Flora).

SOME MEDICAL NOTES ON FLORENCE.

By ST. CLAIR THOMSON, M.D. LOND., F.R.C.P. LOND.

Florence does not, like the towns along the Riviera, lay claim in the strict sense of the term to be a health resort. Still, it is visited by so many travellers in search of change, subjects of interest, society, educational advantages, or as a more permanent residence, that some notes on its climatological and hygienic features must be of interest.

It has been remarked that it is a wonder that any one can live in Florence in winter, or die there in summer. Like most epigrams, this overstates the case. The cold in winter is certainly severe and is frequently keenly felt, even with a bright sunny sky, and a thermometer not registering a very low temperature. This is due to the icy blasts of the north wind (tramontana), which sweeps through the streets from the snow-covered Apennines, and to the sudden changes felt in passing from the hot sun to the narrow streets, surrounded by high houses, where the sun's rays never penetrate. Indoors this cold

is more acutely felt than in more northern homes, owing to the floors being of stone pavement, sparsely covered with thin carpets, the doors and windows fitting badly, while the heating arrangements are most inadequate. This state of affairs is explained by the fact that the Italians design their houses to meet the heat of their long summer, and neglect to prepare for their short winter. This latter point must be borne in mind, viz., that however severely the cold is felt, it does not last long. Two months at most—from the middle of December to the middle of February—see the worst of it over. At the same time many advantages help to counterbalance the severity of the short winter. Snow seldom falls, and when it does, it is but to remain a few hours, and we are spared the sludge and rawness attending a thaw; there are very few days on which there is not bright and continuous sunshine; owing to the absence of moisture in the atmosphere, it is soon dry under foot after a shower, and in this "smokeless city" (as Shelley called it), the air is particularly clear. In the best hotels and *pensions* the cold of the houses is provided against, and those who settle in residence here can make their homes as comfortable as elsewhere. For out-of-doors, visitors must come provided with the warmest of warm clothing, and furs are much more necessary and acceptable than in England.

This sharp winter divides our year into two seasons. The first is from the end of September to the beginning of December, during which lovely autumn weather is the rule, broken by heavy rains, generally at the end of November. During the cold season, many travellers go farther south on to the Riviera. Those who remain and who bear cold well, may enjoy bright dry weather, and I have known it possible to play lawn tennis every day during six continuous weeks, between Christmas and Easter. The end of February and beginning of March is frequently associated with broken weather and cold winds. By the end of March, the second season begins; summer promises early, and April, May, and the first half of June are the loveliest time of the year. During July and August the heat is excessive, and Florence is deserted by visitors and foreign residents.

The mean annual temperature is 58° Fahr., with a maximum of 93° and minimum of 22°; the mean temperature of January being

41° and of July 77°. It is therefore a very variable climate, and the sudden change of temperature between sunny and sunless streets, and the cold winds render it unsuitable for cases of real pulmonary weakness. Indeed, affections of the lungs form the bulk of the mortality amongst the natives, by whom *polmonite fulminante* (acute pneumonia) and *polmonite nascosta* (hidden or deep pneumonia) are the most dreaded diseases. But with regard to these, as well as with regard to other affections, rules for the health of foreign visitors cannot be correctly drawn from statistics embracing the whole native population. Their habit of huddling in close and unventilated *cafés* and theatres before passing through the cold night air; their insufficient clothing and unsustaining dietary, and their unheated houses, make them a ready prey to affections of the respiratory organs. Many a Florentine has never seen an open fireplace, has no means of warming his apartment, and at most, nothing better than a brazier of charcoal, whose noxious fumes rob him of the little oxygen he allows himself. For a similar reason the statistics of zymotic diseases in the insanitary districts of the town do not form a just criterion for the better quarters, where English water-closets have been introduced, and where the cesspools are better looked after.

But although all with phthisical or pleuritic weakness, or a tendency to pneumonia, should avoid Florence in the winter months, there are many cases of chronic bronchitis, especially among the elderly, and those with a good circulation, which do remarkably well here. In April and May numbers of pulmonary patients do, and may, visit Florence (after wintering in the Alps or on the Riviera) with perfect impunity.

For similar reasons those with defective circulation—not necessarily all cases of heart disease—should, from choice, select a warmer and more equable climate. The statistics of the number of cases of typhoid fever have given the town an unenviable notoriety; but it is just to say (bearing out what I have already said on the difference between the low and better quarters of the town) that in six years' practice I have only seen three cases of typhoid fever and two of diphtheria which were distinctly contracted in the town. In the year 1890, the death-rate was 25·1 per 1000, which is, no doubt, far in excess of the English average, but not so high as that of some of the capitals of Europe.

Important improvements—such as the removal of the public slaughter-houses out of the town, and the wholesale substitution of wide streets with good houses for close insanitary rookeries—have been carried out, but the sanitary arrangements leave much to be desired. Street nuisances are only too common. Houses are drained into cesspools in their courtyards, and these cesspools are emptied in such a way as to be an abomination and danger to the neighbourhood. Where, however, the water-closets are well-constructed and properly trapped, the system is less dangerous to health than it is offensive to the senses. And if transportable cesspools (*i.e.* cases in which the sewage is carted away without being emptied) are used, or a proper emptying pump is employed, this disgrace to civilisation is considerably mitigated.

The supply of water is plentiful. Its quality is a much-disputed point, but we have it on the authority of Sir Douglas Galton, that "the water of the Anconella is good, and at least equal to that of many towns in England and other European countries." The Anconella is the chief source of the town water, and supplies all the hotels and *pensions* along the Arno.

In the event of sickness, the wants of visitors are well provided for. Excellent chemists and English stores supply all that can be required in the way of medicines and invalid specialities; there are a good number of English hospital-trained nurses resident in the town, and when required others (American and English) can be obtained in a few hours from Rome: two establishments, a convent of English sisters and a Protestant hospital outside the town, have private wards, where, for a very moderate sum, patients can secure every comfort, and be attended by the physician of their own choice.

Some years ago, an excellent dairy, under English management, and conducted on the most approved sanitary principles, was founded in a healthy situation outside the town. A pure supply of milk, as well as cream, eggs, and poultry, is sent into town morning and evening.

Although not generally regarded as instruments of treatment, I cannot refrain from mentioning our resources for education, an excellent public library, an Anglo-American club, lawn tennis club, gymnasium, good livery stables for driving and riding

horses at moderate rates, and splendid roads through lovely country. All these may be important factors in choosing Florence as a residence for certain ailments.

The invalids to whom it would be suited in winter are those able to resist cold, and who, though free from pulmonary weakness, suffer from various forms of neurasthenia, functional nerve troubles, melancholia, anæmia, asthma, or chronic bronchitis. The gouty, rheumatic, dyspeptic, and "professional invalid" may safely visit Florence in October and November; and the same classes may return in March, April, and May, reinforced by the *poitrinaires*, the convalescents, and all seeking an early summer, with sun, change, and interest. This last-mentioned factor is too often omitted by physicians who are consulted on the point of climate. The majority of those who leave England in winter, do so for chest affections; hence the climates suited to these complaints have always had a great deal more study and importance given them, and so physicians have been in the habit of sending indiscriminately all patients to the resorts which are chiefly suitable for lung cases. Many a neurotic, a simply tired or overwrought patient, has been condemned to bore himself to death in some dull village, celebrated for its maximum of sun and minimum of rain (unimportant factors to him), when the charms and resources of a beautiful city like Florence would have roused him to fresh activity, or rested him by awakening new interests.

FLORENCE, *May* 1892.

PRACTICAL INFORMATION.

Church Services.—Holy Trinity, Via Larmarmora. Chaplain, Rev. R. B. Harrison, M.A., Sunday 11 and 5. H.C. 8.30 and 12.15. St. Mark's, 18, Via Maggio. Chaplain, Rev. H. Tanner, M.A., Sunday 11 and 5. H.C. 8.30 and 12. St. James (American Church) 11, Piazza del Carmine. Rector, Rev. H. A. Venables, M.A., 11 and 4. Presbyterian Church, 11, Lungarno Guicciardini; Rev. John MacDougal, D.D. St. Joseph, Via S. Caterina (Roman Catholic), for English speaking Catholics. Open November to May. Mass, Sunday 8.30 and

10. Benediction and Sermon, 3.30 p.m. Rector, Mgr. Harington Moore, M.A.

English Counsellor-at-Law.—Thomas Childs, Esq., M.A., 4, Via Alfieri.

Consuls.—H.B.M. Consul-General, Sir Dominic Colnaghi; Vice-Consul, A. J. French, Esq., Consulate, 14, Via Tornabuoni. U.S. Consul, Charles Belmont Davis, Esq., Consulate, 10, Via Tornabuoni.

English Doctors.—Dr. A. R. Coldstream, 14, Lungarno Nuovo; Dr. T. Henderson, 22, Via Cavour; Dr. Stuart Tidey, 10, Via Panzani; Dr. W. W. Baldwin (American), Villa Rubino, 10, Via Palestro. Hours of consultation, 2 to 3.

English Dentists.—Mr. Dunn, 24, Piazza Sta. Maria Novella. Dr. A. O. Elliott (American), 10, Via Tornabuoni. Mr. Schaffner (American), Via Cerretani.

Private Hospital.—Villa Betania, Via Poggio Imperiale. A convalescent home for paying patients, 12 fr. a day. Apply for admission to Dr. Bottari, 6, Via de Serragli.

English Nurses Institute.—Apply to the Rev. R. B. Harrison, Hon. Sec.

English Chemists.—H. Groves, 15, Borgognissanti; G. Roberts, 17, Via Tornabuoni.

English Stores.—Anglo-American Stores, 39 to 43, Via Cavour.

Postal Arrangements.—Head office, Piazza degli Uffizi, 8 a.m. till 9 p.m. Branch offices at the stations (9 a.m. to 10 p.m.). Piazza Cavour, and Piazza Beccaria, 9 a.m. to 6 p,m. Two arrivals of English mails daily at 6.44 p.m. and 12.40 a.m., but only *one* delivery at 9 a.m. Letters, however, arriving by 6.44 train can be called for at head office between 8.30 and 9 p.m. Collection for English mail, street boxes, 6.30 p.m.; head office, 7.15 p.m.; and station office, 8.20 p.m. Mails for the U.S., Mondays and Thursdays same hours, and for India, Saturday 8.40 p.m. at head office; 9 p.m., station. Four local deliveries daily. Fiesole is outside the local postal district, but Bellosguardo is included. Postage: Town ("citta"), 5 c.; Italy, 20 c.; foreign countries in Postal Union, 25 c.; post cards 10 c., reply (Italy only) 15 c. Parcel Post, not exceeding 7 lbs., 2*s.* 1*d.* In Italy, not exceeding 3 kil., 60 c.

Telegraphs.—Headloffice, 12, Via del Proconsolo, always open; S. Onofrio, 26, Via Borgognissanti; 2, Viale Principe Eugenio, 9 to 6.

Rates in addition to 1 fr., England, 39 c., France, 14 c., and Germany 20 c. a word.

Italy, 1 fr. not exceeding 15 words, each additional word 5 c. Urgent telegrams (*telegrammi urgenti*) thrice above rates. These take precedence of ordinary telegrams.

English Bankers.—French & Co., 14, Via Tornabuoni. Thos. Cook & Son, 10, Via Tornabuoni. Haskard & Son, 10, Via Tornabuoni.

Money.—Italy no longer belonging to the Latin Monetary Union, its coins are not received outside the peninsula. Silver coins of France, Switzerland, Italy, Belgium and Greece are in return refused in Italy. Italian bank notes are for 1, 2, 5, 10, 25, 50, 100 lire and upwards. Coins : gold, 10 and 20 lire (scarce); silver, 50 c., 1, 2, and 5 lire; nickel, 20 c., and copper, 1, 2, 5 and 10 c. Advisable for travellers passing through Florence to take only notes of the Banca Nazionale (Biglietti di Stato). Money changer, Pestellini, Via dei Cerretani.

Baths.—Baroncelli, 16, Via SS. Apostoli, 1 fr. Francestri, 19, Via Vigna Nuova, 1 fr. Medical Baths, Via S. Gallo (new).

Cafés.—Doney, 16, Via Tornabuoni. Giasco, Via Tornabuoni, also a confectioner. The Gunter of Florence. These can be recommended to ladies. Antico Bottegone, Piazza del Duomo. Delle Colonne, 14, Via Tornabuoni. Caffe nero, 15 c. Waiter, 5-10 c. For open-air *cafés* and *café* concerts, see under "Amusements."

Restaurants.—Doney. *Table d'hôte* from 6 to 8 p.m., 7 fr. Capitani, 11 Via Tornabuoni; dinner same hours, 5 fr. Waiter, 25 c. to 50 c. Both good but expensive. Generally close about 9 or 9.30. Dinners from 3 fr. to 3 fr. 50 c., could be obtained at Mellini, 13, Via Calzaiuoli. Bonciani, 23, Via Panzani. Alhambra, Piazza Beccaria. Toscano, 3, Via Calzaiuoli. Good dinner for 3 fr. 50 c. also at the Trianon. Italian cooking. Capitani and Brun, 28, Via Montebello, make a speciality of sending out dinners (*diner à domicile*).

Living Expenses.—Florence, compared to other large towns in

Italy, is a fairly cheap place for foreign residents, though price have risen the last few years. Living is decidedly cheaper here than at Genoa, Venice, or Rome, for instance. Furnished apartments cost considerably less than at the more frequented Riviera stations. The charges at the innumerable private *pensions* are, owing to the severe competition, decidedly moderate ; but this does not apply to the more fashionable *pensions*, where prices are as high as at the hotel *pensions*. The rents of villas are very low, but on the other hand the various taxes are excessive, so that the occupant of a villa will, in the long run, have to pay almost as much as for similar accommodation at Nice or Mentone. Furnished apartments (six to seven rooms) from about 250 fr. a month. The rent of same unfurnished would be from 1200 fr. a year. It would be difficult to get suitable apartments at a lower rent, and for flats in a fashionable street or Piazza these rents may be doubled. Wages for a maid-servant from 25 fr. a month; a man costs 50 to 60 fr.. Meat about same price as in England ; fruit, vegetables, wine very cheap. Most expensive items of housekeeping are coffee (5 to 6 fr. a kilog.) ; tea (12 to 15 fr. a kilog.), and sugar (1 fr. 50 c. a kilog.). Public amusements (theatres, café-chantants, concerts, etc.) are very cheap. Sight seeing is not costly, and means of communication are plentiful at moderate rates. Visitors to Florence will find that incidental expenditure for petty sundries would probably be much less than in the winter resorts of the south of France. For instance, prices at *cafés* are very moderate, and commissionaires, guides, shoeblacks, cigars (Trabucos 20 c., Minghetti 15 c., smokable), tobacco, matches, etc., cost little.

Clubs.—The Florence Club, 5, Piazza Vittorio Emanuele ; Subscription : one month, 25 fr. ; three months, 65 fr. ; six months, 100 fr. ; whole year, 150 fr. Honorary members admitted by committee for two days gratis, or one week for 10 fr., on introduction by two annual members. No introduction necessary in the case of members of the leading London Clubs. A comfortable and well-appointed little club. Monthly house dinners. English billiard table. Circolo dell' Unione, 7, Via Tornabuoni. Strangers can be admitted for short periods if introduced by a member. Florence Lawn Tennis Club. Cascine. Subscription : one month, 10 fr. ; four months, 30 fr. ; season (November 1st to

June 1st), 50 fr. Four courts of gravel and asphalt. A candidate must be nominated by a member.

Conveyances and Local Communications.—Cabs: The course, *i.e.* anywhere within the Octroi (*Dazio Consumo*), 1 fr.; night (one hour after sunset to sunrise), 1 fr. 30 c. First half-hour, 1 fr. 20 c. Night, 1 fr. 50 c. Each subsequent half-hour, 80 c., and 1 fr. at night. Outside the Octroi, first half-hour, 2 fr.; subsequent half-hours, 1 fr. But for a whole day or afternoon excursion it is advisable to bargain. Very good omnibus services run every ten or fifteen minutes from the Piazza della Signoria to the different gates, 10 c.; Sunday and *Fêtes*, 15 c. No smoking allowed in interior.

Excellent tramway services. The chief termini are Piazza dei Guidici (near Uffizi Palace on the Lungarno) Piazza di Sta. Maria Novella, Piazza di S. Marco, Piazza della Stazione, Piazza Beccaria, Piazza della Signoria and Porta Romana. For time and fares, see *Orario Generale dei Tramways*, to be obtained at all the kiosques, price 10 c.

Goods Agents.—Mr. F. H. Humbert, 20, Via Tornabuoni, and Anglo-American Stores, 43, Via Cavour.

House Agents.—Anglo-Italian Agency, 46, Borgognissanti; L. Ossi, 7, Via della Vigna Vecchia; Bizarri, 13, Via dei Pacci; Sclavi, 5, Via del Giglio. In taking apartments or a villa, pay special attention to the means of warming, stoves, *calorifères*, etc. For invalids a south aspect is of course imperative.

Guides, Interpreters, etc.—A guide is not really required unless the visitor is in a hurry, in which case the cicerone's topographical knowledge would prove useful. They can be procured at Gaze's or Cook's offices for about 1 fr. the hour, or 6 fr. the day. For commissionaires (*facchini*) the tariff is 25 c. for a course, or 70 c. for the hour; but for a course payment is usually made dependent on the length. Offices, Via della Terne and Via della Stazione.

Language.—French is spoken at nearly all shops visited by English people, and often English. At most of the hotels English is understood. Minor officials, custodians, policemen (*guardie*), cab-drivers, *facchini*, as a rule only speak Italian.

Newspapers.—*The Italian Gazette*—Saturday from November to May—30 c., a readable and well-edited journal of more than

local interest. 33, Via San Gallo. *La Nazione*, 10 c.; *Corriere Italiano*, 5 c. Both daily.

Passports.—Not absolutely necessary in Italy, except for obtaining registered letters from the *Poste Restante* (*Ferma in Posta*). All strangers are, however, strongly advised to be supplied with one.

Reading Rooms and Libraries.—Vieusseux, 2, Via Tornabuoni. Subscriptions to reading rooms: admission, 50 c.; one week, 3 fr.; fortnight, 5 fr.; month, 7 fr.; three months, 14 fr.; six months, 23 fr. Open 8 a.m. to 10 p.m. Plentifully supplied with English newspapers. Subscriptions to circulating library: one week, 1 fr.; one month, 3 fr.; three months, 7 fr.; six months, 13 fr. Open 9 to 5. Circolo Filologico, Palazzo Ferrari, Via Tornabuoni. Subscriptions: one month, 4 fr. Vanni, 12, Via Tornabuoni. French and Italian literature.

Shops.—The best and most fashionable shops are nearly all in the Via Tornabuoni, but these are dearer than others of the same kind in the other quarters of the city.

English Baker.—Mueller and Balboni, 5, Via della Vigna Nuova.

Booksellers.—Flor and Findell, 24, Lungarno Acciajoli; Paggi, 15, Via Tornabuoni; G. Barbera, 66, Via Faenza; Paravia, 9, Via Tornabuoni; George Cole, 17, Via Tornabuoni.

Butcher.—Donnini, 90, Via Firenze, Mercato Centrale. Joints cut in English fashion.

Bootmaker.—D. Mommianni, 5, Borgognissanti.

Confectioners.—Giacosa, 11, Via Tornabuoni; Gilli, 10, Via Calzajoli.

English Dairy.—Cascina di S. Donati, 6, Via Pistojese.

Florist.—Scarlatti, 29, Via Tornabuoni. Flowers can be obtained very cheaply at the weekly flower market at the Mercato Nuovo. Thursdays 8 to 12.

Glover.—Sacchi, 8, Via Cerretani.

Jeweller.—G. Accarisi, 17, Via Tornabuoni.

Ladies' Outfitters and Dressmakers.—Mme. Bosse, 2, Via Rondinelli; Mme. Cassi, 22, Borgognissanti.

Livery Stables.—Bianchi, 10, Via Oricellari; Lovera, 3, Via Lorenzo Il Magnifico; Papaci, Lungarno Guicciardini.

Usual charge for a saddle-horse, 8 or 10 fr. for the afternoon, or 15 fr. for the day.

Perfumer.—Rimmel, 20, Via Tornabuoni.

Photographers.—Montabone, 3, Via dei Banchi (portraits); Alinari, 20, Via Tornabuoni; Brogi, Lungarno delle Grazie; Albino, Via Nazionale; Schemboche, Via Borgognisssanti.

English Tailor.—Galiberti, 5, Via Calzajoli.

English Outfitter.—"Old Britannia," Via dei Strozzi.

Tobacconist.—Parenti, 15, Via Tornabuoni. Havanna cigars. Best "natives" are Minghetti, 15 c. Trabucos, 20 c.

Wine Merchants.—Anglo-American Stores, 43, Via Cavour; Melini, 13, Via Calzajoli (Italian wines). The best "private canteen" is the Cantina degli Albizi, 14, Borgo degli Albizi. The Tuscan Wine Growers' Co., Ltd., formed for the purpose of manufacturing Italian wines on the approved French methods, have recently built offices, and a *Fattoria* for the "Monti Toscani" (Chianti) brand at Gelsomino, near Florence. Price, 24 lire per dozen.

Tourist Agents.— Thos. Cook & Son, 10, Via Tornabuoni; H. Gaze & Sons, Ltd., 20, Via Tornabuoni.

Maps.—Maps of Tuscany, corresponding to our reduced Ordnance Survey maps, can be obtained at B. Seeber's, 20, Via Tornabuoni, at 1 fr. per sheet. Maps prepared by the Istituto Militare can be procured at 6, Via Cavour.

Books of Reference, etc.—Baedeker's "North Italy" (10th ed., 1895, 8*s.*). Devotes about 100 pp. to Florence. Murray's "Central Italy" (1892, 6*s.*). Barbéra's "Guide-Souvenir de Florence," by Dr. J. Marcotti (408 pp., 1892, 7 fr.). Gives a great deal of information. Perhaps the best guide published devoted solely to Florence. Treves' "Firenze e Dintorni" (1892, 2 fr.). Fratelli Treves, Milan, 121 pp. The best pocket guide in Italian. Pineider's "Manual of Florence" (142 pp., 1*s.*). Published annually in English, French, and Italian. A useful little handbook. Black's "Florence" (1891, 1*s.*, bound 2*s.* 6*d.*). The most interesting pocket guide book published in English. Cook's "Handbook of Florence" (1*s.*). Hare's "Florence" (3*s.* 6*d.*). Very readable. Ruskin's "Mornings in Florence."

Mrs. Oliphant's "Makers of Florence." Miss Horner's "Walks in Florence." Mrs. Leader Scott's "Tuscan Sketches and Studies," and "Echoes of Old Florence." "The Tuscan Republics" (Story of the Nations Series. Fisher Unwin, 1892, 5*s*.). "Guide to the Paintings of Florence" by Karl Karoly (Bell & Sons, 1893, 5*s*.). "Lily of the Arno" by V. W. Johnson (Gay & Bird, 1892, 12*s*.). "History of Florence," translated by F. T. Perrens (Vol. I., Methuen, 1892, 12*s*. 6*d*.).

PART III.

SOUTH ITALY AND SICILY.

"Naples! Thou heart of men which ever pantest
Naked, beneath the lidless eye of heaven."

I.—NAPLES.

THIS charmingly situated town, which has been graphically described as *un pezzo del cielo caduto in terra*, has for beauty and picturesqueness no equal in Europe, except, perhaps, Constantinople. Few towns in Europe, however, disappoint the tourist so much (*i.e.* if he comes by sea). Viewed from the sea, its superb situation on the enchanting Bay of Naples raises the expectation of the visitor to the highest pitch.

As the ship enters the Gulf, passing between the beautiful isles of Ischia and Capri, which seem placed like twin outposts to guard the entrance of this watery paradise, the scene is one which will not soon fade from the memory. All around stretches the bay in its azure immensity, its sweeping curves bounded on the right by the rocky Sorrentine promontory, with Sorrento, Meta, and a cluster of little fishing villages nestling in the olive-clad precipices, half hidden by orange groves and vineyards, and the majestic form of Monte Angelo towering above. Farther along the coast, Vesuvius, the tutelary genius of the scene, arrests the eye, its vine-clad lower slopes presenting a startling

contrast to the dark cone of the volcano belching out fire and smoke—a terrible earnest of the hidden powers within. On the left the graceful undulations of the Camaldoli hills descend to the beautifully indented Bay of Pozzuoli, which looks like a minature *replica* of the parent gulf with the volcano of Monte Nuovo for its Vesuvius. Then straight before the spectator lies a white mass like a marble quarry ; this, with a white projecting line losing itself in the graceful curve of Vesuvius, resolves itself, as the steamer draws nearer, into Naples and its suburbs of Portici and Torre del Greco. Beyond, in the far background, the view is shut in by a phantom range of snowy peaks—an offshoot of the Abruzzi Mountains—faintly discerned in the purple haze of the horizon. All these varied prospects unite to form a panorama which, for beauty and extent, is hardly to be matched in Europe.*

Landing is felt to be a terrible anti-climax. The squabbling and wrangling boatmen put the passenger ashore at an insignificant little quay, surrounded by squalid and unfinished streets ; and the exasperation caused by the rapacity and impudence of the boatmen and porters makes him inclined to seek a deeper meaning in the proverb, "See Naples, and die." Naples itself, apart from its beautiful situation and surroundings, has little of the picturesque, and has not the æsthetic attractions of Genoa, Florence, or Venice. In fact, were it not for its noble situation on the shore of what is, perhaps, the most beautiful gulf of the whole Mediterranean, Naples would be looked upon by the travellers as little more than a huge bustling seaport, and the commercial capital of Italy.

But Naples makes a delightful winter residence for those fond of pleasure and gaiety. No other large town in Italy has so many resources in the shape of public

* "Naples," by E. A. Reynolds-Ball, in "The Picturesque Mediterranean."

entertainments and amusements, or so many varied and delightful excursions in its neighbourhood. Then, to the archæologist and the antiquarian Naples offers endless attractions. In the Museum alone is collected a greater wealth of antiquarian remains than in any other museum in the world. This alone would make the city a popular resort for tourists, even were its situation as uncompromisingly hideous as that of Hanley in the Potteries.

Naples is one of the most important centres in Europe for tourists and travellers. A large number of English and American families, originally visiting the town as birds of passage, have become permanent winter residents. If it be true that "all good Americans go to Paris when they die," they qualify for it, according to the old saying, by first seeing Naples (*Vedi Napoli e poi mori*). A good deal of entertaining goes on among the members of this Anglo-American colony, and visitors provided with introductions will find plenty of agreeable society.

A few weeks' stay in this lively city is a good cure for *ennui*. A city possessing an opera house like the San Carlo and half a dozen theatres can hardly be a dull place. Excellent music is to be heard at Naples. During the winter a good band plays every afternoon, from 3 p.m. to 5 p.m., in the Villa Nazionale (Public Gardens), and from time to time very good concerts are organised by the various musical societies of the town.

The Neapolitan carnival festivities are carried out with a gaiety and *abandon* which, to the spectator—for strangers are not recommended to take any active part in the proceedings—is far more interesting and amusing than, for instance, the carnival at Nice, which is more a huge advertising speculation than a purely popular festival

Routes.—Naples by rail is just over two days from London. The best and quickest route is *viâ* Calais, Paris, and Turin. Passengers by the train leaving Victoria at 11 a.m. will be able to travel without change of carriage from Calais to Turin, which is reached at 2.20 p.m. next day, and will arrive at Naples the following afternoon at 1.36. Fares: £11 5*s.* 3*d.* first class, and £7 17*s.* 6*d.* second. The charge for a berth in the sleeping car from Paris to Rome is £2 0*s.* 2*d.* in addition to the first class fare. Luggage can be registered from Paris to Naples, but will be examined at Modane or Turin. As all registered luggage is charged for on Italian railways, the charges made at Victoria are so much for luggage over 66 lb. to Modane, and so much for all luggage registered beyond: *e.g.*, a traveller booking for Turin has to pay 6*s.* for every 20 lb. beyond 66 lb. to Modane, and 5*d.* for every 20 lb. of luggage between Modane and Turin. Naples can also be reached *viâ* the St. Gothard Tunnel, Milan, and Bologna, and *viâ* Marseilles and the Riviera; but these two routes cost more, occupy more time, and involve two or three changes.

A visitor who intends staying at Naples all the winter will save considerably by sending bulky luggage by sea; a cubic ton of baggage can be sent from London or Liverpool, and delivered at owner's residence in Naples for about 25 to 30 fr. Time in transit would be about three weeks. Or it can be sent through Pitt and Scott by *grande vitesse* at about half excess rates. Transit about ten days.

Naples is in direct communication with London and Liverpool by sea. From London there is the fortnightly service of the P. and O. Company, which leaves every alternate Friday. These steamers belong to the Calcutta Line, and only call at Naples during the autumn and winter months. Fare: first class, £14; time, eight days. Then there are the Orient mail steamers, which call at Naples once a fortnight throughout the year; they leave London every alternate Friday. Fare: £14 single, and £23 return (tickets available for six months). The time occupied in the voyage is usually eight to nine days. The Mediterranean service of the Cunard Company has been discontinued.

The weekly service of the General Transatlantic Company from Marseilles has been suppressed. Since 1894 the joint

Mediterranean service of the Hamburg, American, and North German Lloyd Lines provides facilities for reaching Naples from Gibraltar, Algiers and Genoa. (See ALGIERS, under "Routes.") The Indian and Australian steamers of the British India S.N. Company, which call fortnightly at Naples, enable this port to be reached from London at a moderate expenditure, as the first class fare is only twelve guineas, and eight guineas second.

Hotels.—There have been several changes in hotel nomenclature in the last few years, of which the following are the most important. The well-known establishment of Signor A. G. Caprani, formerly handicapped by the cumbrous title of Grand Hôtel Royal des Etrangers, is now known simply as Hotel Royal; the Grand Hôtel Nobile is now called West End Hotel; the Washington Hotel is now known as New Hotel Hassler and the Hôtel Tramontano has changed its title with its proprietor to that of Parker's Hotel, and might, indeed, be appropriately designated The English Hotel, from the large proportion of English guests among its *clientèle*. Prices, equally with locality, will in this instance prove the most reliable basis of classification, the more expensive houses being mostly on elevated ground, either on or near the Corso Vittorio Emanuele, or in a group at the eastern end of the Chiaja. In a second category may be placed the hotels and hotel-pensions, for the most part skirting the shore fronting the public gardens; and in a third class the centrally situated quasi-commercial establishments.

(1) By right of seniority and repute the Bristol Hotel should be dealt with first. It is one of that select class of old-established Continental hotels which may conveniently be termed historical, such as Danieli (Venice), Shepheard's (Cairo), Schweizerhof (Lucerne), Three Kings (Basle), or Cavour (Milan), to mention a few that occur to me at the moment. Though it still maintains its good name, it cannot now be said to be the one leading Neapolitan hotel, as it has several rivals for this distinction. Its situation is very good, on one of the most elevated sites of the city, and its surroundings are more open and rural in character than that of the majority of the other hotels of Naples. It is, however, somewhat expensive, the lowest *pension* terms for a room with south aspect being 14 or 15 fr.

Parker's Hotel is a favourite resort of English visitors, partly owing to the fact that the proprietor is an Englishman. Special attention has been paid to the sanitation. There is a lift, and electric lights throughout the building. A feature of this establishment is the very liberal supply of English weekly and daily papers in the drawing and smoking rooms. This is an example which many foreign hotel proprietors who cater for English custom would do well to follow. Terms from 10 fr. a day. Lower down, and nearer the Riviera di Chiaja, is the West End, a well-managed and well-found house, a good deal frequented by Americans. Lift and electric light. *Pension* from 12 fr. The charges at the best Naples hotels vary, however, a little according to the season, the summer tariff being lower. Most of the hotels keep open all the year. These three hotels, owing to their healthy situation, are better adapted for invalids than those lying along the Riviera di Chiaja.

The Grand is situated at the west end of the Riviera di Chiaja, and is one of the newest of the Neapolitan hotels. It is a particularly well-appointed and well-managed establishment. Considering its high-class character and its accommodation, it is perhaps the cheapest hotel in Naples, the *pension* terms commencing at 12 francs. It is under the same proprietorship as the West End. The one objection to this hotel is that, with the wind in a certain quarter, there have been complaints that it is within reach—in an olfactory sense—of one of the city sewer outfalls. The drainage and sanitary arrangements of the hotel itself are, however, beyond reproach. In a more central position, near the Santa Lucia quarter, are the old-established hotels, Royal Hassler, and Vesuve. These houses are of a somewhat similar class, and are rather expensive, but are not of such up-to-date character as the Grand or West End. The Royal Hôtel has the reputation of being rather expensive. It is the favourite resort of rich bachelors, and is more cosmopolitan in character than the other two, which are more family hotels. Its *cuisine* and cellars have a very high reputation. The Hôtel Hassler, when known as the Washington, was largely affected by Americans. The terms for *pension* at these three hotels would be about 12 or 14 fr. The Métropole, a new hotel which was recently built in this neighbourhood, was not

a success, and it is now closed. Another new hotel, the Continental, on the Quai Parthenope (New Embankment), seems to have established itself firmly among the Neapolitan hotels. It is rather an ambitious sort of establishment, and boasts of post and telegraph office as well as hydraulic lift and electric lights.

(2) I now come to a group of more moderate-priced hotels, mostly situated on the Riviera di Chiaja, Grand Bretagne, Victoria De la Ville, De la Riviera, Belle Vue, De Londres (Piazza Municipio), and, in an elevated situation on the Corso, Britannique. Most of these are well-known and old-established hotels of modest pretentions, but offering fair accommodation. The terms for *pension* vary a good deal, and range from 10 to 12 fr., the lower sum being accepted at the Belle Vue and Victoria. The sanitary arrangements at some of these establishments are not strictly in accordance with the latest principle of hygienic science, but have been much improved of late years. The hotels fronting the Villa Nazionale are objected to by some visitors on the score of their being only a few feet above the sea level. In the last few years the fashion has changed a little in the matter of hotel locality, and the Villa Nazionale—as the public gardens skirting the shore are now officially designated—which was once the favourite site for hotels, is now rather neglected in favour of the more elevated ground near the Corso Vittorio Emanuele.

(3) To complete the list we must give the names of a few hotels of the commercial order, which are affected by economical tourists, but are not so well adapted for families. Of these, Genève, National, Central, and France are the best known. They are situated, for the most part, in a central position, and can be recommended to tourists who can make themselves understood in Italian; for those who cannot move without a Cook's interpreter at their elbow will be out of their element. Very moderate terms—that is, for Naples—as low as 7 or 8 fr., can be obtained at these modest but fairly comfortable hostelries. The *cuisine* is generally plentiful and good. These hotels are, however, what may be best described as native, for we do not find at Naples anything corresponding to the moderate-priced but relatively high-class English hotel, charging only 8 fr. or so a day, so plentiful along the French and Italian Riviera, for Naples, like Rome, is not by any means a wintering place for the

hibernator of small means. It is, in short, primarily a pleasure resort and a great tourist centre and goal of travel, but at present as an invalid station pure and simple it has but a limited vogue, in spite of its excellent climate.

The hotel coupon system seems to have taken firm root in Naples, and the principal hotels accept these coupons. Those of Messrs. Cook are taken by West End, Vesuve, Bristol, Parker's, and New Hotel Hassler, and those of Messrs. Gaze by the Grand, Continental, Royal, and Victoria hotels. There are several private *pensions* or English boarding-houses which would be found very economical for a long stay. The following have been recommended :—Madame de Portugal (Pension du Midi), 2, Rione Margherita ; Mrs. Storey, 3, Rione Margherita ; Pension Poli, close by, but still higher. At Posilippo, there is Villa Capella, kept by Miss Baker, and on the Posilippo Road, the Pension Sabelli. On the Parthenope No. 3, Mesdames Duhany, etc. *Pension* from 6 fr.

If I were to attempt the difficult and invidious task of estimating the position Naples holds in the hotel world of Italy I should be inclined to place it after Rome, Florence, San Remo, and the more fashionable of Italian lake resorts such as Bellagio and Cadenabbia, but before Venice, Genoa, Milan and Turin. In point of charges I should be inclined to say that the leading hotels of Naples are more moderate than the best hotels of Rome, Florence and Genoa, but dearer than those of San Remo and other fashionable Riviera stations, where competition has done a great deal to cut down tariffs. Leaving comparisons out of the question, the weak points of Neapolitan hotels are deficient organisation, lack of systematic management and want of supervision in minor details of service and attendance.

Apartments.—Furnished apartments are plentiful. The price for a suite of five or six rooms ranges from 300 lire to 1000 lire a month during the winter season (November to April). Those in the Riviera di Chiaja and the Mergellina quarter command the highest prices. During the summer the rents are little more than half.

Principal Attractions and Objects of Interest.—The sights and objects of interest in Naples are so numerous

that it is hopeless here to attempt to notice them at any length, and a bare summary or list would be of little use. There is a well-written account of all the "lions" of Naples in Detken's "Guide to Naples," and Baedeker and Murray also devote a good deal of space to this subject in their handbooks for Italy.

Excursions.—Among the many excursions to be made in the environs of Naples, the ascent of Vesuvius will probably be taken first. The easiest method of making the ascent is by means of the funicular railway, the property of Messrs. Cook & Son. Return tickets, including carriage-drive, railway journey, guide, and gratuities, are issued at 25 fr.; and for night excursions, in order to see the sunrise, at 29 fr. The latter, however, only take place when there are a certain number of passengers. The drive from Naples to the lower station of the funicular railway occupies four hours, and the ascent from thence by rail about ten minutes. The trains run very frequently. On arrival at the upper station, a guide is told off to each party, and conducts it to the crater and the central cone, which is reached in about twelve minutes. On a clear day there is a glorious view, but the air is generally very cold. At the lower station there is a refreshment room, which, however, can only be used by those who have Messrs. Cook's tickets. Farther down is the Observatory, which is scarcely worth visiting. Over the entrance is a plate commemorative of the victims of the 1872 eruption. It contains an indifferent collection of minerals thrown up by the crater. The whole excursion takes about eight hours. The carriage leaves Cook's office at 8.30, but if the visitor can make up a party of at least three the carriage will call at the hotel any time up to 11 a.m. Only necessary to telephone from the hotel to the office early the same morning.

It will be seen that the above route, though convenient, is somewhat expensive. For tourists, a much cheaper—and, for good walkers, certainly pleasanter—way would be to take the train to Resina, and then walk up the mountain. It can be done in three or four hours by taking the path across the lava beds. By judicious bargaining, a guide can be obtained for about 3 fr. It should be remembered that a pair of boots will be sacrificed in this climb, and therefore it is advisable to wear an old pair (without nails), if serviceable. Thick leggings should also be worn. Another way of making the ascent is on horseback from Pompeii. With a little management, guides and ponies for this trip can be hired at terms much under those mentioned in the guide books.

Pompeii can be reached from Naples either by road or rail; the road, however, is bad, and very uninteresting, with the views of the sea frequently obstructed, while the railway line runs along the shore. After passing over the site of Herculaneum, splendid views are obtained—on one side the bay, with Capri and its sister isles beyond, and on the other side, as the train sweeps round the foot of the mountain, Vesuvius is seen in the distance. For admission to the ruins 2 fr. each person is charged, and each party is accompanied by a Government guide (gratis), who is civil and well-informed; on Thurdays admission is free, but without a guide. A guide is really a necessity on the first visit, as without one it is impossible for a stranger to identify the different buildings. Concerning these we can say nothing, as merely to give a list of them would occupy several pages.

These two excursions are, of course, full of interest; but those whose chief delight is beautiful scenery will prefer the one to Pozzuoli; one road winds along the coast, another goes along the top of the hill, disclosing at every curve the most beautiful views of the Gulf of Naples.

This is one of the most beautiful drives in the south of Italy, hardly to be surpassed by the drive from Salerno to Amalfi. Pozzuoli was once a favourite invalid resort, as in winter it is warmer and much better protected from the cold winds than Naples, but it has been much spoilt by Messrs. Sir W. Armstrong, Mitchell & Co.'s gun works. It had some considerable repute for cases of consumption and asthma. Patients go and sit near the hot arsenical vapours that issue in the Solfatara, and certainly, in some cases, appear to derive marvellous benefit from that treatment. The chief object of interest at Pozzuoli is the Greek ampitheatre. Fee, 1 fr.

Naples Sharks.—The importance of this subject demands a separate paragraph. The genus shark (Neapolitan) may be divided into three species: (1) boatmen, (2) cab-drivers, (3) guides, porters, hotel touts, etc. Of these the boatmen are the most truculent and rapacious. Perhaps that charming writer, Mr. W. D. Howells, is pepetrating a huge joke when, in his book "Italian Journeys," he speaks in glowing terms of their pacific and mild behaviour towards English travellers, "harmonising perfectly with that tranquil scene of drowsy-twinkling city lights, slumbrous mountains and calm sea," and then gravely quotes Tennyson's "Lotus-eaters":—

> "And round about the keel with faces pale,
> Dark faces pale against the rosy flame,
> The mild-eyed melancholy lotus-eaters came."

At any rate his experiences of Neapolitan boatmen are very different to those of travellers in general. The methods of this ferocious tribe in dealing with their helpless prey are as follows: As soon as the boat has left the ship's side the boatmen will remark, in an amiable, questioning tone, "Cinque lire?" This being refused,

they will lie on their oars and argue the point with profuse gesticulations. The battle is more or less protracted according to the passenger's strength of mind, or his knowledge of the Neapolitan vernacular. If the passenger is alone, they will attempt to extract the money before reaching their destination.

No reply should be made or notice taken of anything said by the boatmen; and when the whole of the luggage is landed, 1 fr. per person is paid, and 20 c. each package. If the landing be from one of the local boats, the tariff is only 30 c. per head, and 10 c. each package. Usually for foreigners, a great theatrical show is made, the money being handed back, or thrown down on the ground; but simple indifference, in this and all such demonstrations, will command respect, whereas uncomplimentary expressions are the only gratitude shown for excessive liberality. It is a maxim that all travellers should follow in Italy that those who submit to least extortion are most respected. The British steamship companies calling at Naples issue landing tickets, however, which save passengers disembarking here from these annoyances.

Always count your change, especially at railway stations and in tramcars. Never receive back a note with the complaint that it is not good after it is out of your sight. Examine all money, both metal and paper, to see if it is good, and finally take no money that is not Italian or in the least worn, as although French silver and gold is willingly taken at the hotels and principal *cafés* and shops, most of the commoner classes refuse them or want a commission for taking them, and will spend 10 fr. of time discussing whether a French or a rather worn franc is good or not.

NAPLES AND MINOR INVALID RESORTS OF SOUTHERN ITALY.

By H. J. JOHNSTON-LAVIS, M.D., M.R.C.S., B-ès-Sc., F.G.S.

Situation.—The town is placed at the bottom of the gulf which is enclosed by Vesuvius on the E., by the Sorrentine Peninsula and Capri to the S.E., and S., and by the Phlegrean Fields with the islands of Procida and Ischia to the W.

The town covers the slopes of two half-amphitheatres looking seawards, but to different points of the compass. The eastern and larger is occupied by business centres and the old town, and constitutes a true "East End." In that portion no foreigners reside, except those compelled by business or other necessity, for it is here that the slums are found, and besides, from its position, it is raked by the "Tramontano," the dry cold wind of winter.

The Chiaja district, the newer Naples, or the "West End," is admirably situated in the western amphitheatre, upon the slopes that sweep round and enclose it, constituted by the extension of the Posilipo ridge, Monte S. Elmo, Pizzofalcone, (Monte Ecchia), and its prolongation into the Castel del Uovo. It is thus perfectly protected from all the winds except the warm ones from the S.E., S., and S.W. This is the aristocratic and foreign quarter. Nearly all visitors and 95 per cent. of the foreign colony reside there, and it really constitutes the winter health resort of Naples. This is strikingly evident by all the hotels, except one or two unimportant commercial ones, being built W. of Pizzofalcone.

Geologically, the main mass of the hills around Naples are composed of a very porous volcanic tufa enclosing some masses of trachyte, and covered in most places by a thick mantle of pumice, lapilli and *pozzolana*. All these materials are highly permeable, so that the ground dries up immediately after rain. In addition to this, along the foreshore, at several points is a certain amount of reclaimed land. This has been made by building the splendid sea-wall of the esplanade, and filling in the space so enclosed by made-earth to a variable height above sea-level. Where this height exceeds 2 mètres the situation is

healthy, but when lower is extremely unsanitary. All the Rione Umberto region, with the *jerry-built* houses, should be carefully eschewed.

This part of the town is much improved by the fine public gardens, rotten-row and carriage drive. All the streets of Naples are well paved with lava stones, and although rather bumpy are far better than muddy macadam, if the latter is at all neglected.

Of the suburbs of Naples, the ridges and slopes of Posilippo require special mention. The beautiful villas that are scattered along it down to the water's edge, the picturesque rocks jutting out from sub-tropical gardens, and the enchanting land-and-sea-scape, with the elegant and majestic curves of the smoke-plumed Vesuvius rising in the distant foreground, render this one of the most enchanting spots in Europe. It is, however, hardly suited for an invalid winter resort, as the sun leaves it early in the afternoon, and it is raked by the N. and E. winds. It is healthy, and it will suit people in good health, and some dyspeptics or nervous cases, very well.

Within the last three years the Vomero district has been laid out and built on the plateau that caps the hill at the back of the Chiaja district, and lies to the W. of the Castle of S. Elmo, which slightly protects it from the Tramontano. It is in frequent and easy communication with the centre of the town by two funicular railways, which take passengers up and down every ten minutes. Vomero is a pleasant summer resort, and is very healthily situated for winter residence, but is only suitable for strong people who dislike the immediate neighbourhood of the sea, and require a cool breezy atmosphere with much sunshine.

The most choice points for a winter residence are the Riviera di Chiaja, Chiatamone (except near Vittoria), Rione Amedeo, Rione Margherita and the part of the Corso Vittorio Emmanuele between the Hôtel Bristol and the Cumana Railway Station. In all these situations the views are charming, and level or very slightly inclined walks are obtainable. Those persons residing at Chiaja or Chiatamone are close to the public gardens, whilst the remainder can on calm days extend their walks on the Vomero, with the magnificent ever-changing panorama there

displayed to one's eyes, by taking the funicular railroad for a few minutes.

As in all Continental towns, there are many houses, apartments or hotels, that to the new-comer may appear quite healthy, yet, in which to experienced eyes, dangerous defects may be observed, or even known; and if invalids or others would ask a practical English medical man's advice (for Italian doctors' idea of hygiene is very primitive), they might save themselves much suffering and expense.

One great maxim always to be remembered, is to choose sleeping, and if possible, sitting-rooms so oriented as to face some point between S.E. and W. Any marks of damp or efflorescence of salt is sufficient evidence to condemn a room as uninhabitable. Great advantage also will be obtained by avoiding the ground floor, and approaching the sky as much as convenient.

Climate.—The Gulf of Naples is disturbed by two principal winds, which predominate over all others; these are the "Tramontano" or north wind, and the "Sirocco" or south wind. Both of these range through a quarter of a circle, but from a climatic point of view they are each characterised by certain general definite features, which vary little compared to the slight change in the direction of their currents.

The *Tramontano* may be described as a cold and very dry wind, which with only a few days' exception is accompanied by bright sunshine and a blue sky. It is during the prevalence of this wind, in the winter, that the coldest weather is experienced. It is not that the temperature is very low, but persons who quit the western amphitheatre, or expose themselves to its full force, are cooled down by its fanning action, and by the rapid evaporation of the moisture of the skin. The bright sunshine that nearly always accompanies the Tramontano to a large extent mitigates its cooling effect in the day-time, but at night it is felt very much by any one who ventures without the western amphitheatre or other protected spot. As with all strong dry winds, there is often a good deal of dust raised, but this again is much less marked in the foreign quarter. I need hardly say this wind is extremely bracing, and rarely keeps invalids in the house. They should, however, return to their homes an

hour or more before sunset, though they may go out afterwards, and should not quit the sheltered parts of the town; for, like all clear-skied countries, as Egypt, Palestine, etc., one pays for such a luxury by very rapid radiation at sundown.

The *Sirocco* is supposed to be the hot desert wind of Africa, which, in its passage across the Mediterranean, has become saturated with moisture, and should it, on its arrival near land, find this cooler, it becomes super-saturated, and deposits its moisture on any good conducting surface, so that occasionally the pavements of Naples get quite wet without any rain falling. It usually is accompanied by warm and often cloudy weather, with occasionally showery or rainy days. With this wind, the sea is usually much disturbed in the western bay, whilst during the Tramontano this is one of the few spots where the gulf remains quiet, showing the protection of this region from the north wind and its exposure to the south ones. If the weather is cloudy and moist, it is always warm, and any sudden change at sunset does not occur, so that invalids may remain out all day and evening long. Fogs are practically unknown, except occasionally at the eastern extremity of the town. A dry haze, a sign of very hot dry weather, is common in the summer-time.

When either of these winds blow gently, which they do on the majority of days during the winter, the weather is then usually fine.

The autumn months are generally very thundery, though October is probably the most perfect month of the year for central and southern Italy. The great *fêtes* of the Latins were fixed in this month, and the *ottobrate* or country *fêtes* of the modern Italians are a tradition of those ancient days still kept up at the same most suitable time of the year. November, and especially December are the rainy months, and during this period occur the great downpours, often almost tropical in character, which brings up the high average of rainfall to over 800 mm. a year. Unlike London, which has the same amount of rainfall as Naples, when it rains it rains in a straightforward serious manner, and then gives the sun plenty of chances of showing his welcome face. For people therefore who are well, or but slight invalids, November may be spent in Florence, and December in Rome, in both of which towns most of the sights

are indoors, such as churches or picture-galleries, whereas most of the beauties of Naples are reached by outdoor excursions.

The temperature is 3° or 4° warmer than the health resorts of the Riviera, which, though little in itself, prevents any snow that falls from remaining on the ground. In the early part of 1891, the heavy fall of snow whitened all the town, and took forty-eight hours to thaw, but such a thing had been unknown in the memory of man. Similar abnormal conditions prevailed all over Southern Europe and Northern Africa.

I have passed many summers in Naples, and found them very pleasant and bearable for the heat. The temperature in the shade rarely rises above 90° F., and after 10 a.m. a pleasant dry sea breeze blows all day long. All the towns of Italy, as Turin and Milan, Rome and Florence, are much hotter and without the sea breeze. The only bad part about the summer is its length, so that one gets very tired of perpetual sunshine, and craves for clouds and rain.

The climate of Naples is not perfect, according to the views of many visitors who come with a preconceived idea that the sun shines perpetually, that the blue sky is never sullied by a cloud, and that there is no winter. It is a few shades better than most of the Riviera winter stations, but of course from its position near the sea it is far superior to any of the other large towns of Italy, such as Turin, Milan, Florence and Rome. The traveller is often puzzled why Rome has a so much severer climate, being hotter in the summer and colder in the winter; yet such is the case, and towns at the back of Naples, and even nearer the sea, have as rigid a climate as Rome. In fact, Genoa and Naples are the only two large towns in Italy that can lay any claim as an invalid winter resort.

In a few words, I would sum up the climate of Naples as follows:—*Total absence of* COLD *and* DAMP *with plenty of* SUNNY *fine weather in winter*

THE HEALTH OF NAPLES.

For several centuries the Romans went to Naples and its neighbourhood as the great health resort of Italy, and several writers of that period eulogise it for its great healthiness. This

good reputation it retained during the earlier part of the Christian era. Certain bradiseismic movements in a downward direction reduced much of the low-lying foreshore to the state of a salt-marsh, whilst the progress of degeneration, the development of feudalism, the incursions of the Saracens brought about a crowding together of streets, general misery, and neglect of the sanitary measures that had been introduced by the ancient Romans. The old aqueducts fell into disuse, well-water was resorted to, so that when the plague infection was introduced, it spread unrestrained on such a favourable culture ground.

When the kingdom of Naples passed into the hands of the Spaniards, that intelligent Viceroy, Don Pietro di Toledo, cut new streets through the old town, and opened new means of access. That fine thoroughfare the Toledo, unfortunately and ungratefully altered in name to the Via Roma, was one of his great municipal improvements, and I believe we also owe that difficult engineering work, the Strada di Chiaja, to the same enlightened governor. With these and other improvements the health of the town speedily improved, and in the first half of the present century held a fair place of health amongst the European cities. The drainage was entirely superficial, the unpleasantness of which unfortunately led to the idea of laying down subterranean drains. These were badly constructed with walls of the highly permeable tuffstone; they had flat bottoms and large gully-holes, down which was swept any solid refuse. The water supply was small, so that deep subterranean marshes were formed, over the surface of which a filthy rill of lurid water wended its way seaward, but incapable of moving along the enormous mass of putrefying organic deposit forming its bed. Close at hand, in similarly constructed aqueducts, ran the drinking water, and from which it was dipped up at each house through a narrow shaft. There were also many wells; these sources of water were of course polluted by the neighbouring drains, so that what with tainted water and foul exhalations, Naples soon acquired one of the worst reputations for ill-health in Europe.

It is affirmed by many, that until Naples was drained, typhoid fever was unknown there.

Soon after 1870 an English enterprise, the Naples Water-Works Company, undertook to supply the town with the Serino

water, but the useless difficulties thrown in their way retarded the completion of this magnificent and gigantic undertaking till 1885. In 1884 the Neapolitans were perhaps as severely punished for their obstinate ignorance as they ever had been by the frightful epidemic of cholera, that ravaged the town with no more mercy than any mediæval plague, and taught them a lesson we hope they may never forget, and which furnished scenes that could well be compared to those of the great plague of London. The Italian Government voted 100,000,000 lire, or about £4,000,000, to improve the town. These improvements are now far on their way to completion. New and great quarters have been built on the outskirts of the town for different classes of people, but especially those living in the old foul streets, that are now in great part pulled down, and are being replaced by magnificent roads and airy cross-streets.

The most perfect system of drainage is nearly complete, so that, in a few months, Naples will pass from one of the worst to the best-drained town, as it at present is already *the best watered town in Europe, especially from the point of view of freedom from contamination*, and no visitor need fear to drink heartily of its delicious and pure supply.

This is derived from springs at Serino, an isolated mountain-valley about 50 kilomètres from Naples. It is conveyed in a well-constructed closed aqueduct along the sides of the mountains, through the Caudian Forks, to near Cancello, where it enters the two largest iron syphons in the world, for they are one mètre (40 inches) in diameter and 20 kilomètres long, and it so reaches Naples. It is there stored in two enormous reservoirs excavated in the solid rock, in the hills that back Naples, and from thence is distributed by iron pipes under pressure (from 1 to 9 atmospheres) to all the houses in the city, and to the surrounding villages and towns. The supply is continuous night and day, costs little, and it is practically obligatory on every one to use it. Several hundreds of public fountains, that flow continuously, are placed in the poorer quarters. On the opening of the Serino aqueduct to Naples, the old water supplies were cut off, several thousand wells were forcibly filled up, and every effort made to compel the Neapolitans to use the new water supply. Perhaps no grander

proof of the enormous advantages of sanitation could be forthcoming than the results obtained. In 1884, on one single day, 1200 persons died from cholera, when the town used its old polluted wells and aqueducts; but in 1885 that terrible scourge formed a complete circle round Naples, carrying off large numbers of the inhabitants of the outlying towns and villages, some of whom were carried to and died in the town of Naples itself. Notwithstanding these numerous centres of infection, it could not, nor did it attack or spread itself as it had done a year before from a single case, for now there was no water supply to infect. In 1886 a fresh cordon of cholera surrounded Naples, protected by its siren of pure water. In that year I attended several dozen cases at Pozzuoli, only six miles off, going backwards and forwards twice daily; yet no cholera could penetrate the now enchanted town. Even the inhabitants of Pozzuoli, who confined themselves entirely to the Serino water, taken in carts to their town, escaped infection.

Before the advent of the Serino water at Naples, the annual death-rate from typhoid reached near upon 500, and was often quite epidemic in character. This terrible disease has now fallen to a fifth of what it was, or under 100 (population 600,000), and is sporadic and less malignant in character. I mean by this, that the cases that occur are always attributable to some defect of the residence of the sufferer.

During the last seven years, all the surrounding towns and villages have likewise been supplied by the health-giving Serino water. In consequence, the death-rate has shown an enormous diminution.

One word I would here say with regard to the cases of typhoid that still occur in Naples, but which numerically are *far inferior to most British or European towns of the same size.* Many of the cases do not belong to the town proper. This winter (1891-92) I have treated five cases from Cairo and Alexandria, two from Palermo, one from the north of Italy, the exact locality of infection being indeterminable, one (doubtful case) from Greece. Fortunately all have recovered, but the public rarely appreciate that there is any incubation period for typhoid or any other fever.

I have touched upon these points to explain the bad reputation associated with the town, and the safety with which it can now

be visited. People often, at present, will not believe the existence of a perfect water supply, and consequently they frequently make themselves ill by confining their drinking to the astringent and irritating local wines, by reducing the consequent liquid consumed to the smallest amount, or finally by drinking bottled gaseous mineral waters, of which there is no guarantee of innocuity.

There is still another observation I would make, and that is to the sight-seer pressed for time; his trip should commence in the south, and he should, as brain and physical exhaustion increases, advance to colder and more bracing climates. A large proportion of those who fall ill are people who have *done* Europe, and finish up at Naples by giving only a few days to what requires weeks, and collapse over it with fatigue fever, which they delight, on their return home, to call Naples or Roman fever, just as at present every cold is called influenza.

Precautions to be observed.—All visitors, and especially invalids, must remember that, if they indulge in clear skies in any part of the world, they must pay for it by sudden changes of temperature. A complete woollen sheath next to the skin is absolutely necessary in the winter months, whereas, in the summer, the limbs may be free from such covering. A shawl, mantle, or great-coat should always be taken *on fine days*, if sunset hour is spent out of doors. Do not try to live on vegetables and fruit, but take a fair proportion of each, with a reasonable quantity of meat. Avoid as much as possible made dishes and fried food; drink plain water, lemon and water, or marsala and water, in preference to the exorbitantly priced but badly made and irritating local wines. Do not eat raw salad or oysters, or other shell-fish. Some thirteen years since I pointed out the danger of eating shell-fish, which are often stored in crates sunk in the sea, near a sewer, which was then the case with Naples. The delicious oysters of the Fusaro or Lucrine Lakes may be consumed with impunity if taken near their origin, but the word of no hotel or restaurant-keeper or merchant should be taken regarding them otherwise. Finally, do not overwork yourself sight-seeing.

In cases of illness, especially in persons travelling alone, the International Hospital, an institution which no other Mediterranean resort possesses, will now be found a most comfortable

home. Many defects therein have lately been corrected. English patients are attended by English trained nurses. The diet, which was at one time bad, has now been improved. Patients can also be attended by their own medical man, and during the night have always at hand the resident house physician, Dr. Scotti.

Health Resorts near Naples.

There are many other points around the Gulf of Naples and just across the Sorrentine Peninsula that are well worthy of a short notice. Quitting Naples by the railway and travelling east, the next station (15 minutes, or one hour by tramway) is *Portici*, the site of one of the favourite country residences of the Bourbon kings, now an agricultural school with a fine park and garden, to which admittance can be obtained, with charming views over the gulf. A large number of villas can be rented very cheaply during the winter, and there are one or two small pensions. The climate is sunny, dry, and bracing; and vegetation, especially oranges, lemons, grapes and olives, very luxuriant. Food also is very cheap. This is the commencement of the "Miglia d'Oro," at the opposite extremity of which is Torre del Greco. Of this latter town I have already spoken in high terms. Both are supplied by the Serino water.

About half-way to Pompeii is *Torre del Greco*, built on that strip of fertile land known as the "Miglia d'Oro," or Golden Mile, probably from the luxuriant orange and lemon trees. This point is coming rapidly into repute as one of the best health resorts of the whole gulf. There are several hotels and pensions. The Hôtel and Pension Santa Teresa, the former lately finished in a most luxuriant manner, is strongly recommended. All the sanitary arrangements, a point of maximum importance, were carried out under my own supervision. It is reached by rail from Naples in 20 minutes, or by tramway in an hour and 20 minutes. A sandy sea-beach is within a short walk of the hotel, and the views are very fine over the gulf in front, and Vesuvius at the back; lawn-tennis and a nice garden. It is a good centre for Pompeii, Herculaneum, and Vesuvius.

At *Pompeii* are several small pensions: Hôtel del Sole, Hôtel Diomede, which are simple, but very comfortable considering

the small charge for pension (5 fr.); they are much resorted to by archæological, architectural, and art students. They both are within a stone's throw of the ruins.

At the junction of the volcanic plain and the limestone Sorrentine Peninsula, is Castellamare, reached by frequent trains from Naples (1½ hours). The town is closely backed by the group Monte Sant Angelo, clothed by chestnut wood, and consequently is much more covered by clouds, and is therefore less sunny and much damper than any other of the places mentioned in this chapter. Many pleasant excursions can be made from it, and Monte Sant Angelo a Tre Pizzi can be ascended with ease from here (4700 ft.), affording one of the finest views in Europe, embracing the whole Gulf of Salerno, the Sorrentine Peninsula, Capri, the plain of the Campania Felice, with Vesuvius, Somma, and Naples, Pozzuoli, Baja, a great extent of the Apennines, the islands of Procida, Ischia, and most of the Gulf of Gaeta. The best and most comfortable hotel is the Quisisana, pension from 9 to 15 fr. The Hôtel Royal, and the Pension Belvedere, from 6½ to 10 fr. Very valuable mineral springs occur here of hot sulphur, highly carbonated alkaline and weak iron water, very suitable to kidney, stomach and liver cases. About a mile along the Sorrento road are baths with very strong sulphur-water. The best season for Castellamare is the autumn and the late spring.

The drive from Castellamare to Sorrento is said to be by some the most beautiful of its kind in Europe, at any rate, it is the most unique. The first place touched is *Vico Equense*, a quiet little mountain town, close to the sea, most picturesquely situated It is drier though not more sunny than Castellamare. There are one or two small pensions.

Sorrento, with the communes of Piano and Meta di Sorrento, occupy a plain terminated seawards by a steep cliff and included in a depression between the surrounding limestone hills. The greater part of this plain is covered with orange and lemon groves enclosed in high-walled gardens, so that walks must be made some distance away to reach more open country, a great drawback to Sorrento. Most of the hotels are at Sorrento itself, and are perched at the edge of the cliff with private roads down to the beach and splendid views across the gulf to Capri, Naples

and Vesuvius. Several of these are very luxurious and comfortable. Such are the Tramontano, Vittoria, Sirena, La Piccola Sirena. Pension varies from 7 to 14 fr. a day.

The climate is colder and just a little less sunny than Naples, being exposed to the Tramontano wind. It is, however, very bracing, and all rooms have fireplaces, which are often required after the sun sets.

Sorrento is reached from Naples by railway to Castellamare 1¼ hours, and then drive 1¼ hours. A one-horse carriage costs 2 fr.; a two-horse 3.50 fr. The Capri boat leaving Naples at 9 a.m. reaches Capri just before 11. Fare, to those who won't pay more and Italians, 3.50; to foreigners, 5 fr. or more if the ticket collector can get it (never give a note to be changed). It is a crying disgrace that any country that pretends to civilisation should allow a subventioned mail company to carry on such brigandage. It is the duty of every Englishman, who can afford to be very liberal, to resist such extortions, and claim those rights and protection that are accorded to the thousands of Italians that flock to England.

One of the best excursions from Sorrento is to the Deserto, the high plateau capping the heights to the S.E. of the town. From this point a magnificent view is obtained. There is also a *Sant' Agata su due Golfi*, a pension (late Bourbon) now kept by Mr. Brandmeyer, which is much resorted to in the spring and summer. The table is very good and the fish exquisite. Many interesting excursions can be made from here to the Punta Campanella, Santa Costanza, Massa Lubrense, Positano, Prajano, etc.; and good quail-shooting can be had in the spring and autumn. The climate is very breezy at all times, being surrounded on three sides by the sea; in the winter it is often enveloped in cloud for days at a time, and the rainfall is nearly three times that of Naples (2174 mm.) It is a very pleasant resort from Easter and on to the late spring. Sant' Agata can be reached from Sorrento in ¾ hour by foot or on mule-back, by carriage in 1¾ hours.

A high mountain station has lately been opened up on the northern flank of the Sant Angelo, at an altitude of 4000 ft., by the construction of a fine carriage road and a tunnel. This village is known as San Lazzaro in Agerola, and commands

magnificent views over the Gulf of Salerno and Southern Italy, with picturesque mountain and forest scenery. There is a small pension at fairly reasonable prices, considering the difficulty of victualling. By hard bargaining much reduction can be obtained. Mention is made of this place as very suitable for invalids desiring to avoid the journey home during the summer, during which season the climate is said by those who have passed that season there to be much like the Engadine, but with the sea close under. It is reached by train from Naples to Gragnano in 1½ hours and then by carriage 3 hours.

Cava dei Tirreni, on the Salerno line, a few stations beyond Pompeii, is situated at the highest point of the depression along an old line of fault that separates the masses of mountains compassing the Sorrentine Peninsula and Capri, from the main body of the Apennines. In fact, the station of Cava actually marks the watershed. Although a very clean and well-shaded district, La Cava can hardly be considered a health resort. It is windy, cloudy, and dusty, or rather damp in the winter, but is very pleasant in late spring or early summer. *Corpo di Cava*, a village near the celebrated monastery called Trinita di Cava, is picturesquely situated amidst the mountains and chestnut woods, but is, from its enclosed position, very hot during the day in the summer-time; and the hotel Scapolatiello (pension 6 to 9 fr.) possesses a beautifully situated garden, beneath which, however, is a reservoir for the refuse water of the village; this water is run out for the irrigation of the neighbouring gardens every evening, and gives rise to foul smells and attacks of diarrhœa.

On the southern side of the Sorrentine Peninsula, occupying little triangular spaces on the alluvium filling the lower extremity of the ravines where they empty their torrents into the sea, are several towns and villages. The drive from the station of Vietri along the road that connects these places, is not unlike that on the opposite side of the Peninsula from Castellamare to Sorrento, with this difference, that the former excels the latter in the grandeur of the mountain scenery, but is itself excelled by the northern road for the view seawards.

Every available bit of level rock is converted into a terrace and planted with oranges and lemons, which grow here in great luxuriance, on account of the protection afforded by the high

mountains that protect the whole of this Riviera from the north. There is no doubt a great future as a health resort for this region, which faces due south, and is absolutely walled out from all cold winds. In fact, I know of no locality in Europe more beautifully or perfectly situated to obtain a warm and soft climate. The objections to these places at present are the want of easy communication, good apartments and furnished villas, a pure water supply and good drainage, some sort of intellectual amusement, English medical aid and a respectable pharmacy. All the walks must be up and down hill, or on the dusty or muddy road.

The three principal towns are Amalfi, Majori, and Minori. Amalfi possesses two good hotels that are usually well managed, and there is also a good hotel at Majori. Prices for pension range from 8 to 13 fr. Another charmingly placed town is Ravello, which possesses a more bracing climate. It is situated on a platform a considerable height above the sea. An English pension here is very well spoken of.

On account of the situation of this group of towns, their climate is warmer than most places in the Gulf of Naples, but moister and more frequently visited by storms, whilst clouds hang round the almost overhanging mountain peaks for many days during the winter months.

All these places are reached from Naples by taking the Salerno train, which reaches Vietri in about 2¼ hours. Then take carriages and drive. Amalfi is reached in about 3 hours.

Returning to Naples, and following the coast westward, the first place of note is Bagnoli, so called from the innumerable springs of hot chloro-alkaline mineral waters and the baths. It is situated on the sea-board of the Bagnoli plain.

There are now nearly a dozen thermo-mineral bathing establishments, which are crowded during the summer months by the provincials and by the Romans, who come here to take the baths. Unfortunately, most of Bagnoli is exposed to the full violence of the Tramontano. The only exception is the establishment of Patamia and that of La Pietra, at the western end of the district. The view from this point is magnificent, especially after midday. Bagnoli can be reached from Naples in less than a quarter of an hour by the Cumana Railway, or by the steam tramway in a little over half an hour. The whole

foreshore is beautiful fine sand, and the sea-water uncontaminated, so that it is now becoming the favourite bathing-place of the Neapolitans.

The road, after leaving Bagnoli, winds along under picturesque cliffs of most interesting varied coloured rocks, amongst which numerous varieties of volcanic tufa and trachyte lavas can be well studied. Just beyond La Cava Regia, a quarry which forms a magnificent section of one of these trachyte-lava streams, a small thermo-mineral establishment forms the entry of the outskirts of Pozzuoli. Although the waters are very good, but much like those of Bagnoli, the arrangements are too primitive for English invalids.

Pozzuoli has already been dealt with. The next town along the coast is that of Baja, by the Cumana Railway now just half an hour from Naples. Part of the town is well protected by a range of hills surrounding it on three sides, forming a small bay with a magnificent and picturesque outlook of broken sea and land, including Monte Nuovo, Pozzuoli, Solfatara, Nisida, Posilipo, Vesuvius, the Sorrentine Peninsula, Capri and Cape Misenum. The whole place is covered with ruins of temples, villas and baths, for this was the Brighton of the Romans. Wherever one digs a hole, up well strong thermo-mineral waters. There are usually several villas to let during the winter, and one or two houses where apartments can be obtained, though usually of a poor kind. The so-called hotel-restaurant had better be avoided as dirty and exorbitant. Baja forms a great centre for archæological or geological excursions, as hardly a step can be taken without meeting with something to interest one, whilst the walks around are very varied and afford an immense number of unique views.

It will thus be seen that Naples and its gulf afford a great variety of climates. The invalid who is able and cares to indulge in social life can do so to his heart's content in Naples itself. The weaker sufferers, or those who prefer a tranquil life, can choose one of the quieter towns or villages around the gulf, where they may enjoy the climate that suits them, and contemplate the extraordinary beauties of their surroundings whilst yet they are within reach of a large town and all its resources. Those again who are interested in archæology or natural history

will find unlimited scope for their hobby. Without exaggeration it can be said that no accessible region of health resorts possesses a combination of climates, natural beauties, antiquarian and natural history attractions, amusements, mineral waters, and historic interest as does the Gulf of Naples.

7 CHIATAMONE, NAPLES,
May, 1892.

PRACTICAL INFORMATION.

Church Services.—Christ Church, Strada San Pasquale, near the Riviera di Chiaja. Chaplain, Canon H. T. Barff, M.A., 115, Rione Amedeo; Sunday services at 11 a.m. and 3.15 p.m. H.C. after morning service. The church is open from October to June. Applications for sittings should be addressed to C. W. Turner, Esq., 64, Strada Sta. Lucia. There is a circulating library in connection with the church; it is open on Sundays from 10.15 to 10.45 a.m. and on Thursdays from 2.45 to 3.15 p.m. Scotch Church, 2, Capella Vecchia. Minister, Rev. T. J. Irving, M.A. Sunday services 11 a.m. and 8 p.m.

Consuls.—H.B.M. Consul, E. Neville-Rolfe, 4, Monte di Dio; U.S. Consul, F. A. Dene, 4, Piazza Municipio.

English Doctors.—Dr. C. W. Barringer, 66, Riviera di Chiaja; Dr. W. W. Gairdner, Palazzo Fraja, Rione Amedeo; Dr. Vassie, 7, Chiatamone; Dr. Schneer (German), 5, Corso Umberto. Speaks English fluently. Dr. Johnston-Lavis has left, and now practises at Beaulieu (near Nice) during the winter.

English Chemists.—The Anglo-American Pharmacy (J. Durst), 31-35, Largo Garofalo; Kernot, Strada S. Carlo.

Postal Arrangements.—Post Office, Palazzo Gravina, Strada Montoliveto, open from 8 a.m. to 9 p.m. An English mail arrives and leaves twice a day. Postage to any part of Italy, 20 c. In the town, 5 c.

English Stores.—Smith & Co., next Cook's Office; Codrington & Co., Strada di Chiaja.

English Banks.—W. J. Turner & Co., 64, Strada Sta. Lucia; Holme & Co., 2, Strada Flavio Gioia; Meuricoffre & Co., Via Municipio; Thos. Cook & Son, Piazza dei Martiri.

Baths.—Bains du Chiatamone. Also Turkish and Russian.

Cafés and Restaurants.—Birreria Gambrinus, opposite the Royal Palace. In the new Galleria—a magnificent arcade, rivalling the more famous one at Milan—Café-Restaurant Starace. (Ices, 50 to 80 c.; coffee, 25 to 30 c.). Near the Aquarium, Caffé di Napoli. The above-mentioned establishments are also restaurants. Of restaurants proper, 51, Fontana Medina, and Giardino di Torino, Via Roma (moderate charges), are good. At Posilipo there is an excellent restaurant, Scoglio di Frisio, with large garden; just before the old ruin of the Palace of Donn' Anna is the Ristorante della Sirena. The views of the bay from these are charming. The specialty here is *Zuppa alla Marinaia*, a dish very like the famous *bouillabaisse* of Marseilles.

Clubs.—Casino dell' Unione, St. S. Carlo; Circolo Nazionale, Piazza Vittoria; Cercle du Whist, Piazza S. Ferdinando; Royal Italian Yacht Club, Villa Nazionale.

Conveyances.—Cab fares: the regular tarifi is not much observed by strangers. In the small one-horse vehicles (*carrozzelle*) the usual payment is 70 c. for the *course*, and 1 l. 50 c. by the hour. Visitors who speak the language will generally be able to hire cabs at rates below the tariff. After midnight, and on Sundays and *fête* days, double fares are asked. A likely-looking fare, on ordinary days, will be told that it is a *festa* by the cunning Neapolitan Jehu, and it is therefore advisable for strangers to be well up in the Roman Catholic calendar. A carriage and pair for a day's excursion will cost about 20 or 25 lire. The numerous lines of tramways running through the principal streets will, however, make the visitor independent of cabs to some extent. The principal lines are from Toretta (at the end of the Riviera di Chiaja) to the railway station, from the Reclusorio (public asylum) to the Museum, and the steam tram from Toretta along the Corso Vittorio Emanuele to the Museum. Fares: from 15 c. to 30 c. first class, and from 10 c. to 25 c. second class. The trams run every ten minutes or so. There is also a steam tramway to Pozzuoli, passing through the Grotta di Posilipo. But since the new railway to Pozzuoli and Cuma this tram is not much used by visitors. Fares: 75 c. first class. and 50 c. second class. There are also numerous omnibus

lines, but they cannot be recommended to strangers. Boats: the charge for conveying a passenger with a reasonable quantity of luggage from the steamer to the quay is 1 lira. This is the tariff; but see the paragraph on "Naples Sharks." The charge for a boat for the day, with two rowers, varies from 10 lire to 20 lire, according to the nationality and the bargaining powers of the hirer.

Goods Agent.—F. H. Humbert, 7, Via Vittoria.

House Agents.—F. Donzelli, opposite the San Carlo Opera House; H. Berthe, Piazza dei Martiri.

Language.—At all the principal hotels and shops English is spoken, and most of the guides, drivers, porters, etc., understand a little French. In the villages around Naples, a little out of the beaten track, only the Neapolitan dialect is spoken, and even ordinary Italian would not, as a rule, be understood. It is important to make a distinction between public officials and private *employés*. At the railway stations, post offices, custom houses, etc., of South Italy, even French is rarely understood.* This is reasonable enough. Railway and other officials are not required to speak any language but their own, and their native indolence makes them disinclined to take the trouble of learning any foreign language.

Living Expenses.—Naples is not such an expensive winter residence as is generally supposed. House rents in the best quarters—Posilipo and Mergellina—are certainly rather high; but the rents are much more reasonable than at Cannes, Nice or Monte Carlo. Wages and provisions, generally, are fairly cheap. Cooks (male) are plentiful; they usually sleep at their own homes and come to their employers' houses every morning, bringing the day's supplies. English people accustomed to live in Italy, and speaking the language, will be able to live at Naples almost as cheaply as at any other winter resort in Italy.

Newspapers.—The *Naples Echo*, containing a visitors' list, price 15 c., published twice a week in winter. For many years it remained an obscure sheet, but it has of late much improved.

* In most guide books this fact is not sufficiently impressed upon the reader, and tourists are apt to imagine that French will do anywhere in the south of Italy.

There are several Italian newspapers published daily, the best being the *Corriere di Napoli* and *Roma.*

Préfecture.—Piazza del Plebiscito.

Shops.—Below are a few representative establishments :—

Antique Bronzes—G. Sommer, Largo Vittoria; Scala, 73, Strada Sta. Lucia.

Booksellers—Detken & Rocholl, Piazza del Plebiscito, and Furcheim, next door to Messrs. Cook's Agency; at either of these shops English newspapers can be obtained; Messrs. Detken keep a circulating library of English works.

Confectioner—Caflisch, 253-255, Via Roma (the principal street).

Corals—Squadrilli, Piazza Vittoria.

Jeweller—Starace, 236-238, Via Roma.

Outfitter—Giuseppe, 13, Via S. Carlo.

Photographers—G. Sommer, Largo Vittoria; G. Brogi, 19, Strada Chiatamone.

Stationer—d'Ambrosio, 206, Chiaia.

English Tailor—Lennon & Murray, 2, Strada Calabritto.

Tobacconist—*Spaccio Normale*, 206, Via Roma. This is the Government establishment, and Havanna cigars can be obtained here. No English tobacco is allowed to be sold in Italy, and it is difficult to learn to smoke the Italian. By boarding an outward-bound Orient boat, tobacco can generally be purchased of the bar-keeper. Duty on passing the Custom House is about 9l. 30c. a pound.

At all these shops English and French are understood, if not spoken as well.

Tourist Agencies.—Cook & Son, Piazza dei Martiri; H. Gaze & Sons, Ltd., 7-8, Via Vittoria.

Theatres.—At Naples there are two opera houses (San Carlo, near the Royal Palace, and Bellini, Rue Bellini) and several theatres. The best are Nuovo, Strada Teatro Nuovo, Mercadante (Gia Fondo), and Sanazzaro, Strada Chiaia. At these opera bouffes and comedies are usually given. At the other theatres, of which the Mercadante, Politeama, and San Carlino are the most flourishing, the plays are in the Neapolitan dialect. The

old Teatro Fondo has been rebuilt by Sonsogno, the music publisher, and is run as an Opera House in opposition to S. Carlo with very moderate prices.

Guide Books, Books of Reference, etc.—There is an excellent little English handbook to Naples and its environs published by Messrs. Detken & Rocholl, price 2*s*. There is also a guide book in French published in the town; the price is 1 fr. 50 c. (Eng. trans., 2 fr.), and it is provided with a good map. Naples is also dealt with at great length in the following guide books: Baedeker's "South Italy" (1893, 6*s*.); Murray's "South Italy" (1892, 6*s*.); Joanne's "Italie du Sud" (7 fr. 50 c.), and "Italie et Sicilie" (Guide Diamant, 6 fr.); Cook's "South Italy" (4*s*.); and Bradshaw's "North and South Italy" (1895, 7*s*. 6*d*.). Charmingly written descriptions of Naples will be found in W. D. Howells' "Italian Journeys," in A. J. C. Hare's "Cities of South Italy and Sicily," and in the late J. A. Symonds' "Italian Sketches." The following works might also be consulted with advantage:—"South Italian Volcanoes," by Dr. Johnston-Lavis; "Letters from a Mourning City," by M. V. White (Murray, 1892, 6*s*.); "Naples in 1888," by Neville Rolfe; "Naples and its Environs," by E. C. Clement (Gay & Bird, 1894, 6*s*.); "The Orient Guide," by W. J. Loftie (2*s*. 6*d*.); "Rambles in Naples," by Russell Forbes (Fucheim, Piazza del Martiri); and the article on Naples in "The Picturesque Mediterranean" (Cassell & Co., 1891), by the present writer. Graphic descriptions of the scenery of the Sorrento Peninsula will be found in the *Century*, July 1894. Social life at Naples is well described in an article ("Society of Naples") in the *National Review* of February 1892. Mr. Marion Crawford lays the scenes of his two recent novels, "Children of the King," and "Adam Johnstone's Son" (1895), at Sorrento and Amalfi respectively; and indeed seems to be doing for South Italy what Mr. W. Black has done for the Scotch Highlands, or Mr. Thomas Hardy for Dorsetshire.

II. CAPRI.

"It is an isle 'twixt heaven, air, earth, and sea,
Cradled and hung in clear tranquillity,
Washed by the soft blue oceans of young air."

TWENTY miles from Naples, rising abruptly out of the azure gulf, is the little island of Capri, in shape something like a gigantic hour-glass. It seems to exercise a peculiar fascination on all visitors to Naples, and few can withstand the temptation of braving the not always pacific Bay of Naples in order to visit the island which has inspired so many pens.

Climate and Temperature.—The special characteristic of the Capri climate is the softness and mildness of the atmosphere. Without being actually relaxing, it is not so stimulating as the Riviera climate. It is also very equable, and there is no unwholesome chill at sunset, as in the former place, or even at Naples, only twenty miles off. Capri also makes an agreeable residence all the year round, as the summer heat is tempered by the sea breezes. There do not seem to be any reliable tables of temperature, extending for any length of time, available; but it appears from the few observations made that it is about as warm as Naples. Most writers who have described Capri speak well of the climate. The late Mr. J. R. Green, the historian, in his "Stray Studies," remarks of Capri that, "though possessing a climate which, if inferior to that of Catania, is distinctly superior to that of either Mentone or San Remo, it cannot be so highly recommended for invalids on account

of the insufficiency of medical advice, want of shops, and difficulty of communication between the island and the mainland in rough weather." Doctors Bennett and Yeo speak well of it; the latter considers the place good for the primary stages of pulmonary consumption. Capri is also a suitable place for cases of bronchitis.

Hotels, Pensions, etc.—There is no other island in the Mediterranean so well provided with hotel accommodation, in proportion to its size, as Capri. The village of Capri is about a mile from the landing-place (La Marina Grande). Here there are several good hotels. The largest, and the one most frequented by English people, is the Hôtel Quisisana (lit. "where one gains health," a favourite name for hotels at Italian health resorts). The terms for *pension* at this hotel are from 8 fr. to 10 fr. a day. It has a very pleasant and healthy situation, and has a large garden. Omnibus meets the Naples steamers. Of the cheaper hotels, the best are Bristol, Angleterre, just outside the town, Pagano, and France. The *pension* of these four houses is very moderate—only 6 fr. a day. All these hotels have a southern aspect. The Hôtel d'Angleterre is well spoken of, but its situation (north aspect) renders it an unsuitable residence for invalids. The Hôtel Pagano is an extremely picturesque building, and is composed of one large house and two or three villas, which are connected with the main building by quaint little viaducts, which bridge the garden and courtyards planted with orange trees. This hotel is a very comfortable one, but its *clientèle* is chiefly German A favourite resort for German artists, some of whom have unfortunately left specimens of their artistic skill on every available space on the walls. The *salle-à-manger* is one mass of huge crude frescoes, utterly out of proportion to the size of the room. The Hôtel de France is pleasantly situated, and has a small garden. Two houses even more moderate in their charges are the Hôtel-Pension Faraglioni and Hôtel Tiberio. Both unpretending, but fairly comfortable. *Pension* from 5 fr.

The hotels at the Marina are more suitable for tourists and others not contemplating a long stay on the island. They are not at all adapted for invalids, having a northern aspect. The best

is the Hôtel du Louvre, which is the *succursale* of the Hôtel Quisisana. Messrs. Cook's coupons are taken here, as well as at the Quisisana, while the Hôtel Bristol accepts Messrs. Gaze's. Most of the Marina hotels are branch houses of those at Capri, and are useful to visitors at the latter, as they can lunch or dine at the seaside hotels without extra charge. This privilege is convenient when making excursions round the coast.

Furnished villas are plentiful, and the rents very moderate. A small one can be rented for about 150 fr. a month.

Furnished apartments are numerous, and cheap if taken by the month. The usual charge for two rooms (bed and sitting-room) is 35 fr. to 40 fr.

Sport.—There is very little shooting on the island, though quails are occasionally met with. These birds, and also wildfowl in the winter, are actually plentiful enough; but the island is much shot over by the natives, so that there is very little game left for the English sportsman.

Excursions, etc.—Though Capri is limited in area, being not more than three miles long by about one mile broad, it is a *multum in parvo* of beautiful scenery, and is fringed with magnificent cliffs, in height little inferior to those of Cornwall or North Devon. Perhaps the pleasantest excursion that can be taken is the *Giro* or row round the island, which can be done very comfortably in one morning, with time to visit all the grottoes and caverns. Most of these are only very cursorily mentioned in the usual guide books, which, as a rule, content themselves with an unnecessarily long description of the Blue Grotto. Visitors intending to circumnavigate the island are recommended to start westwards, and begin with the Blue Grotto, which is about twenty minutes' row from the principal landing-place (La Marina Grande), as they will then be able to explore the caverns before the shoal of visitors from Naples arrives—

the steamers generally reaching the island about noon. Great care has to be exercised in entering the grotto, as the opening is not more than 3 ft. high and 2 ft. wide. The boatman waits for an incoming wave—the passengers lying down flat in the bottom of the boat—and, knocking and grating against the sides in a manner somewhat startling to timid people, the little bark enters the famous Grotta Azzura. If the sea is at all rough, or if there is a north or east wind, it is impossible to enter it. Unless it is a very clear day, visitors who have read the glowing descriptions in the guide books will be disappointed, the water being more green than blue; but if there is much sun, both the water and the roof of the cavern are of the richest cerulean tint, and the appearance of the little waves beating against the sides in a small sea of molten silver is most beautiful. Continuing the trip, and passing by some towering and inaccessible cliffs, the Punta Vitaretto (the promontory at the N W. corner of the island) is doubled, and soon after the Grotto Verte (water of a deep emerald colour) and the Grotto Rouge are reached. Not far from here is a little beach, with an apology for a pier of extremely primitive construction. This place, Piccola Marina, is the only safe landing-place on the southern side of the island. Half a mile farther on are the Faraglioni group of rocky islets, extremely picturesque, and also extremely dangerous when the sea is rough. Soon after the boat reaches the famous Arco Naturale, the most striking feature of the coast. Here it is possible to land if the sea is very calm. Between this point and Da Capo are two other caverns—the Grotte des Stalactites and the Grotte de Mitromania—and a little farther on the precipitous cliff from which it is said Tiberius used to cast his victims—a sheer fall of 500 or 600 ft. Farther along the north-east coast the rocks are still very fine. If there is time, the Grotte de Boi might be visited. A few more minutes' rowing will bring the circumnavigator

back to the Grande Marina, and the round trip will have been completed.

In the village of Capri there are no specific objects of interest to be seen. It is a perfect labyrinth of picturesque, narrow alleys, and though the place is so small, it is easy to lose one's way; and even when outside the little town, the innumerable lanes winding through the orange-groves and orchards are skirted by high walls, and the visitor is occasionally constrained to brave the ill-concealed amusement of the Capriotes by mounting these walls to take his bearings. Though there is only one good carriage road in the island (from the Marina to Anacapri), it is intersected by a perfect maze of stony lanes and paths, barely wider than sheep-walks, which are only practicable for donkeys—the usual mode of locomotion. The most interesting excursion is to Lo Capo and the Villa di Tiberio, in the terrace by the little chapel which crowns the height. From this point there is a glorious view of the twin gulfs of Naples and Salerno, with the snow-capped peaks of the Apennines in the distance forming a magnificent background.

One of the most interesting "sights" of Capri is the Tarantella dance. Here it is far more real and picturesque than when danced at Baia by professional hirelings, who go through their task with greater or less animation according to the amount of money collected beforehand. When danced by the active and graceful Capriote girls, their homely and somewhat coarse features are quite forgotten by the spectator in the beauty of the performanee. The dance, which might be described as a little love-idyll embodied in graceful pantomime, is quite free from the objectionable sensual features of the Indian Nautch dance, with which it is sometimes compared.

MISCELLANEOUS INFORMATION.

Route.—The only route is *viâ* Naples (for routes to this place see under NAPLES), from which port a steamer leaves about 9 o'clock every morning, returning from Capri usually about 2.30 p.m.; time, 2½ hours; fare, 6 lire single, and 10 lire return, available for three months. These are the prices always asked of strangers, but residents and Italians seldom pay as much. There is no regular tariff. These steamers are not very good sea-boats, and if the weather is unfavourable they do not start.

Church Services.—There is no English church, but during the winter services are held twice every Sunday in the Palazzo Ferraro, at 10.30 a.m. and 3 p.m. Chaplain (S. P. G.) Rev. E. H. Morton, M.A.

Doctor.—There is no English doctor on the Island, but the Italian medical man, Dr. Cerio, speaks English.

English Stores.—Morgano. Also house agency.

Postal Arrangements.—A mail arrives and leaves every day unless the steamers are prevented from sailing by bad weather. Letters from London take usually four days in arriving, and the delivery usually takes place between 2 p.m. and 5 p.m.

Cafés.—Hidigeigei (frequented by English and Americans); Roma and Vermouth di Torino in the Piazza.

Conveyances.—The usual mode of locomotion in Capri is by means of donkeys, There are a few carriages at the Marina, but none at Capri; in fact, passengers arriving have to leave the carriage in the little piazza of Capri—as it has no streets wide enough for vehicles—and have their luggage carried to the hotel by porters. The fare from the Marina is 1 l. 50 c., return, 2 l. 50 c. From Capri to Anacapri the fare is 3 l. Donkeys can be easily hired, and the usual charge for the day is 5 l., with a gratuity of 1 l. to the donkey-boy (or girl); to the Marina the tariff is 1 l. 25 c. The tariff for landing in boat from steamer (for there is no quay) is 30 c., and for the following boating-trips these are the usual charges: To the Blue Grotto, the official tariff is 2 l. 25 c. for one person, 3 l. 75 c. for two passengers, and 1 l. 50 c. for each additional passenger; to Sorrento and back in a boat with two rowers, 8 l. (10 l. is, however, usually paid); and

for a row round the island, with two rowers, occupying about four hours if all the grottoes are visited, 10 l. Bargaining is necessary, however, and the boatmen are a rapacious crew. In an emergency, a hint at a complaint to the Sindaco (Mayor) will be found efficacious.

Guides.—For these there is no regular tariff, but an intelligent small boy can be hired for the day for two or three lire. As a rule the islanders only speak Italian, and French or English is of little use.

Living Expenses.—Though prices have risen of late years, winter residents will find the place, on the whole, fairly cheap. House-rent is very moderate, and provisions, especially fruit and vegetables, are very cheap.

English Library.—Circulating library at the Marina, kept by Miss de Fabech. Subscription, 2 l. a month.

Guide Books.—There is no English guide book published dealing exclusively with Capri, but most of the guide books dealing with South Italy devote a certain amount of space to a description of this island. See under NAPLES. A useful little French guide by H. Berthe, the editor of *The Naples Echo*, price 75 c., has recently been published by Messrs. Furcheim, Naples. An interesting description of Capri will be found in *The Cornhill Magazine*, July 1890, and the island is described at some length by the present writer in the article on Naples in Cassell's "Picturesque Mediterranean." Excellent descriptions of the scenery of the island will be found in "A Lotus Eater in Capri" (Bentley, 1893) by Dr. Walters.

III.—ISCHIA.*

A COMING WINTER RESORT.

BY a coming resort we generally understand a new, recently discovered one, with a promise of ultimate popularity. In the case of Ischia (an island in the Bay of Naples, as beautiful as Capri, but not so well known) it is, however, necessary to strain the interpretation a little, for up to the earthquake of 1883, when the greater portion of the population of Casamicciola (the principal watering-place of the island) and a large number of foreign visitors, including several English, lost their lives, not only had Ischia "arrived," but it was beginning to rank as one of the most popular winter stations of the South of Italy.

Perhaps it would be more accurate to describe the place as a renascent winter station. The earthquake had, indeed, converted Casamicciola into a vast *campo santo*, and one may say, with strict literalness, that Casamicciola of to-day has risen, phœnix-like, from its ashes.

Few seismic disturbances that have taken place in Europe in the last quarter of a century have caused such wholesale destruction of lives and property as the Ischia earthquake of 1883. Yet there can be no doubt that many lives were unnecessarily sacrificed to the short-sighted policy—to give it no harsher term—of the hotel keepers and others interested in keeping visitors in the island, who, according to rumours only too well founded, ignored certain premonitory signs manifested by the disturbed state of the thermal springs.

During a recent visit to the island I heard several stories to this effect—though, of course, I cannot vouch for their authenticity. It was said, for instance, that one hotel proprietor

* Abridged from an article contributed to *The Queen*, February 24th, 1894.

Climatically, there is very little difference between Ischia and its sister island Capri, both possessing a mild, soft, and very equable marine climate. Some visitors, however, complain of the absence of tonic properties, and find it rather relaxing. The scenery is interesting and picturesque, but it cannot boast of the grandeur, boldness, and striking contrasts of Capri. It possesses, though, many fine points of view, and the charming prospect from the summit of Monte Epomeo can hold its own with many of the more famous mountain views in the south of Europe. The view is often compared with the better-known one from the Hermitage of Capri—as familiar to Continental travellers as the magnificent panorama from Richmond terrace is to Londoners—and though opinions will, of course, differ as to the relative beauty of these prospects, the one from Monte Epomeo is certainly more varied, and includes all the beautiful features of the Bay of Naples, with its unequalled combination of sea, mountain, and island scenery.

At present, Ischia being in a transition stage, its seasons are not very clearly defined, but previous to the 1883 earthquake—the one chronological landmark for the islanders—it had three distinct seasons. In summer it was much frequented by Italians as a bathing station, and almost as popular a goal of excursions for tourists of all nationalities as Capri. The season for foreigners, chiefly Germans and English, was the spring, though there was usually a considerable number of English *hiverneurs* at the hotels and pensions all through the winter. The numerous alkaline hot springs, in connection with which was a well-appointed hydropathic establishment, now partially reopened, gave the place a distinct standing as an invalid station.

There have recently been serious attempts to resuscitate Casamicciola as an invalid resort, and to re-establish the vogue of its thermal springs. But, however well adapted by nature as a sanatorium, the promoters and well-wishers of Ischia can hardly expect it to become a serious rival to the other health resorts of South Italy till invalids' necessities in the shape of resident medical men, chemists, etc., are added to the resources of the island. As a holiday resort, or even as a winter

residence for non-invalids, Ischia is in many respects equal to Capri, which has become of late too exclusively the happy hunting-ground of the carpet-bag tourist and cheap tripper. In fact, the æsthetic value of the latter island (once the head-quarters of a flourishing little art colony) has of late years rather deteriorated in the eyes of artists, owing to its popularity as a tourist centre. Ischia, on the other hand, besides being some three times the size of the islet desecrated by memories of that "deified beast Tiberius," is comparatively quiet and secluded, so that the primitive and unsophisticated character of its inhabitants has not been destroyed by daily crowds of passing English and American tourists.

IV.—PALERMO.

"In lands of palm and orange blossom,
Of olive, aloe, and maize and vine."

SICILY is a country which has been, till within the last few years, but little known to tourists, compared to other countries of Southern Europe. As a field for tourists and travellers it possesses many claims. It is extremely rich in historical associations, beginning from the earliest ages of antiquity and mythology. Among the causes which have hitherto prevented the island from being visited to any large extent is the fear of brigandage. Up to the last two or three years, it seemed, however, that this form of highway robbery had, thanks to increased facilities of communication, almost completely disappeared, being only very rarely heard of in feeble and spasmodic bursts at the south of the island, where roads are scarce. Recently, however, the terrible destitution among the peasantry, the unsettled and disturbed state of the island, the frequently recurring agrarian outrages, and the appallingly low standard of civilisation in the remote country districts, necessitate caution on the part of English travellers and tourists when leaving the beaten track of travel. Palermo, Catania, Syracuse, and other tourist centres are, however, as safe as Nice or Cannes. As a rule, though, it is the Sicilian merchants and landowners who run the most risk. Tourists and artists are not considered by brigands—who are thoroughly imbued with the commercial spirit of the age—a sufficiently valuable quarry

This state of affairs has naturally checked the development of Sicily as a winter resort. It is the more regrettable as "almost all the coast of Sicily is capable of being made one great winter sanatorium, recommended by the warmth and equableness of its climate, while the mountain slopes afford a range of temperature. Nature has lavished here its grandest and most beautiful aspects, and Art has nobly seconded her, the remains of Greek, Roman, Moorish and Norman architecture being of almost unequalled interest and variety. But in the present condition of a populace, which, but for a strain of Saracenic blood, has in some respects altered little since the days of Theocritus, the English visitor will probably confine himself to the region traversed by the railway, and rest content with visiting the chief places on the coast—Palermo, Girgenti, Messina, Catania, and Syracuse, adding perhaps a trip from Palermo to the western end of the island."—*A. R. Hope Moncrieff.*

Palermo, called La Felice, is, like Naples and Constantinople, one of those numerous cities possessing "the most beautiful site in the world," and certainly—leaving invidious comparison aside—its situation is surpassingly beautiful. It is built on the shores of a wide bay, at the foot of a fertile plain. This plain is fancifully termed by the natives "La Concha d'Oro" (golden shell), from its shape and the glowing mass of foliage which the thickly clustering gardens present to the view. Encircling the plain is a noble amphitheatre of hills, their lower slopes covered with orange groves and vineyards. Sicilians are fond of comparing this bay to the Bay of Naples. The comparison is, perhaps, inevitable, but it must be confessed that the Bay of Palermo is but a miniature copy, and lacks the noble sweep of the far-famed Neapolitan gulf. Palermo has for many years been a popular resort of artists, and has of late come to the fore as a health resort,

especially for consumptive patients. Regarded in this light, its great drawback is the comparative difficulty of access from England, and perhaps, on this account, it can never hope to become as popular as the Riviera, since it requires a journey of three days instead of some thirty hours.

Routes.—The best and quickest route is by rail, *viâ* Paris, Turin, and Genoa, to Naples, from which port a steamer of the Florio-Rubattino Line leaves daily at 5 p.m. for Palermo (passage, fourteen to sixteen hours, and fare, 40 fr., which includes dinner on board). Passengers by the train leaving Victoria at 11 a.m. can travel from Calais to Rome without changing carriages, and will reach Palermo in a little under three days. The different routes to Naples have already been described. Invalids and others who dislike a long crossing can go on to Reggio by train, and from there cross by the steamer which leaves every morning at 9.10. The train from Naples in connection with this steamer leaves at 7.10 p.m. The fare, first class, is 53 lire, and for a berth in the sleeping car 18 lire extra. The time occupied in crossing is not more than an hour, but a good deal of time and money will be sacrificed to get the benefit of this short passage, as, besides the thirteen hours' journey to Reggio, there is a tedious six hours' railway journey through Sicily, and the traveller will not reach Palermo till the afternoon—some seven hours later than the passengers who have braved the sea passage from Naples.

Since 1894 a great improvement has been effected in the railway communication between Naples and Palermo, owing to the completion of the direct line from Naples to Reggio, which had been in progress for a dozen years or more. Till that year the only through route was the roundabout one *viâ* Metaponto (Brindisi-Naples line) and Catanzaro. And, now that the direct line skirting the northern shore of Sicily from Messina to Palermo is also open for traffic, the long circuitous journey *viâ* Catania is no longer necessary. Palermo is now no more than three days and four hours by rail from London. A sleeping car is now put on this train (leaving Messina 10.15 a.m.). Fare: 6 l. 80 c. in addition to first class fare (26 l. 25 c.).

The Mediterranean Railway Company intend, so it is reported, building huge ferry-steamers for the passage across the Straits, into which "the train, consisting of sleeping car, four ordinary carriages and post-office van, will be bodily transferred." Up to the present, however, the signing of the contract seems to have been the furthest stage reached in the enterprise.

The route from Marseilles to Palermo by sea by the steamers of the Florio-Rubattino Company will probably be preferred by tourists, as the course taken enables passengers to see a good deal of the beautiful Italian coast. The time occupied is about four days, as the steamers call at Genoa, Leghorn, and Naples, stopping several hours at each port, and at Genoa sometimes a whole day. This is a cheaper route than *viâ* Naples, and the cost of the through journey (second class *viâ* Dieppe to Marseilles, and first class by steamer) would not exceed £10, including board on steamer. The steamers are comfortable, and a fairly good table is provided for first class passengers. The hours of meals are most inconveniently arranged, however; breakfast at 10.30 a.m. and dinner at 5 p.m. No lunch is provided. The Florio-Rubattino is now the only company running a passenger service from Marseilles to Palermo, the Transatlantique Company having discontinued their Sicilian service.

There were formerly plenty of facilities for reaching Palermo by sea from England, but both the Cunard and the General Steam Navigation Companies have discontinued their Mediterranean passenger services. At present the only available services are those of the Wilson Line from Hull, every three weeks (fare, £12 first class); and the Anchor S.S. Company from Glasgow every fortnight. Fare, £15 first class.

Passenger steamers of the Florio-Rubattino Company also sail at frequent intervals from Genoa, Leghorn, and Naples, to Messina, and other ports of Sicily, which may be useful for tourists, but need not concern through travellers. For particulars of these services, see the handbook of this Company, to be obtained at the London office, 38, Fenchurch Street, E.C. It is extremely difficult for intending passengers to pick out the right service from this handbook, as there are forty-three Mediterranean services, and the arrangement is, besides, very complicated and obscure.

Climate and Temperature.—Palermo has an excellent and most salubrious climate, which is in most respects particularly well adapted to consumptive patients. The best months for invalids are from December to March. Most rain falls in the month of November and the early part of December. The amount of rainfall is greater than at most of the Mediterranean winter stations, and there is, consequently, more humidity in the atmosphere than in the Riviera or along the southern shore of the Mediterranean. On this account some persons find it rather relaxing; while, on the other hand, Palermo is considered by many medical men particularly well adapted to cases of consumption of a nervous character, for which the stimulating climate of the Riviera is rather too irritating.

The atmosphere is very clear, and the sky is usually quite free from clouds. The mean temperature is about the same as that of Malta. The mean average temperature of January, the coldest month, is 51½°, and of the three winter months, 53°. The annual mean average is not more than 64°. Palermo is fairly well sheltered from winds, and the sirocco is rarely felt. Apart from the climatic conditions which affect different patients in different ways, Palermo has a great deal to recommend it as a winter residence for delicate persons, or for those who do not consider themselves invalids, but prefer to spend the winter in a warm climate. The sanitary conditions are very good, in fact, much better than in most cities of the south of Europe of the same size. The streets are fine and open, and the numerous public gardens afford delightful promenades.

Dr. Berlin, of Palermo, has kindly furnished me with the following notes on the suitability or non-suitability of Palermo as a winter residence for various classes of invalids:—

"The climate of Palermo is distinguished by a relative

warmth, small range between maximum and minimum of the air temperature, relatively great humidity, and a somewhat greater amount of rainy days than in other places. Therefore invalids with chronic rheumatism, Bright's disease, or those with torpid digestion, or a tendency to diarrhœa, will be obliged to take greater precaution here than elsewhere. Speaking generally, patients with any affection of the respiratory organs might visit Palermo with advantage. Specially may be mentioned in this regard all cases of phthisis, and principally the chronic forms and incipient affections, all affections of the larynx and the bronchial system; also secondary bronchitis in heart diseases and arteriosclerosis, re-convalescents of pneumonia, and other re-convalescents. But all cases of acute and rapid phthisis, cases with continuous hectic fever, as well as any other diseases which require a continuous treatment or special nursing, ought not to be sent abroad.

"Whenever the humidity of the air in some single case will not suit—and we may name here emphysema, bronchial asthma, bronchiotasia, and bronchorrhœa—this must be considered more as an individual incompatibility than as a general effect of the climate, and as a matter of individual experience and medical judgment."

Hotels.—The principal hotel is des Palmes, Via Stabile, near the English Church. A well-appointed and high class house, but decidedly expensive. It is constructed on the most approved Swiss model, with electric light, passenger lift, spacious corridors, and a well arranged suite of public reception rooms—the drawing, smoking, billiard, and reading rooms being all on the same floor, and communicating with each other. There is a large garden containing some magnificent palms. Charges: room from 3 frs., breakfast (*café complet*) 1 fr. 50 c., lunch 3 fr. 50 c. (12.30 p.m.), dinner 5 fr. (7 p.m.), attendance 1 fr., lights 1 fr., *pension* 12 fr. Cook's coupons accepted here and at the Hôtel de France. Some distance from the sea. Open from October 1st to May 31st, but the most crowded period is from the middle of

January to the end of April, which may be considered the season. The Hôtel Trinacria is situated in an open and healthy position on the Marina, and is under the same proprietorship as the Hôtel des Palmes. Consequently it has virtually become a *dependance* or overflow house of the other when crowded, as it is apt to be in January, the height of the Palermo season. Invalids generally prefer the Trinacria, partly because it is quieter, and partly because it commands a good view of the bay. The terms are a little more reasonable than those of the former establishment.

The only other hotel frequented to any extent by English visitors is the very comfortable Hôtel de France. This is a particularly well-managed house. Though much smaller than the two before mentioned, it has most of the appliances of a large hotel, including electric light. The terms are very reasonable, from 10 fr. a day. It is in a healthy and central position on the Marina. Open from October to May. There are several hotel-pensions. Pension Suisse, 187, Via Vittorio Emanuele; Fersenghi, 55, Via Lincoln, are the best. *Pension* from 6 fr.

Villas and Apartments.—Villas are not easily procurable, and the rents are high. "Some of the private villas in the Giardino Inglese are also let, but not as a rule to pulmonary patients" (Baedeker). Furnished apartments (*case mobigliate*) are numerous; they are mostly in the Corso Vittorio Emanuele. The charges vary from 35 fr. or 40 fr. for a single room to 100 fr. or 120 fr. a month for a suite of five or six rooms.

Amusements.—Palermo being the capital of Sicily, and a city of nearly a quarter of a million inhabitants, amusements of all kinds are plentiful, and there are numerous public entertainments. There are two good theatres, and during the winter season good Italian operatic performances are given. The prices for seats are very low. The Carnival is celebrated on an elaborate scale, and attracts crowds of strangers from all parts of the island and the south of Italy.

Sport.—Good shooting can be obtained in the island.

Partridge and quail are plentiful, and sportsmen will find it worth their while to bring a gun. None worth speaking of, though, in the neighbourhood of Palermo. A shooting licence is necessary, as in Italy; the charge is 12 lire 50 cent.

For information as to the game laws of Italy and Sicily, which are confusing, little known, but fortunately not often enforced, it would be advisable to write to the editor of the weekly journal *Caccia e Corse*, published at Milan.

PRACTICAL INFORMATION.

Church Services.—The English Church is opposite the Hôtel des Palmes. Open from October to May. Chaplain, Rev. Dr. Dixon, 43, Strada della Liberta. Services, 11 a.m. and 7 p.m. All sittings free. Presbyterian Church, 43, Via del Bosco. Minister, Rev. J. S. Kay, Palazzo Sanbuco, 43, Via del Bosco.

English Consul.—H. L. Dupuis, Esq., 49, Via Stabile. U.S. Consul, J. Seymour, Esq. (12 to 4.)

Doctors.—Dr. Berlin, 12, Via Patuano (speaks English); Dr. F. E. Hoggan.

English Chemist.—97, Via Vittorio Emanuele.

Postal Arrangements. — The chief office is in the Piazza Bologna. Letters to England, 2½*d.* per ½ oz.; to any part of the island and to Italy, 2*d.* Letters for the Continent can be posted at the Florio-Rubattino Steamship Company's office in the Piazza Marina up to one hour before the departure of the steamer. For parcels to England *viâ* France, the charge is 2*s.* 1*d.* for any weight not exceeding 7 lb. The English mail takes three days in transit. A mail arrives and departs daily. The chief telegraph office is 222, Via Macqueda; rates to England, 30 c. a word, plus 1 fr. for the whole telegram; to Italy, 1 fr. for fifteen words. Urgent telegrams to Italy can also be sent at thrice the ordinary rates.

Banks.—Ingham & Whitaker, Via Lampedusa; Morrison & Co., Piazza Marina; Wedekind & Co., 48, Via Cintorinai.

Baths.—7, Via Quattro Aprile, near Piazza Marina. Cold, 1 fr.; warm, 1 fr. 25 c.

Cafés and Restaurants.—Stella Americana, 178, Via Vittorio Emanuele; Oreto, Piazza Marina; Restaurant Lincoln, Via Vittorio Emanuele; Trinacria, Quattro Canti di Campagna. Good ices.

Club.—Casino Nuovo, Palazzo Geraci, Via Vittorio Emanuele. Visitors admitted for eight days gratis on presentation by a member. Subscription, 10 fr. a month. Well supplied with English periodicals.

Conveyances.—Cabs: For the course, 60 c.; to the station, 1 fr.; by the hour, 1 fr. 80 c. for one, and 2 fr. 20 c. for two horses. On Sundays and *fête* days all fares are double. For excursions and drives outside the town there is no regular tariff, and the hirer must make his own arrangements with the coachman. Locomotion about the city is easy, as trams run through the principal streets. Fare, 15 c. irrespective of distance.

Guides and Interpreters.—A guide for the day can be obtained from 5 to 10 fr. The latter charge is for excursions outside the town. Interpreters can be obtained at 360, Via Vittorio Emanuele.

House Agent.—Marchese Milo, 55, Corso Calatafimi.

Language.—Italian in Palermo, but in the villages and in the interior of the island the Italian of Tuscany would not be understood. French is understood at the principal hotels and shops, and a little English is spoken in the hotels.

Living Expenses.—Palermo will be found a cheap place to winter in, and the prices for provisions and necessaries are very moderate. For shopping purposes a slight knowledge of Italian is not only very useful, but will generally enable the visitor to get a considerable reduction in prices.

Passports.—Though these are not any longer required for Italy and Sicily, yet visitors will generally find it worth their while to procure one before leaving England. The charge for the *visa* of the Italian Consul-General (31, Old Jewry) is 4*s.*, in addition to the Foreign Office fee of 2*s.* Tourists, and especially artists, are strongly recommended to carry one.

Shops.—

Bookseller—Carlo Clausen, 360, Via Vittorio Emanuele. Circulating Library. Information given to strangers.

Confectioner—Caflisch, 180, Via Vittorio Emanuele.

Photographer—G. Sommer, Via Vittorio Emanuele.

Map.—The best map of Sicily is the Carta Generale della Sicilia, published by the Istituto Cartografico, Rome, 1891. Scale, 1 in 500,000.

Guide Books and Books of Reference.—Murray's "Handbook to Sicily" (1892, 6*s.*), "Guida di Palermo" (Treves, Milan, 1891, 2 lire). "Where to go Abroad" (A. and C. Black, 1893, 3*s.* 6*d.*) has an excellent description of the chief places of resort in the island. Baedeker's "South Italy" (1890, 6*s.*) gives a good description of Palermo. Sicily is not included in Murray's "South Italy," though there is a short description of Palermo in Murray's "Handbook to the Mediterranean" (20*s.*); this is, however, more interesting to the yachtsman and sportsman than to the ordinary visitor. The climate of the island is described at some length in Dr. Bennett's "Winter and Spring on the Shores of the Mediterranean," and Dr. Yeo's "Climate and Health Resorts." Recent books of travel are: A. J. C. Hare's "Cities of South Italy and Sicily"; W. D. Howells' "Italian Journeys"; Mrs. Elliott's "Diary of an Idle Woman in Sicily"; Miss Kavanagh's "The Two Sicilies." A very readable account of Palermo, by H. D. Traill, will be found in the *English Illustrated Magazine*, January and February, 1886. A paper on "Palermo and its Neighbourhood," by Miss Freeman, in the *Monthly Packet* (September, 1893) is also very well done. The most important work of reference for Sicily is Professor Freeman's "History of Sicily" (2 vols., Clarendon Press, 1891, 42*s.*). For the general reader Professor Freeman's abstract of this work, "The Story of Sicily," in the Story of the Nations Series, is more suitable.

V.—CATANIA.

BEFORE the numerous winter stations on the Italian Riviera, with their undeniable advantages of comparative proximity to England and readiness of access, became so much frequented, Catania promised to become a popular invalid station, and certainly its climate has much to recommend it; but its great natural advantages were not supplemented to any great extent by the local authorities, and individual enterprise was also lacking.

Add to this that there is no English medical man, very little suitable accommodation for invalids, only tolerable hotel accommodation, and that expensive; and it is not surprising that Catania has never succeeded in becoming a popular or well-established health resort. Taormina (described in the next chapter) seems indeed of late years to give promise of succeeding better as an invalid residence than Catania.

The town, though not of course so gay as Palermo, is fairly well provided with entertainments and amusements (good theatre, casino, etc.). At the same time, delicate persons are not tempted to injure their health by keeping late hours; the Sicilians are quite pastoral in this respect, and after ten o'clock it would be rare to find a *café*, or even a tobacconist's shop open.

Nowadays Catania is visited chiefly by tourists, who find the town a convenient headquarters from which to make excursions to Taormina and Syracuse—after Mount Etna the chief lions of this part of the island—and a starting-point for the Etna expedition.

Climate.—Catania is considered by some medical authorities to possess a climate which is not to be surpassed by any health resort in the South of Europe, and one which is well suited to consumptive patients. It is more bracing than Palermo, though not so stimulating as the Riviera. The mean average temperature for the five months from November to March is 56°. The temperature is very uniform, and there is no sudden fall of the thermometer at sunset, as in the Riviera and some other winter stations of the south of Europe. With regard to rainfall the remarks with reference to this in the paragraph on the Palermo climate will equally apply here, there being very little difference.

A great deal of information on the subject will be found in "Il Clima di Catania," by Dr. Ughetti, from which I extract the following statistics: "The rainfall and weather in general which prevails at Catania may be estimated from the averages covering a period of twelve years, which give an annual average of 221 absolutely clear and fine days, 104 more or less cloudy, and only 40 in which rain falls. December and April are the windiest months, while January and February are comparatively free from wind."

The most disagreeable features of the climate are the east winds, from which Catania is not well screened. The sirocco, too, is occasionally felt. From the north winds, however, Catania is well protected by Mount Etna, and, to a less extent, by the distant mountain ranges of Calabria.

The sanitary condition of the town is good, and has much improved of late years. The condition of the streets near the sea, however, still leaves much to be desired. So much for the advantages of Catania as a winter residence for delicate persons.

Hotels.—Catania, from the hotel proprietors' stand-

point, is a decaying, if not a decayed, tourist centre. A large hotel was built some years ago, but the lack of custom caused it to close its doors, and it is converted into *case mobigliate* (*anglice*, flats). The two leading hotels, and those most frequented by English visitors, are the Grand and the Grande Bretagne. The former is situated between the station and the harbour, with good views of the bay. Comfortable house, but rather expensive. Gaze's coupons accepted. *Pension*, 10 fr. to 12 fr. The Grande Bretagne is cheaper (*pensions* from 9 fr.). Cook's coupons taken. Both are open all the year. The other hotels are indifferent.

No villas to be let, but furnished apartments can be obtained in the principal streets. Rents moderate.

Sport.—Very little shooting obtainable by visitors in the vicinity of Catania, but at Lentini Lake, eighteen miles south (station on the Catania-Syracuse line), very fair shooting is to be had. Snipe and woodcock and wildfowl of all kinds plentiful. The proprietor allows visitors to shoot over the lakes for 10 fr. a day, which includes the use of boat and man.

Excursions.—Catania serves as a convenient centre for exploring this part of Sicily. The chief excursion is of course the ascent of Mount Etna. It does not require much climbing experience, but it is a long and fatiguing excursion. After October the actual summit is not usually practicable, on account of the snow, but the lower peak, Monte Rossi, can be climbed all through the winter, unless the weather is exceptionally severe. From here the view is almost as extensive as from Etna itself. The route is as follows: From Catania to Nicolosi in about two hours and a quarter; fare, 10 lire, which includes *buonamano*. From Nicolosi to Etna the climb takes usually nine or ten hours. A guide (12 lire) is necessary, and a mule (10 lire). A mule will be required for each

tourist, and an extra one to carry the provisions and firewood. * If the ascent is made by night, in order to see the sun rise, a boy (3 lire) with lantern is usually taken unless there is a moon. Beyond Nicolosi the road winds in zigzags through gloomy forests of chestnut trees. In about two hours and a half after leaving Nicolosi, the Casa del Bosco is reached, a farmhouse where rough refreshments and shelter can be had if necessary. By a series of declivities the Piano del Lago, an inclined plain, is reached. Before the Observatory was built shelter was found at the refuge hut, called Casa Inglese, built by English officers in 1811. An Observatory has been built here, where rough accommodation can be obtained, but there are only two beds and a few mattresses. Mules have to be left here.

On the same plateau, 9500 ft. above the sea, is the Philosopher's Rock, said to have been inhabited by Empedocles, who threw himself into the crater 400 B.C. Others suppose it rather to be a belvedere built for the Emperor Adrian, when he went up Etna. Eastward of the Piano del Lago is the great precipice known as the Val del Bove, surrounded on three sides by perpendicular cliffs from 1000 ft. to 3000 ft. in height. At the Casa Inglese begins the ascent (about one hour and a half) of the very steep incline of the last cone (about 1000 ft.), rising out of an extensive plateau. Mount Etna (called by the Arabs Djebel, thence Mongibello) is the highest volcano in Europe (10,875 ft. above the sea). Its height varies with that of the cone which terminates it, and which is modified at each eruption. One of the peculiarities of Etna is the multitude of cones, or secondary volcanoes, spread over its sides, some of which are of considerable size. From the summit the view is magnificent, and embraces a wider horizon than from any point of equal height in Europe. Even from the higher peaks

of the Swiss Alps the view is not so extensive, being shut in by other mountains. If the summit is gained at sunrise, and the weather is clear, not only can the whole of the island be seen, and a great part of South Italy, but Malta and the coast of Africa. The spectacle, too, of the gigantic shadow of Etna creeping over Sicily, is striking in the extreme. The descent to Nicolosi can easily be made in about five hours. Those intending to make the ascent are advised to write first to the Secretary of the Italian Alpine Club, 197, Via Lincoln, who would recommend guides and give valuable information about the excursion.

If the traveller takes mules or porters with him, a guide is not necessary, but will probably be found an encumbrance. However, he will not be likely to have the option of refusing, as the muleteers will refuse to go without them. The guides and porters, mule-drivers, etc., are not properly organised, and it is their interest to make out that the trip is a very serious undertaking, demanding even for a single tourist several guides and porters.

Since the completion of the railway round Mount Etna, from Catania to Bronté and round by Randazzo to Acrireale in 1895, the Etna expedition has been rendered much easier, as the first and most tiresome portion of the excursion can be made by railway.

Another very interesting excursion is to Syracuse, which is full of Greek remains and antiquities. The celebrated Arethusa stream flows through the town. It is interesting, too, as the only European habitat of the papyrus. The excursion can be done in one day if the early morning train be taken. The Sicilians are remarkably early risers, and as far as travelling by train goes, English people must conform to the customs of the natives, and get up at an hour when their compatriots at Nice or Cannes are thinking of retiring for the night. The morn-

ing train for Syracuse usually leaves at 4.50 a.m., and the next does not leave till the afternoon.

There is, however, so much to see at Syracuse, that a week's stay would hardly exhaust the place. There are two good hotels, Vittoria and Casa Politi. These two offer a striking contrast. The Casa Politi is one of the most old-fashioned hotels in the south of Italy, and the favourite resort of the artist, antiquarian, cultured dilettante, and traveller of the old school; while the Hotel Vittoria prides itself in being a modern *hôtel de luxe* in miniature, with all the refinements of travel demanded by the latter-day tourist—electric light, liliputian lift, billiard rooms, etc. It is consequently the very antipodes of the unpretending, but more exclusive Politi. Both hotels keep open from December to May, and the *pension* ranges from seven to ten francs.

PRACTICAL INFORMATION.

Routes.—The pleasantest way of reaching Catania is *viâ* Naples by rail, and from that port to Messina by one of the Florio-Rubattino steamers. The time occupied in the passage is usually eighteen hours. There are two services a week, leaving Naples on Monday and Friday at 5 p.m. Passengers by the Monday and Friday steamers can continue their voyage to Catania; but this is not recommended, as the steamers remain several hours at Messina, and take about six hours on the voyage to Catania. It is best to disembark at Messina, and continue the journey by rail. The one daily express, which runs in connection with the boat-train from Naples to Reggio, leaves Messina usually at noon, and the sixty miles are covered in a little over two hours, a rate of speed which is quite startling for Italian railways. The fare from Messina to Catania is 10 l. 75 c. first class.

For the overland Malta Service, by which Catania can be reached in about three days from London, see the next chapter under "Routes."

Consuls.—English Vice-Consul, A. W. Elford, Esq., Via Marina; U.S. Consul, L. H. Brühl, Esq.

Doctor.—Dr. Ughetti. Speaks English.

English Banker.—Mr. A. W. Elford, Via Marina.

Postal Arrangements.—The principal Post and Telegraph office is in the Piazza Nicoletta. Mails from London take four days. A mail from the Continent leaves and arrives every afternoon.

Cafés.—Europe, Via Stesicoro-Etnea; Sicilia, Piazza del Duomo.

Club.—Casino Unione. Visitors admitted on introduction by a member.

Conveyances.—The cab fares are as low as at Malta, the usual charge for the course being 30 c. The tariff is even less, but it is not often observed by English visitors; by the hour the fare is 1 l. 30 c. As in all Sicilian towns, on holidays the fares are doubled. The boat fares for landing from the steamer are 50 c. for each person, and with luggage 1 l.

Newspaper.—*Gazzetta di Catania*, 5 c. daily.

Guide Book.—There is no English guide book for Catania, but in the guide books on South Italy and Sicily will be found a short description of the town. (See under NAPLES.)

VI.—TAORMINA.

TAORMINA, on the east coast of Sicily, exactly half-way between Messina and Catania, is one of those places everybody has heard of, but few would care to be asked to "place" it on the map off-hand. With artists, however, the spot is as favourite a haunt as Capri, Sorrento, or Amalfi; and, to tell the truth, painting folk are quite content that these nebulous notions as to the precise locality of Taormina should still prevail among the ordinary run of guide-bound tourists. Do they not remember how Cromer, Newlyn, Newquay, Clovelly, Tintagel, etc., on our own shores, have been vulgarised, owing to the injudicious praise of the early discoverers of these beautiful spots? They have therefore been careful not to advertise the æsthetic attractions of this place to the common herd.

Of late years, however, Taormina has attracted the attention of that growing class of *hiverneurs* and "sturdy invalids" for whom the over-crowded, fashionable, and consequently expensive watering places of the south of France have no attraction.

The situation of Taormina is strikingly picturesque. Perched like an eagle's nest on cliffs some four hundred feet above the shore, it has the magnificent mountains of Mola and Venere towering like sentinels behind it; and, filling the whole southern horizon, the graceful lines of the pyramid mountain of Etna.

The beautiful and varied scenery, the unequalled views,

the salubrious atmosphere, the genial but exhilarating climate, the picturesque situation, the cheapness of living compared to the two other Sicilian winter stations, Palermo and Catania, and the plentiful hotel accommodation—all these attractions, not often combined in one place, make it likely that Taormina will in time become a favourite winter resort. As a purely invalid station, Taormina however, can hardly be said even to be in its infancy. The absence of medical advice, or even of any shops or "English store" where medical comforts or invalid luxuries can be obtained, will prevent Taormina being recommended by medical men for patients suffering from pulmonary consumption or other severe ailments; but for those not seriously ill—convalescents, anæmic persons, those suffering from the effects of over-work, and, in short, all those not likely to require continous medical advice (though this, after all, can be obtained by telegram from Messina, only thirty miles away) might spend a winter here with advantage.

There is no doubt that vague and unfounded fears of brigandage have had a good deal to do with the comparatively small number of visitors to Sicily. The recrudescence of this form of highway robbery in the island two or three years ago, highly-coloured accounts of which appeared in the London papers, has naturally tended to aggravate the dread of this antiquated form of "assault and battery" in the minds of English travellers. It is not disputed that brigandage does exist in Sicily; but it is a terror, not to the foreigner, but to the resident. The visitor who keeps to the well-known routes has nothing to fear, partly because the stray tourist or the wandering artist is not considered a sufficiently valuable quarry by the *malandrini*, as the brigands are termed in the local journals, and partly because their movements cannot be calculated on with sufficient accuracy. Then,

too, it is understood by these well-informed gentry that the capture and "sequestration" of a foreigner would be far more severely punished than in the case of a native. Brigandage, however, would long ago have been completely stamped out were it not for the latent sympathy, more or less interested, of the peasantry, and the tolerant attitude of all classes below the rank of merchant or landed proprietor. The sentiment of Sicilians on the brigandage question is shown by the following episode. At the time of the notorious capture of the Duca di Calvino at Trapani in 1883, when the "unfortunate nobleman languished" for many weeks in a cave, and was only released on payment of £2,400, a thoroughly respectable hotel-keeper in one of the larger towns, when questioned about this outrage by an English guest, made light of the occurrence as a mere *niente*. In short, this child of nature was inclined to look upon the matter as a kind of practical joke played on an exceedingly unpopular person. "The Duca di Calvino, what is he? A rich, very rich man. Yet if he comes into this town, that town, any town you will, does he go, as a *nobile* should, to the best *albergo* of the place? *Niente*. He go to a dirty little *trattoria* where I would not myself go had I but two lire in my pocket. The Trapani brigands, they have made some of his money to—how you call it?—circulate."

At Taormina, however, we certainly shall not be molested by brigands. Next to the glorious views, its chief attraction is the Greek theatre, one of the most interesting ruins in Sicily. This theatre, which was enlarged by the Romans, is partly carved out of the solid rock. Its area is extensive, and it is said that it could seat 30,000 persons. Not a vestige is now left of the tiers; but a portion of the walls surrounding the podium is still standing. Notwithstanding its ruinous state, it is said by archæologists that there is no other theatre of so remote

a period which is in such a good state of preservation. Near the little Museum to the south-east of the theatre are the remains of a Greek temple which was razed by the Romans in enlarging the theatre. One does not, however, require to be an antiquary or an archæologist to appreciate these magnificent ruins framed in the most exquisite landscape. The ordinary tourist, unlearned in ancient history and antiquarian lore, may not perhaps be much impressed by the fact that the stage is in a more perfect state of preservation than that of any other Greek theatre in Sicily, or, with one exception, in the world. Let him visit these ruins at sunset, and he will enjoy a prospect that will linger long in his memory. To watch the wonderful atmospheric effects of colour and shade is, if not a "liberal education," at any rate a lesson in the sublime. As he watches the crimson glow lingering on the snows of Etna, with the roseate-tinted smoke of the volcano hanging over the summit of the mountain like a fan-shaped halo, all around castellated heights and mountains, and below the rippling sea all purple in the twilight, he will begin to understand why visitors are content to remain a whole winter in a place totally lacking in the resources and distractions of an ordinary fashionable winter station.

Taormina, since the completion of the railway round Mount Etna in 1895, makes a convenient centre for volcano expeditions, as the northern terminus of this railway joins the Messina-Syracuse railway at Giarre-Riposto, a new station about ten miles south of Giardini, the station for Taormina.

Climate.—Taormina possesses an excellent climate. Its leading features are great uniformity of temperature and abundance of sunshine. There are not likely to be more than half a dozen days from January to April on which an invalid could not sit out of doors in a sheltered

position. In fact, Cicero's oft-quoted remark about the climate of Syracuse (only eighty miles south), that the sun shines every day throughout the year, is almost literally true at the present day, and would apply equally to Taormina. December is the rainy month; but here, and, in fact, all along this coast, the rainfall is less than at Palermo and other towns on the northern shores of the island.

Society.—There is quite an English colony established here; but it must be confessed that the English community are rather swamped by the throngs of German visitors who seem to have a special affection for the wintering places of South Italy and Sicily. It is almost impossible to get out of ear-shot of the strident tones of these chattering Tedeschi; and, indeed, these genial, gregarious, but overpoweringly expansive pilgrims from the Fatherland seem too much in evidence. Owing to the admixture of a decidedly literary element, the society here resembles a little that of the new Riviera resorts—Valescure and Cap d'Antibes.

Hotels.—Hotel accommodation is plentiful, and, probably owing to competition, the charges are very reasonable, and far more moderate than at Palermo or Catania. The Bellevue and the Grand Hotel Taormina are the largest, and may be considered the leading houses, though the position of the Hotel Bellevue, adjoining the ruins, and commanding magnificent views, is preferable. *Pension* from 8 fr. Messrs. Gaze's coupons are accepted by the Bellevue, and those of Messrs. Cook at the Taormina and Timeo. The latter, an old-established hotel, seems popular with English people, and the charges are very moderate —from 6 fr. It is built on a commanding but well-sheltered site close to the Greek theatre. There is also a well-conducted private *pension* known as Castello Caterina, which has a good reputation. *Pension* from 8 fr. It was formerly under English management, but there has recently been a change in the proprietorship.

PRACTICAL INFORMATION.

Routes.—Giardini, the station for Taormina, lies at the oot of the mountain, and a winding road of three miles leads to the town. There is a short cut for pedestrians, by which fully a mile and a half is saved. Railway construction in the south of Italy and Sicily has made remarkable progress within the last two or three years, and now that the direct line from Naples to Reggio *viâ* Paola and Nocera is finished, considerable saving, both in time and mileage, has been effected. The quickest and most direct route is that taken by the Malta overland mails, viz., *viâ* Calais, Paris, Turin, Rome, Naples, Reggio, and Messina. Through fares to Taormina : £14 16*s.* 10*l.* first, and £11 2*s.* 6*d.* second class. Luggage by this service can be registered from Victoria Station as far as Naples, and will be examined at Modane or Turin. Between Calais and Reggio the only change of carriage is at Rome, where also the passengers who take a through sleeping-berth ticket will have to change cars. (Fare for sleeping car, Paris to Reggio : £2 19*s.*) The train leaves Victoria at 11 a.m., Turin is reached the next afternoon at 2.20, and Rome the following morning at 6.34. The journey is broken here for several hours, and the Naples-Reggio express leaves at 1.20 p.m., arriving at Reggio next morning at 8.50. The passage of the straits takes an hour, and Giardini-Taormini is reached at 11.28 a.m. Thus the most beautiful spot in Sicily can be easily reached in exactly three days from London.

It would cost considerably less to go from Naples to Messina by sea in one of the tri-weekly steamers of the Florio-Rubattino line. The passage, however, is often a trying one, and takes fourteen to sixteen hours. First class fare : 40 fr.

Church Services.—In one of the hotels every Sunday from November to May, Chaplain (S.P.G.), Rev. W. Brown, resident at Messina during the summer.

Language.—French and English are understood in the hotels, but visitors are, nevertheless, advised to master a few useful phrases of Italian. Artists and pedestrians will be nowhere without some slight acquaintance with it. In fact, all travellers in Italy should remember that French is of no use at all outside

the great towns, and even then its value as a vehicle of communication is less than is usually supposed. German tourists have already grasped this important maxim, and it is rare to come across one in Italy who cannot, at least, make his bare wants known in the language of the country.

Guide Books.—Very little of a practical nature is to be learned about Taormina as a residential place in the standard guide books, though an exhaustive description of the Greek antiquities is given in "Murray's Sicily." An interesting account of the Greek remains will be found in "A Taormina Note Book" in the *Century*, September 1893.

PART IV.

MEDITERRANEAN ISLANDS.

I.—AJACCIO (CORSICA).

"It was a chosen spot of fertile land,
Amongst wild waves set like a little nest."

THE only Mediterranean islands, besides those mentioned in Part III., that have any claims to be considered winter health resorts are Corsica, Malta, and Corfu.

There could hardly be a more striking contrast than between the appearance of the two islands—Malta and Corsica. Malta is so bare and treeless, and so wanting in vegetation, that there is some colour for the legend that all the earth in the island was originally transported from the neighbouring island of Sicily. Corsica, on the other hand, is a region of an almost tropical character in the wealth and luxuriance of its vegetation. The abundance of shade, and the delightful fragrance—"*à l'odeur seule je devinerais la Corse les yeux fermés*" (Napoleon)—of the almond and orange groves which abound in the neighbourhood of Ajaccio, make the town a most pleasant residence for invalids whose walking powers are limited. "One lives at one and the same time within a town and in the midst of Nature." All the principal streets are bordered with avenues of acacia, orange, or citron trees. In the description

of the natural beauties of Ajaccio, the high-flown language of the German writer, Gregorovius, reaches its most extravagant height as he descants on the groves of citron and orange trees, "stretching out their golden fruit, those darlings of the Hesperides, to welcome the enchanted visitor to this favoured isle," etc.

Ajaccio has long been held in repute as a pleasant and fairly cheap winter residence, though as an invalid resort it has rather hung fire. This is mainly owing to the inefficient and irregular communication with the mainland. There are no doubt several passenger services, but the steamers are very slow, being intended mainly for freight, and are the reverse of comfortable. The weekly mail-steamers from Nice to Bastia are cranky tubs with deficient steam-power, and the breast of the intending passenger must indeed be surrounded with Horace's *æs triplex* who ventures his life in these vessels. The want of communication between Ajaccio and the different places of interest in the island has also had something to do with the comparative neglect into which the island had fallen at the hands of English travellers. This objection cannot now be urged, as the long projected railway is now an accomplished fact, the Ajaccio-Bastia Railway being now open for traffic. The scenery is very grand, and the journey is worth taking for that alone. The railway is continued to Calvi and Île Rousse on the west coast, and will eventually be extended along the eastern coast to Bonifacio, though at present the line stops at Ghisonaccia.

The scenery of Corsica is very fine. "I, at any rate, know of no such combination of sea and mountains, of the sylvan beauty of the North with the rich colours of the South; no region where within so small a space Nature takes so many sublime and exquisite aspects as she does in Corsica. Orange groves, olives, vines, and chestnuts, the most picturesque beech forests, the noblest pine woods in

Europe, granite peaks, snows, and frozen lakes—all these are brought into the compass of a day's journey. Everything is as novel to the Alpine climber as if, in place of being on a fragment of the Alps, severed only by a hundred miles from their nearest snows, he was in a different continent."—*D. W. Freshfield, "Alpine Club Journal."*

Contrary to usual opinion, the island is perfectly safe for foreign tourists. The deeply-rooted institution of the *vendetta* is no doubt responsible for a deplorably large death rate, but these family feuds do not concern the stranger at all, and cases of brigandage or even molestation of English tourists are practically unknown.

Routes.—Though communication between the mainland and Corsica is frequent enough, a steamer leaving for one port or other in Corsica almost daily from Marseilles, yet the boats—all small freight steamers—have very poor accommodation for passengers. Now that the Marseille-Bone Line of the General Transatlantic Co. no longer calls at Ajaccio, the one good service to Corsica is no longer available. There are two steamship companies running a service to Corsica, either from Marseilles, Nice, or Leghorn, viz., the Cie. Fraissinet, and the Cie. Florio-Rubattino. The departures are as follows: (1) *To Ajaccio.*—A steamer of the Cie. Fraissinet leaves Marseilles on Monday and Friday at 4 p.m. Fare: 38 fr., first saloon. (2) *To Bastia.*—The Fraissinet Cie. have a bi-weekly service to this port, the steamer leaving Marseilles every Sunday and Thursday at 10 a.m. Passage: twenty hours; fare: 32 fr. A steamer of the same company leaves Nice on Wednesday at 5 p.m. for Bastia direct, and on Saturday at 6 p.m. for Ajaccio. Fare: 24 fr., first saloon. (3) *To Calvi and Ile Rousse.* A steamer of the same company leaves Marseilles on Tuesday at 11 a.m. Railway communication is now complete between these two ports and Ajaccio. Those who prefer as short a sea voyage as possible are recommended to travel *viâ* Leghorn, from which port the sea passage is only five to six hours. The most direct route is *viâ* Paris, Turin, Alexandria, and Genoa. (See routes to Florence). From Leghorn to Bastia there is a service twice a week—on

Thursday leaving at 11 a.m., and reaching Bastia at 5.40 p.m. (Florio-Rubattino Line), and on Wednesday leaving at noon (Fraissinet et Cie.). The fare by both lines is 20 fr.

Climate.—The climate is mild and equable, and the atmosphere very clear and sunny. Ajaccio is well sheltered from the winds; its sanitary conditions are good; the water is pure, and the town is well adapted in these respects as a wintering place for invalids. The climate of Corsica is very similar to that of Algiers, though a few degrees cooler, and the atmosphere has a greater amount of humidity. The uniformity of the temperature is shown by some very careful observations taken in the month of April, when it was found that there was only a difference of 11° between the extremes of heat and cold at any hour of the day or night. During the season (November to April) the thermometer rarely rises above 59°, or falls below 50°. Medical authorities consider the town especially well adapted to those recovering from acute diseases, and also to cases of chronic gout and rheumatism, and certain cases of phthisis requiring a less tonic climate than the Riviera. For invalids, November is the best time to arrive. It is not advisable to come earlier, as in the early autumn months malaria is more or less prevalent in Corsica. A fuller and more authoritative account of the climatic conditions of Ajaccio will be found in the valuable paper kindly contributed by Dr. Tucker Wise at the end of this chapter.

Hotels.—The leading hotel, and the one most frequented by English visitors, is the Continental, Cours Grandval (Cook's and Gaze's coupons accepted). Extensive grounds with tennis court. Situation healthy and convenient. Large garden. *Pension*, 8 fr. to 10 fr. It was rebuilt in 1893. There are two other good hotels—Belle Vue, close to English Church (*pension*, 7 fr. to 10 fr.), and Suisse, near the sea (*pension*, 7 fr. to 11 fr.). These three hotels are closed from May 15th to October 15th. The only hotel which remains open all the year is the Hotel de France

(commercial), in the Place du Diamant (*pension* from 7 fr.). There is also the Pension des Etrangers, in the Cours Grandval, which is cheap, but its *clientèle* is mainly French.

Villas and Apartments.—There are several villas in the suburbs to be let furnished for the season, and the terms are fairly reasonable—usually £150 or £200 for the six months. On the Cours Grandval there are furnished villas at rentals of from £120 to £150 for the season. These charges do not include plate and linen. Servants are very difficult to procure. The best plan is to have dinner sent from a restaurant. Apartments are to be had, but they are scarce. The Maison Dietz, near the Hôtel Belle Vue, is the best situated *maison meublée*.

The hotels at Bastia, Corte, and other towns in Corsica are, as a rule, poor and lacking in comfort: but as some compensation they are clean and provide plentiful fare.

Amusements.—Urban amusements are not altogether lacking at Ajaccio. There is a good theatre, in which Italian operas are occasionally performed during the season. There are several good *cafés* and a small casino. A regatta and race meeting are held annually. A carnival, too, on a small scale is attempted, so that it must be allowed that the inhabitants have done their best to attract visitors.

Sport.—There is plenty of fishing, but the shooting is indifferent. It consists of snipe and quail in their respective seasons, wild duck, partridges, and hares. Big game in the shape of wild boar and moufflon (really a species of deer, though often called wild sheep), are still found. The latter, however, is very scarce indeed, and is only found in the mountainous districts—not easily accessible. A shooting licence (*permis de chasse*) must be procured at the Prefecture. The fee is 28 frs. *La chasse aux mouffions* is usually conducted like a regular *battue*, and at least a dozen guns, with beaters in proportion, form the shooting party. The *moufflon* can, however, be

stalked at sunrise while feeding, like red deer in Scotland. The more snow there is on the mountains the better, as the animals come farther down and are more accessible. October is the last month of the open season, but practically the close season is not kept. This species of game is, however, more plentiful in Sardinia. A good notice of sport in Corsica will be found in *The Field*, vol. lxiii., pp. 500 and 605, and May 5th, 1894.

"Good trout fishing, from February to March, in most of the streams, especially in the Prunelli and Gravona, and in the river Golo, near Ponte Leccia, on the east side of the island."—*The Field.*

Principal Attractions.—These begin and end with Napoleon, who is to Ajaccio what Shakespeare is to Stratford-on-Avon. At every turn the visitor is reminded of the tutelary genius of the place, either by some monument or public building, or even by the name of a *place* or street. In fact, a recent historian of Ajaccio seriously proposed to change its name to Napoleopolis. The first place visited will probably be the well-known house in the Rue St. Charles where the great Emperor was born. It is feelingly described by Pierre Loti :—

"The rooms into which I entered in the twilight were but dimly seen through the shutters, which were everywhere closed as though to increase the sense of mystery. The seal of the past was so deeply impressed everywhere that it gave an impression of absolute abandonment, the long insensibility of a tomb, as if nobody had entered these rooms since that time—nearly a hundred years ago —when its historic owners had passed from its doors.

"In the dining-room looking on the small and almost deserted street there was their table, still set, with curious chairs of an ancient pattern ranged round. And little by little I succeeded in bringing before my imagination one

of their family suppers. They came to life again before my eyes, in the semi-darkness—faces and dresses and all. Pale Madame Lætitia seated in the midst of her somewhat strange-looking children, their enigmatic future already preoccupying her grave spirit. Then I was shown the modest bedroom of the great Emperor—his room as a young man—in which I was told he slept for the last time on his return from Egypt. It was quite striking in appearance, with all its small details scrupulously preserved."

Even the most matter-of-fact and unimaginative tourist, complacently ticking off as done each "object of interest" that Baedeker or Murray bid him observe, can scarcely help regarding without a thrill of interest the rooms where Napoleon and his brothers passed their uneventful boyhood—the four sons of an obscure lawyer, yet destined in after years to make their mark in the world's history: Joseph as King of Spain, Louis as King of Holland, Jerome as King of Westphalia, and Napoleon as Emperor of Western Europe. Among other objects of interest connected with the Bonaparte family are the Collège Fesch, containing the library founded by Lucien Bonaparte, and in another wing the memorial chapel built by Napoleon III., in which is the tomb of Madame Lætitia, the mother of Napoleon I. Open daily from 8 to 9 a.m. In another part of the building is the Musée d'Ajaccio (open every day to strangers), where there is a small collection of paintings, mostly copies. There are, however, a few original pictures by Del Sarto, Titian, Guido Reni, and Paul Veronese. The French School is represented by some works of Claude Lorraine, Poussin, and Vernet. There is also a colossal bust of Napoleon by Canova. The library in the same building need not delay the visitor long, as there are few very valuable or interesting books, the collection consisting chiefly of comparatively modern works. The

cathedral near the Place Lætitia is a comparatively modern structure. It contains nothing of special interest, except the font at which Napoleon I. was baptised on July 21st, 1771. In the Place Bonaparte is an elaborate bronze monument to the memory of Napoleon and his three brothers. The statues are life-size, Napoleon on horseback and the others on foot, represented as marching solemnly towards the sea, intent on fresh worlds to conquer.

Excursions.—Corsica is a capital field for tourists, and its magnificent mountain scenery attracts every year a large number. The railway being now completed between Ajaccio and Bastia, the facilities for reaching the mountainous district in the eastern part of the island have been increased, and the rail now takes tourists within a few miles of Monte Rotondo and Monte d'Oro. Want of space prevents my going into any details of these or any other expeditions, and for information on this point I must refer inquirers to Black's or Joanne's guide books. Travellers and sportsmen who wish to explore thoroughly the forests and mountains of the interior, and who do not mind rough but fairly comfortable lodging, will often have to depend on the accommodation offered by the *gardes forestières*, for which 7 fr. or 8 fr. a day would be sufficient payment. If possible, they should try and obtain from the English Consul at Ajaccio an introduction to the Director (or other official) of the French Woods and Forests Department, or to some official connected with the *Ponts et Chaussées* of Corsica, who might give them letters of introduction to the subordinate officials in the island. Office of the *Ingénieur en Chef*, No. 14 (*premier étage*), Cours Grandval. Hours, 8 to 11 and 1 to 5.

AJACCIO AS A WINTER STATION.

By A. Tucker Wise, M.D., M.R.C.S., L.R.C.P. Lond.

Ajaccio, the principal town of Corsica, with a population of twenty thousand inhabitants, is situated at the central border of a beautiful and well-protected bay opening to the south-west. From fifteen to twenty miles in the rear of Ajaccio, a semi-circular mountain chain of granitic formation slopes down to undulating foot-hills, and presents a glowing panorama of exquisite colouring at sunset. During the winter season the distant peaks of Monte Cinto, Rotondo, and d'Oro, are capped with snow, and the chilly north-east wind coming over the Gulf of Genoa is dried and broken in force before it reaches the western shore of Corsica, where it is again arrested near Ajaccio by the sheltering hills surrounding the town. The visitors' quarter is situated away from the business part of the town—along the Cours Grandval—and begins a gentle slope, near the Hôtel Continental, to the Place Casone, the military parade ground. Beyond this, stretching away towards Point Parata, are the fertile and picturesque slopes of Barbacaja and Vignola, dotted here and there with orange groves, vineyards, olives, and the common prickly pear.

The soil is disintegrated granite, and allows of a rapid disappearance of the heavy showers which fall during autumn; but unlike the Riviera, little rain falls during the month of March. The boulevards are planted with orange trees, covered in November with small fruit, and during spring, when full of blossom, contrast strangely with the neglected state of some of the back streets. The gardens are filled with luxuriant vegetation, banana trees, the delicate carouba tree, a few palms, oranges, lemons, the large citron, a variety of cacti, and the castor oi plant; the prickly pear, aloe, fig, and olive flourish everywhere. Many eucalyptus trees have been planted, with a view to affording an antidote to the miasms which exist in the low-lying and damp localities during summer time. These trees grow rapidly and furnish a useful wood for household purposes, as well as being graceful and ornamental in the open air. Along the Cours Grandval some flourishing planes help to form a handsome

boulevard, and remain green well into the month of December, long after the leaves have fallen in Nice and Cannes.

The water supply is of a pure and moderately soft quality, brought to the town from Carazzi twelve miles distant, by the Gravona canal. Owing to the wholesomeness of this water and in part to the peculiarity of the soil, Corsica has experienced a notable immunity from cholera epidemics. The binding action of rain on the calcareous granite used as a metal for the roads, and the weight of this material, prevents the roadways becoming dusty even in dry weather. After rain, too, there is surprisingly little inconvenience from mud, for all the heavy dust consolidates into a sort of mortar and necessitates but little labour in road cleaning. The porosity of the subsoil accounts for the rapid disappearance of moisture after rain, when the sun may shine out clear and the roads be quite dry in half an hour.

Stormy days in autumn are common, and with cutting westerly winds and heavy showers are rather chilly, even in a temperature so high as 48° or 50° Fahr. A slight tinge of north in these storms gives the mistral characteristics so well known on the Riviera, but the occurrence of the true mistral is very rare, This exemption from the scourge of the Riviera is doubtless one of the important features of Ajaccio, and makes the place compare favourably with the mainland stations.

The term "libeccio" is given to a south-west moist wind, and the south-east wind goes by the name "sirocco." The sirocco is a warm wind of "low relative humidity"; as the temperature falls it deposits what moisture it contains in a copious downpour. This wind resembles the "föhn" in the Alps of Switzerland, but is of course much higher in temperature; the effects on the system, however, are almost identical, producing depression of spirits and lethargy, loss of appetite, sleeplessness, and causing feverish symptoms in pulmonary cases to reappear for a time. The libeccio, on the other hand, is a temperate and soft wind, most agreeable to the skin and subjective sensations. It brings genial, bright weather, and prevails as a high current throughout the greater part of winter. In spring its continuance for a long period is almost a certainty.

The mean winter temperature of Ajaccio is about 55° Fahr., with a limited daily range, rarely varying 9° Fahr. during any single day

for the season. On an average the minimum thermometer falls to freezing point once in a winter, but with this degree of morning cold, the day may turn out bright, warm, and pleasant. A calculation extending over a number of years shows that thirty is the average of rainy days during a winter season, and that the mean relative humidity is 82 per cent.

From my own personal point of view, I regard Ajaccio as the most comfortable climate I have ever visited, with the exception of winter in the Bermudas, and in comparison with Madeira it is less sedative; but the charms of the semi-tropical Portuguese island once experienced can never be forgotten.

The climate of Ajaccio may be described as a soft, temperate climate, more sedative than any part of the Riviera, and, although liable to variations in temperature, these are not so pronounced as at Nice and Cannes, or even Mentone and San Remo. It takes its place between Madeira and the Italian Riviera, but is warmer than the latter and more equable. Every visitor is struck by its freedom from wind and dust, which permits of sitting out on many days during the winter; but as there is a sudden fall of temperature at sunset similar to that on the Riviera, although not so pronounced, it behoves all invalids to seek their hotels at this hour, but does not preclude their walking out again after the temperature is settled.

The cases most suitable for a winter's residence are lung affections with high temperatures and nervous irritability, especially the erethric form of phthisis, for which Alpine heights are so unsuitable, the phthisis of advanced life, with cardiac feebleness, where the powers of resistance to cold are at a low ebb, or there is much emphysema with cold, livid extremities.

Ajaccio has a good reputation for gouty subjects, who appear to be more free from acute attacks here than elsewhere. Eczema gives less trouble and inconvenience, and frequently disappears entirely.

Scrofulous affections of young children are improved, as they can get plenty of outdoor air and good milk.

Nervous or cardiac diseases requiring a soothing influence, chronic bronchitis, asthma, Bright's disease, debility, and anæmia of advanced life, laryngitis, and catarrhal affections are all greatly benefited by the climate.

I will close these remarks by referring to the delightful excursions that can be made at the end of winter, or during the spring, to the interior parts of the island. Contrary to many reports, travelling is quite safe, and obliging natives are encountered wherever a stoppage is made. The murderous *vendetta*, of which one hears, is still carried on throughout the country, in spite of all steps taken for its repression. A feud between two families sometimes ends in a series of murders extending over years until only one individual is left. In spite of this stain on the Corsican character, the natives are kind and well-disposed towards strangers; hospitality is frequently offered to travellers without expectation of any pecuniary reward.

PRACTICAL INFORMATION.

Church Services.—The English Church is near the Hôtel Bellevue. Services from the first Sunday in November to the first Sunday in May. Hours 10.30 and 2.30. H. C., 8 a.m. Chaplain, Rev. E. C. Lucey, M.A.

English Consul.—Captain Malcolm Drummond, R.N., 32, Cours Grandval.

English Doctor.—Dr. G. J. E. Trotter, Villa Foncioli.

Postal Arrangements.—The Post and Telegraph Offices are in the Cours Napoleon. Hours 8 a.m. to 9 p.m., except on Sundays and *fête* days, when they are closed at 6 p.m. The English mail arrives and departs four times a week. Letter-box cleared one hour before Marseilles steamer leaves Ajaccio. The local time is twenty-seven minutes in advance of Paris time. Post and Telegraph rates same as France.

Banks.—Messrs. Lanzi Frères, 5, Bd. Roi Jérôme; Messrs. Bozzo-Costa, 8, Bd. Roi Jérôme.

Baths.—Bd. Roi Jérôme, 50 c.

Café.—Grand Café Napoléon.

Club.—Cercle Buonaparte, Rue du Marché. Visitors admitted.

Conveyances.—Cabs: *la course*, 1 fr. 50 c.; the hour, 2 fr.; whole day (pair of horses), 20 fr. Excursions: Barbicaja, 3 fr.; Scudo, 4 fr.; Fontaine des Calanques, 5 fr.; Vignola, 6 fr.; Les Sanguinaires, 10 fr.; Salario, 3 fr.; Castelluccio, 4 fr.; Lisa-Lisa, 12 fr.; Carosaccia, 2 fr.; Jardins des Prêtres, 4 fr.;

Alata (village), 12 fr.; Mezzavia, 3 fr.; Caldaniccia, 6 fr.; Pontebonelli, 8 fr.; Pont de Campo dell' Oro, 3 fr.; Bastélicaccia, 6 fr.; Vignola (route de Bastia) 6 fr. Usual gratuity (*pourboire*) to driver for a day's excursion, 2 fr. to 3 fr.

Diligence Services.—Sartene (85 kil.), *coupé*, 9 fr.; leave 10.15 a.m. Vico (53 kil.), *coupé*, 5 fr.; leave 11 a.m. Pila Canal (34 kil.), 2 fr.; leave 11 a.m. Santa Maria (34 kil.), *coupé*, 3 fr. 50 c.; leave 10.30 a.m.

Riding Horses.—Usual charge for an afternoon, 5 fr. or 8 fr. and 10 fr. for the day. They are usually small, but good goers.

Boats.—To or from steamer, 1 fr.; portmanteau, 40 c. Excursions: Scoglietti, 4 fr.; Portecchio, 5 fr.; Isobella, 8 fr.; whole day, 10 fr.

A small steamer leaves daily during the winter at 7.30 for Chiavari (a favourite excursion), leaving for there turn trip at 11 a.m. Fare, 75 c. On Thursdays and Sundays an extra trip leaves Ajaccio at 4 p.m., Chiavari for the return at 7 p.m. Another favourite trip is to Propriano. Steamer leaves Ajaccio every Wednesday and Saturday at noon, returning at about 7.30 p.m. Return fare, 7 fr. Particulars of both these excursions can be obtained from Messrs. Lanzi Frères.

House Agency.—Libraire Peretti, Avenue du Premier Consul.

Language.—French is the official language, and is spoken in all the towns; but in the villages of the interior the native language is spoken, which is an Italian dialect. In the principal hotels and shops of Ajaccio, English is understood to some extent.

Newspaper.—Le Drapeau. Daily, 5 c.

Passport.—Not absolutely necessary for Corsica, but tourists who wish to explore the interior of the island, and especially artists, will find a passport of use.

Shops.—Booksellers: Massel, 10, Cours Napoléon; Peretti, Avenue du Premier Consul.

Curios.—Quilichina, 8, Cours Grandval. Stilettos and gourds (the specialty of Corsica).

Outfitters.—Messrs. Lanzi Frères.

Strangers' Syndicate.—An office where all information is given to visitors to the island is established in the Mairie. A register of metereological observations, etc., is kept here.

Maps.—Cartes de l'État Major. Several sheets at 60 c. for Corsica.

Guide Books, Books of Reference, etc.—Black's excellent little "Guide Book for Corsica" (1*s.* 6*d.*) is as good as any, and gives the most recent information. Joanne's "La Corse" (5 fr.) can also be recommended. There is also a very good guide in German ("Corsica," one of the Woerls Reisenhandbücher Series), which seems very carefully compiled. Very good maps and plans. Price, 2 fr. 50 c. Messrs. Füssli, of Zurich, have lately added Corsica to their "Illustrated Europe" series. The title is "Ajaccio als Winterkurort" (1*s.* 6*d.*). Notices of Corsica will also be found in Murray's "Mediterranean Islands" (20*s.*), Baedeker's "North Italy" (6*s.*), and Bennet's "Winter and Spring on the Mediterranean." For practical information the little "*Indicateur de la Ville d'Ajaccio,*" published at the Peretti Librairie at 50 c., should be consulted.

There are a great number of travel works dealing with Corsica. Among these the following might be read with advantage: "Journal of a Landscape Painter in Corsica," by Edward Lear; "A Lady's Tour in Corsica," by Gertrude Forde, 2 vols., Bentley, 1880; "Corsican Studies," by J. W. Barry, Sampson Low, 1892. See also "Random Recollections of Corsica," in the *National Review*, Feb. 1890; "A Jaunt to Corsica," *Century*, Sept. 1894; "The Home of Napoleon," *English Ill. Mag.*, Nov. 1894; and "The Banditti of Corsica," by Mrs. Holland, in *Contemporary Review*, 1893. Tourists and mountaineers wishing to explore the mountainous districts should consult Mr. Freshfield's interesting account of his climbing experiences in Corsica, published in the *Alpine Journal*, 1880.

II.—CORFU.

"It is an isle under Ionian skies,
Beautiful as a wreck of Paradise."

THIS island is charmingly situated at the foot of the Adriatic Sea, in latitude 40° N., longitude 20° E. It lies so close to the mainland that, "spread like a shield upon the dark blue sea," it gets the full benefit of the sheltering mountains of Albania. Corfu is especially interesting as being a link between the East and the West, or, as has been more forcibly and more graphically expressed by the late Bishop Wordsworth, "it is a sort of geographical mosaic, to which many countries of Europe have contributed colours."

It is the only one of the Ionian Islands which is used as a winter station. It is now beginning to be known as an excellent health resort, especially for those not actually ill, who wish to spend the winter in a warmer climate, and who desire a rather less conventionalised and more interesting country than the overcrowded Riviera. For the "sturdy invalid" and persons fond of sport, who are ordered to winter in the South, it would be difficult to find more congenial winter quarters than Corfu. Corfu is also a popular yachting station, and sailing and shooting can be easily combined.

A somewhat hazy notion as to its exact geographical position, and an exaggerated notion of its distance and difficulty of access from England, have, perhaps, prevented invalids flocking to it in any large numbers, though the

climate is very favourably reported upon by medical men who have visited the island.

The scenery of the island, generally speaking, is rather of the pretty and pastoral order than wild and grand like Corsica or Capri. No towering cliffs or beetling precipices fringe the coast-line of this Oriental Madeira. Even the cliffs on which the picturesque fort is perched are not so lofty as they appear, owing to the absence of any standard of comparison In fact, it is said that Nelson's plan for taking it was to run a frigate ashore, and scale it from the fore and maintop-gallant yards—using the stays as scaling ladders, in short.

The absence of violent contrasts of form and colour in the Corfu landscape is most restful to the eye—everywhere gently sloping hills, giving a general impression of beautiful curves. Yet there is great variety in the views—charmingly indented bays, fringed with orchards, and in the distance the severe and bold outline of the Albanian Mountains to give the necessary relief to the pastoral landscape. Out to sea are white yachts flitting about, relieved by the red lateen sails of the native craft.

The vegetation grows with almost tropical luxuriance, and the vineyards, olive groves, and orchards are intermingled with a delightful absence of any set plan—delightful, at least, to the æsthetically-inclined, though a dreadful eyesore to the scientific agriculturist, who would, of course, prefer to see them planted in straight lines, as in South Italy, which gives some districts the general appearance of an exaggerated market garden. The olive woods, too, are carpeted with turf, grass being so plentiful that each tree has a little green mound climbing up it, as it were—unlike those of South Italy, where grass is deplorably scanty.

The Ionian Isles are beginning to be a favourite haunt of artists. Unlike many other haunts in the south, Corfu is comparatively fresh ground. The Corfiotes are unsophisti-

cated, and not spoilt by professional posing, as at Capri and Sorrento. At present, Corfu is a little out of the track of artists of the "tea-tray school," who have eyes only for the conventional picturesque, and have, in fact, made the Anacapri Steps (to take a familiar instance) a thing of loathing among the frequenters of London picture galleries.

The distinctive and strikingly picturesque native dress which is worn by all the peasantry affords another attraction to painters. The men wear a cloak of sheepskin, as ample as a Moorish burnous, petticoats, and coarse white cotton leggings, which might easily be mistaken for stockings. The foot-gear consists of curious sandals with curved, projecting, high-pointed toes, a kind of combination of French *sabot* and Turkish slipper. The women's head-dress is made up of a towel-like garment, and is so worn as to suggest a cross between a nun's veil and a turban.

The traveller in his intercourse with shopkeepers, cab-drivers, guides, etc., will doubtless have many opportunities of congratulating himself, or the reverse, on having left the beaten tourist track. Corfu seems to be almost as much behind the age as Russia or Turkey. On landing, *baksheesh* to the Custom House officials will be found to be an essential preliminary to getting one's personal effects passed with any expedition. Even if the visitor goes to the bank to change his circular notes or letters of credit, which he fondly imagines can be cashed at any bank in Europe, he will find many obstacles raised in the way of payment, and he may consider himself fortunate if he can satisfy the cashier as to his *bona fides* and identity without having recourse to the kind offices of Her Britannic Majesty's representative. I had myself an amusing experience of this excessive caution on a recent visit to the island. The Ionian Bank (the only bank on the island) was reluctant to cash a draft of a London bank of which it was the corre-

spondent, because they declared that there was a risk of the draft, when sent to London for collection, being lost in the post!

Routes.—The quickest and most direct route is overland to Brindisi (see CAIRO), from which port there is a service to Corfu three times a week, the Florio-Rubattino steamer sailing every Sunday and Wednesday at midnight (Time: 12 hours; Fare: first, 32 fr. 5 c.); and the Austrian Lloyd's Co.'s steamer sailing every Saturday at 10 a.m., and reaching Corfu the same day at 12.30 p.m. A pleasanter way is by the P. and O. steamer (leaving London every Thursday or Friday at noon) to Brindisi. Fares to Brindisi: £17 first class; £10 second class. The voyage takes nine or ten days, and the steamer usually arrives in time for passengers to catch the Sunday steamer for Corfu.

Trieste can also be made the port of departure, and this route is considerably cheaper. Fare, *viâ* Calais, Basle and the St. Gothard Tunnel: £9 11*s.* 3*d.* first class, and £6 14*s.* 7*d.* second. Time: just under two days. The Austrian Lloyd's steamer leaves Trieste twice a week for Corfu *viâ* Fiume and Albania alternately. The departures are on Monday at 4 p.m., and Saturday at 5 p.m., *viâ* Fiume, reaching Corfu on Friday at 4 a.m. and Tuesday at 4 p.m. respectively, and on Monday and Saturday at 1 p.m., *viâ* Albania, reaching Corfu on Friday at 10 a.m., and Wednesday at 9.30 a.m. respectively. There is besides a monthly service *viâ* Fiume, which leaves Trieste on Wednesday at 4 p.m. and arrives at Corfu on Monday at 4 p.m. The Panhellenic S.S. Co. ceased calling at Corfu a few years ago, but have recently resumed this service. Now a steamer leaves Trieste on Fridays at 11 a.m., reaching Corfu at 4 p.m. on Sunday. Formerly Corfu could be reached direct from Liverpool by the Cunard Line, but the Mediterranean passenger service of that company has been taken off. It will be seen, then, that with five steamers between the island and the Continent every week, Corfu is fairly easy of access. Greece can also be easily reached, as there is frequent steamer communication, steamers running to Patras three times a week. From Patras trains run in connection with these steamers to Athens.

Climate.—Corfu has a mild, sunny, equable, but somewhat mild climate, and in its general features, perhaps, more resembles that of Madeira than any other Mediterranean winter station. In fact, the craze for invidious comparison in nomenclature has caused this little island to be known as the "Oriental Madeira."

Though Corfu is the least known of any of the more important winter resorts of the Mediterranean, very careful meteorological records of the weather and climate have been taken for several years past; they are given in full in the work on the climate of Greece by Dr. Mommsen, "Griechische Jahreszeiten," published in 1878. There is no English edition. These records show that the mean temperature for the five months of the season (December to April) is 54°. January is the coldest month, with an average range of from 49·5° to 52°. In March there is a rapid rise in the temperature, and in April its average range is from 57° to 62°. The chief drawback to the Corfu climate is its raininess, the average number of rainy days being as much as 79. Most of the rain falls in the months of November and December. The town is well sheltered from the north wind, and there is no sudden fall of temperature. Another advantage is that there is very little dust. It should be mentioned that Dr. Bennet warns people against remaining until late in May, as malaria is then rather prevalent. Through the courtesy of Professor Marinos, Director of the Meteorological Department, I am enabled to give the mean temperatures (Fahrenheit) for the season 1889-90: October, 64·4°; November, 48·2°; December, 48·2°; January, 48·2°; February, 55·4°; March, 55·4°.

It does not, however, require a very profound study of local meteorological records to arrive at the conclusion that Corfu is a somewhat rainy and humid residence, and therefore rather relaxing. The sub-tropical luxuriance of

vegetation, the woody nature of the country, the amount of water, the abundance of grass, and the comparatively small area not in cultivation, are sufficient proof of this; for, after all, the flora of a country is Nature's barometer and thermometer combined. But a perfect climate is not, of course, to be found in the temperate zone, if, indeed, anywhere on the earth's surface, and then the remarkable equability of temperature is a direct result of its moisture and heavy rainfall; for it must not be forgotten that a very high degree of dryness and warmth necessarily implies a considerable difference between day and night temperature.

A residence in the island is considered to be beneficial in cases of scrofula, certain affections of the respiratory organs, and, by some doctors, pulmonary consumption. It is not often thought advisable for invalids to arrive before December. In spring the climate is delightful, but in early winter the heavy rains prevent invalids taking much exercise.

Society.—There is not much English society, but there are a few permanent villa residents to form a nucleus for an English colony. A visitor then who does not wish to confine himself to the society of the hotel would find introductions of service. From January to April a considerable number of English visitors will be found in the two hotels—St. George and Angleterre. In fact, the *clientèle* of these establishments is almost exclusively English, with a sprinkling of Americans. Speaking generally, the hotel visitors may be classed under one of the following categories: (1) Yachtsmen, with whom Corfu is a favourite port of call, as the anchorage is good. (2) Sportsmen, who come for the excellent woodcock and snipe shooting on the Albanian coast, and who, not caring about unnecessary "roughing it," do not scorn the delights of a comfortable hotel. (3) Artists, literary people, the

richer class of tourists, or globe-trotters, taking Corfu on their way to Greece, Constantinople, or the Levant; and passengers by the numerous public pleasure yachts which usually put in at Corfu some time or other in the course of the "pleasure cruise." (4) Invalids and quasi-invalids, if we so term those who come solely for the sake of the genial climate, but who do not require medical advice. A visitor who takes no interest in shooting or yachting may possibly consider the sporting element too much in evidence at the *table d'hôte* of the St. George or Angleterre Hotels. The conversation seems mainly concerned with pig, cock—the sporting vernacular for wild boar and woodcock respectively,—dogs, shooting permits, and native beaters; or tonnage, currents, anchorage, harbour dues, etc. And, indeed, long before Corfu became known to the "professional invalid" as a wintering place, it was a popular headquarters for sportsmen.

Amusements.—Though Corfu is not wanting in attractions, owing to its beautiful scenery, interesting excursions in the island, the excellent fishing and shooting, etc.; yet, in the way of entertainments and urban amusements, it has very little to attract the visitor. There is, however, a theatre, in which operatic performances are occasionally given during the winter season, and there are several *cafés*.

Hotels.—Hotel accommodation is good, but limited, there being only two in the town, for the native hostelries need not be considered. The most fashionable one is the St. George's, a good and well-appointed house. *Pension* for a period of not less than three days, 12 fr. 50 c. to 15 fr., according to position of bedroom. Lunch, 3 fr. 50 c.; dinner, 5 fr. The proprietor is interested in photography, and a dark room is at the disposal of visitors. Next door is the Hôtel d'Angleterre et Belle Venise. It is a little cheaper (*pension* from 10 fr.), but it is a comfortable establishment, and seems gaining in favour with visitors. It is,

perhaps, better suited for invalids and for those making a longer stay than the former. Lunch, 3 fr. 50 c.; dinner, 4 fr. 50 c. Both these establishments are on the Esplanade, at the Citadel end. Native wine (unpleasantly sweet) is included in the *pension*. Both are kept open all the year round. Cook's coupons are accepted at the St. George, and Gaze's coupons at the d'Angleterre et Belle Venise, where also special terms are allowed to members of the London Army and Navy Stores.

Villas.—As all the world knows, the Empress of Austria has chosen this beautiful island for a winter residence, and has recently caused a lordly pleasure house to be built at Gasturi, about four miles from the town—now a favourite excursion with visitors. Her example has not, however, been followed by those of humbler rank, and visitors will have some difficulty in finding a furnished villa for the winter, but in the country a furnished bungalow can sometimes be had for about £6 a month. A Corfiote or Greek maid-servant can be hired for about 12 fr. or 15 fr. a week.

There are no furnished apartments to be let in the town.

Sport.—There is excellent shooting and fishing on the mainland of Albania, only a few miles distant. Wild duck and teal abound along the coast, and a fair bag can generally be made. Quails are plentiful in the spring, and snipe and woodcock all through the season. Sport on the island is, however, limited, as there is not much cover, and it is confined to occasional snipe and woodcock. Chamois, wild boar, and deer are fairly plentiful among the Albanian mountains, and so are wolves and bears; but these "vermin," as they are technically called, are rarely hunted. Sportsmen will find Corfu a convenient winter headquarters while undertaking a shooting campaign along this part of the Albanian coast, as accommodation cannot easily be obtained on the mainland. Beaters with dogs can be hired on the island for shooting in Albania. See A. G. Baghot's "Shooting and Yachting in the Mediterranean." Unless camping-out is contemplated, for which tents and all

necessaries can be obtained in Corfu, it will be found a good plan to hire one of the native craft. These sailing-boats, though of small tonnage and only half-decked, are fairly good sea-boats when properly handled. The terms vary very much; but for £20 a month, if not less, a visitor could hire a useful sailing-boat with services of owner and a crew of three men, who would cater for themselves. The same craft might also be hired for the day at £1, or even less. A passport is necessary, and it should have the Turkish *visa*. It is also advisable to procure a Turkish shooting permit through the English Consul. There is plenty of sea, but not much fresh-water fishing, as in the summer the streams dry up; there are, however, a few trout. Tackle must be brought from England.

PRACTICAL INFORMATION.

Church Services.—There is, as yet, no English Church, but services are held twice every Sunday in the Old House of Parliament, at 10.30 and 3 o'clock. H. C. first Sunday in the month. Chaplain, Rev. Dr. Dawes.

English Consul.—E. W. Bonham, Esq. Vice Consul, Otho Alexander, Esq. Consulate near the Harbour. U.S. Consular Agent, G. Raymond, Esq.

Doctor.—Signor Politi. There is no English doctor, but Signor Politi speaks English.

English Chemist.—The English Pharmacy. It is also a kind of English Store.

Postal Arrangements.—There is a mail arriving and departing three and occasionally four times a week. The Ionian Islands (Greece) being in the Postal Union, the postal rates are the same as on the Continent. Post and Telegraph Office near the Sanita. Telegrams to England, 70 c. a word. Corfu is four to six days' post from London. There is a Parcel Post to England. Rates: Not exceeding 3 lb., 2*s.* 7*d.*; not exceeding 7 lb., 3*s.* 3*d.*

Bank.—The Ionian Bank.

Cafés.—Best on the Esplanade. Turkish coffee, 15 c.

Conveyances.—For cabs there does not seem to be any regular tariff, but for a morning's drive 8 drachmai would be sufficient. There is no tariff either for boats from the steamer to the town, but 1 or 1½ drachmai is usually paid for each person.

The tariff for the principal excursions is as follows. The number in brackets represents the average hours occupied. Canon and the Tour du Lac (1¾) 8 fr.; S. Stephano (4½) 14 fr.; S. Decca (4) 12 fr.; Kiniopastes (3) 10 fr.; Potamo and the Tour (2¾) 10 fr.; Concouritza (3½) 12 fr.; Govino and the Venetian Arsenal (3½) 12 fr.; Triclino (2) 8 fr.; Pelleca (4½) 15 fr.; S. Pantaleone and Paleocastrizza (all day) 20 and 25 fr.

Guides and Interpreters.—Usual charge, 5 fr. a day.

Language.—Modern Greek and Italian. At the hotels and principal shops, Italian, French, and sometimes English are understood, but the natives speak a Greek dialect. Ancient Greek pronounced in the Italian fashion will, however, often serve at a pinch. The best handbook of modern Greek is the one by Edgar Vincent, published in 1882 by Messrs Macmillan. A very good modern Greek dictionary, compiled by Dr. A. K. Jannaris, has recently been published by Mr. Murray.

Living Expenses.—Meat is very cheap, especially beef. Fish, too, is very moderate in price, and the supply is plentiful. Sugar is absurdly dear; its price, like that of most other edibles in Corfu, is fixed by law. There is a very high protective tariff, and the duties on tea and wine are virtually prohibitive. Tobacco, being a Government monopoly, is very bad and very dear.

Money.—Similar to the French, except that centimes are called lepta, and francs drachmai. Coins most in use are: Gold 25, 20, and 10 drachmai; silver, 7, 5, 2, and 1 drachmai; and bronze of 5 and 10 lepta. The paper money is much depreciated, a sovereign being generally equivalent to about 30 fr. in notes. The exchange has recently been as high as 35 fr. Consequently at the hotels all bills must be paid in gold.

Passport.—This is still liable to be asked for, and it must have the *visa* of the Greek Consul-General in London, 19, Great Winchester Street, E.C.; the charge for the *visa* is 2*s.* 6*d.* Those about to visit Albania should get the Turkish *visa* as well; fee, 4*s.*

Maps.—The best is Stanford's map of the Ionian Islands, scale 6½ miles to an inch; price 5*s.* A good large-scale map of the island can also be procured at Farrougia's, the principal bookseller in Corfu.

Guide Books.—Descriptions of Corfu will be found in the following handbooks: Murray's "Mediterranean Islands," 20*s.*; "Greece," 24*s.*; Baedeker's "Southern Italy and Sicily," 6*s.*; "Greece," 10*s.*; Black's "Where to go Abroad," 3*s.* 6*d.*; and Joanne's "Guide à Malte et Egypt," 30 fr. The publishers of the last-named guide have recently published a special "Guide à Grèce," which will supply a want, as Mr. Murray's excellent handbook is rather too expensive for the ordinary tourist.

An interesting description of the island was written by Professor Mahaffy in the *Sunday Magazine* of May 1893.

III. MALTA.

"This fortress built by Nature for herself,
Against infection and the hand of war."—*Shakespeare.*

THE increasing popularity of this island as a winter residence for those not actually invalids may be accounted for as follows: It is by sea very easy of access from England; it has—barring the winds—a delightful climate, mild, sunny, with a very uniform temperature; there is plenty of society, and during the season a great deal of gaiety and animation. Another attraction is the cheapness of living, in which respect it compares favourably with many other Mediterranean resorts, and especially Cairo. Though, apart from Valetta and the ancient capital, Citta Vecchia, there is not very much to see in the island, the capital itself is full of interest. "Malta is certainly a most delightful station. Its city, Valetta, equals in its noble architecture, if it does not even excel, any capital in Europe. If that fair city, with its streets of palaces, its picturesque forts, and magnificent church, only crowned some green and azure island of the Ionian Sea, Corfu for instance, I really think that the ideal of landscape would be realised" (Lord Beaconsfield). Most people are disappointed with their first view of Malta. There are no hills of any altitude in the island, and when first sighted at a distance of twelve or fifteen miles it has the appearance of a barren, low-lying shore. In this case the saying that "distance lends enchantment to the view" proves a fallacy, for on a nearer approach the beauties of the varied coast outline become apparent. Valetta is most picturesquely

situated, and the view of the town from the sea is very striking.

In his first walk round the city the visitor will probably be especially struck by the cosmopolitan character of the passers-by, the great number of priests, the frequency of religious processions, and the unvarying black dress and hood, unrelieved by the least touch of colour, of the native women, which gives a sombre and subdued tone to the streets. Connected with this hood is a curious legend. When Malta was sacked by the French troops, in 1798, the women registered a solemn vow that, in memory of the brutal treatment they had received at the hands of the licentious soldiery, they would, for the space of a hundred years, dress in black, and wear a distinctive hood (*faldetta*), which is called the "hood of shame."

Routes.—There is a wide choice of routes, which may be classified as follows: (1) *Overland*, and (2) *Sea*.

(1) *Overland Routes.*—Those who prefer a land journey can shorten the voyage to Malta by joining the mail steamer at Syracuse, where the Continental mails are put on board. For the journey from London to Syracuse see CATANIA and TAORMINA chapters. A mail steamer of the Navigazione Generale Italiana (Florio-Rubattino) leaves every Sunday at 11 p.m., reaching Malta in eight or nine hours. On other days an "Adria Line" steamer runs in connection with this train. By this route (the quickest) Malta is just under four days from London. For the return to Syracuse the Italian mail steamer leaves Malta on Tuesdays at 3.45 p.m. From Brindisi a P. and O. steamer leaves weekly for Malta. From Naples there is a steamer once a week to Malta, the Florio-Rubattino boat leaving Fridays at 5 p.m., calling at Reggio, Messina, and Syracuse (leaving Sunday evening), and reaching Malta on the following Monday, at 7.15 a.m. (see above). See "Routes" in NAPLES chapter. The Transatlantique Company's boat leaves Marseilles every Friday at 12.30 p.m., reaching Malta, *viâ* Tunis, the following Monday morning at 10 a.m. The fare is £6 16*s.* first, and £4 12*s.* second. The accommodation is excellent, and much

better than that afforded by the rival line. The service of this company *viâ* Naples has been discontinued.

(2) *Sea Routes.*—There is a good deal of competition among the different steamship lines running a Mediterranean service. The P. and O. service is, of course, far the best. The passage by their boats occupies seven or eight days, as they only make a very short stay at Gibraltar. They leave the Royal Albert Docks every Thursday or Friday. The fare is £16 first (return ticket £24, available four months) and £10 second. The P. and O. *homeward* steamers touch at Brindisi before Malta. The Cunard service is discontinued. The time occupied by the cheaper lines—Papayanni, and Moss—is about ten or twelve days. The fare is £10 (Moss £12, though the accommodation is by no means superior to that of the other line). These steamers call about every fifteen days. The steamers of the Clan and City lines also call about once a month. It will be seen, then, that Malta is readily accessible from England, and, which is perhaps of equal importance, the numerous homeward-bound steamers calling at the island afford plenty of opportunities for leaving it.

Climate.—The climate is equable and very mild; but not so dry and tonic as that of Algiers or Malaga. A good deal of rain falls during the cool season; but the weather is generally very bright and sunny, the rain usually falling at night. Delicate visitors should not arrive before November. October is rainy, and during this month the sirocco has to be reckoned with. Malta is warmer than the Riviera, and not so stimulating as Cannes or Nice. The season lasts from November to April, and in May there is a general exodus of visitors. The mean average temperature for the six months of the season is 60°. December and January are the coldest months (average mean temperature, 53°). There is great uniformity in the temperature. If the four summer months are excluded, there is only a difference of 20° between the extremes of heat and cold at any period of the day or night. In this respect Malta

compares favourably with Cairo, where there is sometimes a difference of 40° between the day and night temperatures. The most serious objection to Malta as a winter residence for invalids is its extreme windiness. The prevailing wind is the N.W.; but the sirocco, or S.E. wind, is not an infrequent visitor, though it is more especially prevalent in September and October. The sirocco at Malta, instead of being an exceedingly dry wind as in Africa, having passed over a considerable expanse of sea is an unpleasantly warm and damp one. Another drawback is the absence of any well-sheltered promenades or drives. The winds sweep over the island with great force, and there are no trees to break their violence. It is for these reasons that medical men do not, as a rule, recommend Malta to persons suffering from pulmonary consumption, except in the earliest stages. It must be allowed, however, that Valetta itself is a healthy town, and the sanitary arrangements are well looked after. The drains are good and the streets well flushed with water. The Sliema suburb is not, however, in so healthy a condition, the drainage being defective. The water supply is good. A good deal of the drinking water in private houses is collected on the flat roofs during the heavy autumn rains, and stored in immense tanks often of the same area as the house. Valetta is well adapted for persons who are not suffering from any specific complaint, but from overwork or general debility, and to whom a winter in the south has been recommended as a complete change. Nervous people will, however, find the continual ringing of church bells, the constant succession of services, offices, and religious *fêtes* in this stronghold of Roman Catholicism, *rather trying.*

Society.—Malta being the headquarters of the Mediterranean Squadron, and an important military station,

there is a good deal of society, in which the naval and military element naturally predominates. A great deal of entertaining takes place, and besides the ordinary society festivities, in the shape of dinner parties, dances, and "At Homes," balls are given during the season by the Governor and the Union Club, for which visitors wintering at Malta will have no difficulty in getting cards if they will take the trouble to pay their respects at the Governor's palace, which is generally done in a rather perfunctory manner by merely writing their names in the visitors' book in the entrance hall. It is advisable for a visitor to become a member of the Union Club if he wishes to take part in the various gaieties of Malta society, to which membership in this club almost gives the *entrée*. This club is considered to be one of the best service clubs in Europe, and the committee are rather strict as to the gentlemen admitted as honorary members. A permanent member is allowed to introduce a visitor for one week, but for a longer period a candidate must be admitted by the committee. The entrance fee is £5, and the quarterly subscription £1 1*s*. The club is mainly intended for officers of both services stationed on the island, but private gentlemen actually residing in Malta are admitted as permanent members.

Hotels.—The most fashionable is the Grand and Dunsford's, which is patronised a good deal by officers of the two services. Here, as well as at the Imperial Hotel, Cook's coupons are taken, and those of Gaze are accepted at the Hôtel d'Angleterre. It is more expensive than the others, the terms ranging from 10*s*. to 15*s*. a day. Of the others, the most frequented by English visitors are Angleterre, Strada Stretta; Great Britain, Strada Mezoddi; Royal, Strada Mercanti; and Imperial, Strada S. Lucia. The last-mentioned has a branch house, with the same name, at Sliema. The situation is good and healthy, and the hotel is suitable for invalids. Visitors at the Sliema Hotel have the privilege of dining or lunching at the hotel in Valetta without

extra charge. There is also an English billiard table here, for which no charge is made to hotel visitors. The Royal is the newest hotel in Malta, and is owned by the former manager of the Imperial. The cooking has been highly spoken of.

The terms at these hotels are from 8*s.* to 12*s.* a day inclusive. Most of the Malta hotels keep open all the year, though the season may be considered to last only from December to April. There is a good private hotel (Morell's, 150, Strada Forni), kept by an English lady. A high-class, but somewhat expensive establishment. *Pension* from 12*s.* a day.

There are several fairly good hotels of more moderate pretensions. Of these the best is the Hôtel de Paris, Strada Stretta. *Pension*, 8 fr. a day, including wine.

Villas and Apartments.—The rent of a furnished house in Valetta would be about £100 to £120 for the season, and unfurnished houses used to be obtained for about half this sum, but rents have increased 30 per cent. to 50 per cent. during the past few years. Most of the houses have balconies projecting over the street, which give a pleasant appearance of irregularity to the general outline. They have, generally, flat roofs with terraces, and the views from some of the housetops are very fine. The predominating style of architecture is a mixture of Italian and Moorish, which is well adapted for the climate. Apartments are scarce, but can be rented at a cheaper rate than at Cannes, Nice, and other fashionable Riviera resorts.

Amusements, etc.—No visitor to Malta need complain of *ennui*, as amusements are most plentiful and varied. There is a very good theatre, and during most seasons a very fair Italian Opera Company gives performances from November till April, every evening except Friday. The Opera House is a very handsome building, and was designed by Mr. C. Barry. The seats are remarkably cheap, only 3*s.* being charged for a stall. There is another theatre near the Main Guard, the Teatro Manoel, which is said to be the oldest in Europe. It is used chiefly for comic opera and amateur performances. There are lawn tennis (subscription very moderate), polo, golf, and cricket

clubs, and an annual race meeting organised by the Malta Jockey Club. Then every fortnight a *Gymkhana* is held. This is a military athletic meeting, where polo matches, steeplechases, athletic sports, etc., take place. There is excellent sailing, boating, and bathing. Good boats and canoes can be hired at very moderate rates. The officers' bathing-place is at Sliema, but it is open to all members of the Union Club.

Visitors of a more studious turn will be glad to know that there are several good reading rooms, well supplied with English newspapers and magazines. The Garrison Library is in St. George's Square, and is open to all visitors introduced by a member. The subscription for one month is 5*s*. The library and reading room are open from 9 a.m. In the latter room will be found most of the principal London newspapers and all the leading magazines. There is a good reading and smoking room at the Exchange (Casino della Borsa); visitors can be introduced by a member for one month without payment.

Sport.—Very little shooting is to be had in Malta, but quails are occasionally found in the spring. The sportsman will find Gozo more suitable for his purpose; some wild-fowl shooting is to be had there occasionally. There are some formalities to be gone through before the Customs authorities will "pass" a gun. Good sea fishing is to be had. Whiting is plentiful in May, and red mullet can be caught in December and January. The Maltese say "red fish should be eaten in winter, and blue fish in summer."

Objects of Interest.—Valetta, which disputes with Venice the title of "City of Palaces," contains so many features of architectural and archæological interest that it would be difficult to deal with them even superficially in a work covering so wide an area as this guide does. I must

refer my readers to an excellent little handbook on Malta by the Rev. G. N. Godwin, an old resident in the island, which can be obtained at any of the booksellers' in Valetta. It has been compiled with great care, and is far more accurate than the generality of local handbooks.

Excursions.—For information under this head I must also refer inquirers to the above-mentioned guide. Every visitor will, of course, visit St. Paul's Bay, where St. Paul was cast on shore. Some curious little shells are to be found here which are christened by the natives "St. Paul's Teeth," and sold as curiosities.

PRACTICAL INFORMATION.

Church Services.—St. Paul's Church: Sunday, 11 a.m. and 4.30 p.m.; chaplain, Archdeacon E. A. Hardy. Holy Trinity (Sliema): 11 a.m. and 5 p.m.; chaplain, Rev. H. I. Shaw. Then there are the services at the Garrison and Dockyard Chapels. Free Church of Scotland, Strada Mezzodi: Sunday services at 10.45 a.m. and 6 p.m.

Governor.—Gen. Sir Lyon Fremantle, K.C.M.G.

Chief Secretary.—Count Strickland della Catena.

U.S. Consul.—J. Worthington, Esq.

Doctors.—Dr. Neil Oman, M.D. Edin. (English); Dr. R. Samut and Dr. C. Samut, 40, Strada Forni; Dr. G. B. Schembri, 35, Strada Mezzodi; Dr. Stilon; Dr. G. Tabone-Eugerer, 66, Strada Britannica. These gentlemen are Maltese, but they speak English.

Nursing Institute.—The Mildmay. Nurses for private patients obtainable.

English Dentist.—Mr. Thomas Jenkin, 32, Strada Reale.

English Banks.—Anglo-Egyptian; J. Bell and Co., 118, Strada S. Domenico; Turnbull, Jr., and Somerville, 20, Strada Reale; and Thos. Cook and Son.

English Chemist.—Kingston, Strada Reale.

Postal Arrangements.—The mails leave London on Thursday and Saturday morning, and Saturday evening; time, four days.

Malta is in the Postal Union, and the rates are the same as for the Continent. The mails leave for England, *viâ* Syracuse, on Monday and Tuesday; *viâ* Marseilles on Thursday; and *viâ* Brindisi by *outward* bound P. and O. steamers on Friday. Letters are distributed in the morning. Telegrams, 6*d.* per word. Parcels: *viâ* P. and O., 8*d.* per lb. for the first lb., then 4*d.* up to 11 lb.; *viâ* Italy, 2*s.* 10*d.* for any weight up to 7 lb. All letters must be stamped with Malta postage stamps. Inland post: ½*d.* for every ½ oz.; newspapers pass free.

Conveyances, etc.—The cab fares are ludicrously cheap, owing to the fact that no Maltese wil walk a yard if he can help it. The tariff is: Under half-mile, 3*d.*, under a mile, 6*d.*; but the driver will feel himself much aggrieved if an English visitor pays according to the legal tariff; by the hour the tariff is 2*s.* 3*d.*, but an understanding should be arrived at before hiring. For boats from the steamer to the landing stage the legal charge is 1*s.* for one passenger with a reasonable amount of luggage; for an hour's row in a boat the usual charge is 1*s.* Between Valetta and Sliema there is a steam ferry every ten minutes, from an early hour of the morning till eight or nine o'clock in the evening. At any hour of the day or night a small boat can be obtained to row a passenger across for 3*d.*

The charge for jobbing horses and carriages is very moderate. A carriage and pair, with coachman, can be hired for about £9 or £10 a month, and a saddle-horse for £4 a month. A well-appointed landau, with coachman, can be hired for the afternoon for 5*s.* or 6*s.* The usual charge for a day's drive in a two-horse carriage is 10*s.*

Cook's Agency.—308, Strada Reale.

Guides and Interpreters.—There is a regular tariff. It is advisable to hire a guide or *valet de place* through the hotel proprietors.

Language.—English and Italian are the official languages; but the natives (except the shopkeepers) in the town, as a rule, only speak Italian and Maltese; in the country, Maltese only. Maltese is a bastard dialect, compounded of Italian and Arabic.

Living Expenses.—Valetta is a fairly cheap place to live in, but, as has already been said, house-rents are high. Beef and

mutton cost about 9*d.* or 10*d.* a pound. The markets are excellent, and provisions, fruit, fish, etc., very plentiful, and remarkably cheap. Most of the vegetables come from the neighbouring Isle of Gozo, and the fruit from Sicily. Male servants, especially cooks and coachmen, easily obtainable for about £4 a month without board.

Money.—English money is alone legally current. A curious little English coin used to be issued for Malta of the value of the third of a farthing. They are now scarce.

English Newspapers.—There are several newspapers. The best is *The Malta Chronicle*, price 3*d.*, Tuesday and Friday. There are also *The Malta Standard*, 4*d.*, Thursday and Saturday, and *Public Opinion*, 2*d.*, Tuesday. All these papers are of purely local interest, and only give London telegrams at second or third hand.

Shops, etc.—The Valetta shops are good, and most of the articles cheap. The following are a few representative ones :—

Booksellers—Watson, 248, Strada Reale ; L. Critien, 28, Strada San Giovanni.

Hairdresser—H. P. Truefitt, 308, Strada Reale.

Photographers—R. Ellis, 43, Strada Stretta ; H. J. Davidson, 57, Strada Reale.

Milliners and Drapers—M. A. Crockford & Son, 257, 258, Strada Reale ; The Manchester House, 297, Strada Reale.

Wine Merchants—H. and S. Simonds, Ltd., 311, Strada Reale.

Guide Books.—The "Guide to the Maltese Islands," by the Rev. G. N. Godwin, has already been noticed. Descriptions of the island will also be found in Murray's "Mediterranean Islands," 20*s.* ; Baedeker's "South Italy and Sicily," 6*s.* ; Joanne's "Guide à Malte, Egypte et Nubie," 30 fr., and Dr. Yeo's "Climate and Health Resorts." There is also an interesting account of the island in Cassell and Co.'s "Picturesque Mediterranean," 1891.

All the well-known island winter stations have now been described. Of the other islands the only ones that need

be noticed are the Balearic Isles. Majorca and Minorca may, perhaps, be almost considered as winter resorts *in posse* or *in futuro*. The historical reader need hardly be reminded that many of the Mediterranean Islands visited by tourists are, or have been at some period or other, either English possessions or under the protection of our flag—Minorca, Capri, Corfu, Corsica, and Malta to wit. This fact gives additional interest to a cruise in the Mediterranean. At many of these islands, notably Corfu and Minorca, the pleasant traditions of English rule are still handed down to the inhabitants, and English tourists are heartily welcomed. This may slightly compensate for the undeniable homeliness—to use no harsher term—of the accommodation for visitors.

Hitherto the Balearic Isles have been chiefly visited by artists, yachtsmen, and passengers by the numerous pleasure yachting steamers, which have done so much to popularise the Mediterranean as a winter touring field for English holiday-makers.

It is, no doubt, the difficulty of access equally with the lack of hotel accommodation which has caused these picturesque islands to be neglected by ordinary tourists and *hiverneurs*. If the General Transatlantic Company, whose steamers pass in sight of the islands almost daily, *en route* to and from Marseilles and Algiers, could be induced to make Port Mahon one of their calling-places, I have no doubt these islands would become almost as popular winter quarters as Corfu or Corsica. Being Spanish possessions, mistaken notions of patriotism will no doubt prevent the French Steamship Company having anything to do with their exploitation as winter resorts, lest they should prejudice the success of Algiers. At all events, the fact remains that they can now only be reached by indifferent steamers from Barcelona or Valentia. Certainly deficiencies of harbour accommodation cannot be

alleged as an excuse, for, according to the well-known proverb, "the ports of the Mediterranean are June, July, August, and especially Port Mahon."

The only towns in Majorca and her sister island Minorca where anything approaching to tolerable hotel accommodation can be obtained are at the respective capitals, Palma and Port Mahon. These hotels can be classed together as favourable representatives of the Spanish commercial hotel, but with this difference, the landlords are pleasant and responsive, and personally look after the comfort of their guests. The waiters are willing and attentive—but totally ignorant of any language but Spanish and the local dialect—and the cooking tolerable, with a plentiful table. The accommodation, however, is rough and primitive, suggesting that of hotels in out-of-the-way tracts of North Italy or the Tyrol. At Palma the Malaga Hotel is considered the best, though, after all, the difference between it and the other hotel, the Palmas, is as subtle as the proverbial distinction between Cæsar and Pompey. Fonda del Vapore and Fonda Bustamente are perhaps the best inns—for in connection with the Balearic Isles the title hotel is a misnomer—in Port Mahon. There is, however, considerable difference of opinion as to the merits of the inns in these isles between the two great authorities on Spanish travel, O'Shea and Murray. The tariffs, however, cannot be wrangled over. There is a uniform charge of eight pesetas a day at all.

The winter climate of the Balearic Isles is mild and equable. During the winter the temperature rarely falls below 44° Fahr., and as for Palma, the coming winter resort of the islands, Mr. John Lomas, one of the best authorities, declares that "the climate of Palma rivals that of Malaga and Algiers, while there are many cases in which it is deemed preferable."

PART V.

THE SOUTH OF SPAIN AND TANGIER.

I.—MALAGA.

OF late years Spain has rivalled Norway as a happy hunting-ground for tourists, and especially for artists and those fond of archæology and architecture. For the latter class, Andalusia is a grand field, abounding as it does with remains of Roman and Moorish civilisation, and containing some of the grandest examples of Moorish architecture in the world. Twenty or thirty years ago Spain was almost a *terra incognita* to the ordinary tourist, compared with the other countries of Western Europe. The increased facilities of communication in the Peninsula have now opened up the country a good deal to travellers.

The south of Spain is also rapidly coming into favour with a large class of visitors, neither tourists nor invalids, who wish to escape the cold and treacherous English climate by spending the winter months in the genial South. They do not desire a purely invalid station, and are equally averse to an expensive and fashionable pleasure resort, and therefore dislike the conventionalised and overcrowded region of the French Riviera, in spite of its undeniable natural beauties. To these, Malaga, with its delicious climate, its beautiful surroundings, and its facilities for

interesting, as the road skirts the shore all the way, and passes through pretty scenery; but the pace is very slow, and stoppages are numerous.

Climate.—Malaga has a delightful climate. It is almost as mild as Algiers or Tangier, and there is much less rain than at either of these towns. For the whole year the number of rainy days is about thirty. The atmosphere is remarkably clear and sunny, clouds being very rare. The mean average temperature from November to April is 56°, and the thermometer during this period rarely falls below 50°, even at night. With regard to windiness, Malaga can compare favourably with Cannes or Nice, as winds are very rare, though it must be allowed that they are very trying when they do occur. The town is well sheltered, but rather too low-lying, as most of the streets are not more than 12 feet or 15 feet above the level of the sea. The streets being very narrow, plenty of shade from the glare of the sun can be obtained while strolling about the town.

The meteorological observations, extending over a period of nine years, which have been collected by Dr. Lee, are of great value to intending visitors. It appears from these statistics that the temperature is very equable, the mean daily range during the winter months being only 4°, which compares favourably with the 9° range of Nice. To compare Malaga with other winter stations, it is 7° warmer than Nice, and 13° than Pau, but it is 4° colder than Cairo, and 3° than Malta. For the three spring months the mean temperature is 62½°. The air is very dry, and has a stimulating effect. The rainfall is very slight, and there are on an average only *ten* rainy days during the three winter months. With regard to the cases which would be chiefly benefited by the Malaga climate, Dr. Lee considers that the warmth, dryness, and equability of the climate would prove very beneficial in most cases of chronic gout and

rheumatism, and most scrofulous complaints. With regard to its suitability for phthisis, he hesitates to commit himself to a definite opinion, and on this point medical men differ a good deal. Some consider that consumptive persons not of a very excitable temperament might do very well here so long as they do not live in the town itself, but in a villa in the neighbourhood. It must be allowed, however, that in spite of the defective sanitary arrangements of Malaga, it is a remarkably healthy city, as is shown by the mortality statistics; and it has always been free from endemic diseases.

It will be allowed, then, that the climate is as good as any on the northern shores of the Mediterranean; but the town has not of late years—and especially since the superior attractions of Algiers have become well known—been very popular with medical men as a health resort for consumptive patients. It is considered that its great climatic advantages are neutralised by the unsatisfactory local conditions of the town. It is densely populated, and it has no hotel in the suburbs to which invalids can resort. The sanitary conditions also are defective. This state of things might easily be altered, and if some capitalist were enterprising enough to build a large hotel or hydropathic establishment in the neighbourhood, with a resident doctor, chaplain, etc., there is every probability that Malaga would, in time, become a popular health resort. The exceeding beauty of the country, the lovely climate, and the interesting associations connected with this part of Spain, would probably draw away many winter *habitués* of the Riviera resorts.

A well-known authority on climatic stations, writing in *The Lancet* (November 19th, 1892) declares that "Malaga possesses one of the best climates in Europe," but he is careful to add that in spite of its climatic advantages "we may well pause before sending patients, especially pul-

monary cases, to a large, busy, and not too clean Spanish city."

With regard to the sanitary conditions, water supply, etc., of Malaga, Dr. Clarence Visick, who has practised for over twenty-one years in Malaga, kindly sends me the following observations :—

"The question here arises, whether the sanitary arrangements are, or are not, so defective as to require notices in all articles written about Malaga. The proof of the pudding is in the eating thereof, and I can state that I have lived here twenty-one years. In the first ten years I attended only *one* case of typhoid fever, and since that time I have seen two other cases. All these three cases were in people of English extraction.

"Now Malaga has a perfect water system, the only one on the Mediterranean. The water is brought into the town in two 20-inch pipes from an inexhaustible spring ten miles west of the town. The pressure is very great and *constant*, and no deposits or open channels can exist, so that no kind of disease can be introduced into the town by the drinking water, which is of very superior quality. During the last few years, owing to the extension of the Torremolinos water system, about two hundred villas have been built in the suburbs, chiefly along the coast, as far as the village of Palo."

Hotels.—Considering the size of the town, Malaga is badly off in hotel accommodation, as there are few suitable for English visitors. The best and most fashionable is the old-established Hotel de Roma (formerly de la Alameda). It is more expensive than the others, the lowest charge for *pension* being twelve pesetas per day. The central hall is roofed in with glass, forming a comfortable lounge or smoking-room, free from draughts. This is a fairly comfortable and, for Spain, well-managed establishment; but the furniture and appointments are poor and scanty for the principal hotel of a great city. The only other hotel which I can venture to recommend to English travellers is the Nuevo Victoria, Calle Marques de Larios. English guests are

well cared for here. Terms from ten pesetas a day. The best of the cheaper hotels, chiefly commercial houses, are Londres and Paris, charging about eight pesetas a day. At the Hotel de Roma there is an English interpreter, and in a town where English is very little spoken this is a great recommendation. All the hotels are kept open all the year, as Malaga is an important summer bathing station. Cook's coupons accepted at the hotels Roma and Londres. The hours for meals at Spanish hotels are, usually, *déjeuner* (generally *à la carte*), 11 a.m. to 1 p.m., and dinner 6.30 p.m. There are no furnished apartments obtainable, and, as all the hotels are in the heart of the town, this want of suitable accommodation for invalids has prevented Malaga from being much frequented as a health resort pure and simple, though, as a winter residence for the more robust class of invalids, it is occasionally recommended by medical men. Furnished villas are very scarce, but there are a few in the suburbs, which can be rented for the season. For information about them, visitors should apply to Mr. Troughton, agent of the R.Y.S., Hotel de Roma.

Spain has deservedly a bad reputation for hotels compared with other countries of Western Europe. Except in Madrid, Barcelona, and one or two other places, there are no really first-class hotels in the country, though at Seville, Granada, Malaga, and other tourist centres in the south of Spain, very fair, but not first-class, accommodation is to be obtained. To show how far behind the times Spanish hotel proprietors are, it may be mentioned that a passenger lift—a fair test of the modernity of an hotel—is unknown in the peninsula, except at one or two hotels in the capital, Barcelona, and San Sebastian. The worst points of the average hotel are the defective sanitation—the lavatory arrangements being unpleasantly primitive—inefficient service, scanty bedroom accommodation, want of comfort in the barely furnished reception rooms, and the absence of fireplaces or any warming appliance in the form of *calorifères*.

We must not, however, forget the good features of Spanish hotels. The table is plentiful and the cooking good, though the service and table appointments lack refinement. Then the American *pension* system is universal, and extras do not figure largely in the bill—a distinct advantage in a country where

French or English is rarely understood. It must be admitted, too, that the *salons* and bedrooms are large and airy, and the large covered-in *patio*—a feature of most hotels—makes an admirable lounge for smoking. It is, perhaps, when he is leaving the hotel that the guest has one of the greatest drawbacks of Spanish hotel life unpleasantly brought home to him.

The giving of gratuities has not been reduced to a system as in other countries of Western Europe. Tipping in a Spanish hotel is more in the nature of compulsory *baksheesh*, and here in the most western country of Continental Europe "the West shakes hands with the Orient." All the *employés* gather like vultures to speed the parting guest after their own fashion. All travellers are reduced to the same level, from the rawest recruit in the noble army of Messrs. Thomas Cook & Son to the travelled tourist who in other countries knows to a nicety whom and how much to tip. Here everyone expects a vail—a miscellaneous crew of waiters, porters, guides, chambermaids, and hotel touts hold out itching palms.

The tariff of hotels throughout the whole of Spain seems governed by a very simple principle. There are practically, as regards price, only two classes of hotels in Spain: the so-called first-class hotels, which are visited by foreigners chiefly, and the second-class, or native hotels. The charges at the first-named run from ten to fifteen pesetas per day, including wine. At the second-class hotels (only possible for tourists who speak Spanish fluently) eight pesetas a day is the usual charge.

Amusements.—Visitors have many opportunities of amusing themselves if they are willing to take part in the numerous public entertainments of the city. There is a very good theatre, concerts are periodically given by the Sociedad Filarmonica and other musical societies, and there are occasional bull-fights. Entrance, 1 peseta to the "Sombra" (in the shade). A military band plays from 3 p.m. to 5 p.m. on Thursdays and Sundays during the winter. Italian opera is given at the Cervantes Theatre. The carnival festivals are very gay. English visitors are admitted on introduction by a member into the *Circulo*

Malagueno, the principal club, for a week without payment. There are very few English residents in Malaga, so that there is little or no society, as the word is usually understood. There is a Lawn Tennis Club with three gravel courts, near the English cemetery. Entrance fee, 15 fr.

Sport.—There is abundance of game in the province of Granada, and rabbits, hares, and partridges are plentiful. In the marshes near Malaga there is capital snipe and woodcock shooting in the winter, and wild ducks of all sorts abound. There is hardly any big game within reasonable walking distance of Malaga, and sportsmen with more ambitious views must go north. Among the sierras of the north and central provinces big game of all kinds—wild boars, bears, wolves, deer, bustards, etc.—are plentiful. They are, to some extent, preserved, and Englishmen wishing to join in the various *battues* and hunting parties should get introductions to the local grandees. Foreigners are supposed to be provided with a shooting permit (a licence similar to the French *permis de chasse*); but, as a matter of fact, Englishmen are very rarely asked for it by the Spanish officials. It is, however, advisable to get one. It is obtained, not, as in France, through the municipal authorities, but through the Spanish Consul-General at London. For additional information see O'Shea's "Spain," and "Wild Spain," by A. Chapman and W. T. Buck (Gurney & Jackson, 1893).

PRACTICAL INFORMATION.

Church Services.—In the Church at the English cemetery. Trams every fifteen minutes from the Alameda. 11 a.m. and 6 p.m. Chaplain, Rev. A. F. Evans, M.A.

Consuls.—H.B.M. Consul, Alexander Finn, Esq., Vice-Consul, J. Dunn, Esq., 93, Cortina del Muelle (near the Custom House), 11 a.m. to 3 p.m. U.S. Consul, D. Burke, Esq.

English Doctor.—Dr. Clarence Visick, 7, Vendeja.

American Dentist.—Dr. Whitmarsh, 28, Martinez.

Chemists.—Prolongo, Puerta del Mar; Souviron, Calle Granada.

Yacht Agent.—Mr. H. S. Troughton, Hotel de Roma. Agent of the R.Y.S.

English Stores.—G. Hodgson, Puerta del Mar.

Postal Arrangements.—Malaga is about four days from London by post, and a mail arrives and departs once a day, at the hours of 7.30 a.m. and 6.30 p.m. respectively. Postage: 25 c. per ½ oz. to countries in the Postal Union; within the town, 10 c.; to any part of Spain, 15 c. Telegrams: To any part of Spain, 1 peseta for fifteen words; to the United Kingdom, 4*d.*; France, 2*d.*; and Gibraltar, 1½*d.* per word. The parcel post is now in operation, at the rate of 2*s.* 1*d.* for parcels not exceeding 6½ lb., but, as in France and Belgium, is not undertaken by the Post Office. Post and Telegraph Office, Calle Cister, facing north door of Cathedral. Open from 8 to 12 a.m., and 2 to 7 p.m. Postage stamps *cannot be bought* at the Post Office, but only at the Government tobacco *depôts* (Estancos). By a curious anomaly the postage for Gibraltar and Portugal is less than the inland rates, viz., 10 c. It is customary to give the letter-carrier a sou on delivering letters. Visitors spending the winter will find it advisable to compound for these constant petty gratuities by a good tip at the beginning of the season. Another peculiarity in the postal service is that there are no post office orders. The smallest sum transmissible by post is a 25 peseta note by registered letter (*valore declaro*).

English Bankers.—Messrs. Clemens & Petersen, 2, Alameda de los Tristes; McAndrew & Co.

Cafés and Restaurants.—Loba, in the Plaza de la Constitucion, and Ingles, Calle Marques de Larios, are the best.

Clubs.—Circulo Malagueno, Cortina del Muelle, 40 reals. Visitors can be introduced by a member, for ten days gratis, to any of these clubs, and will find them well provided with newspapers, billiards and reading rooms, and every comfort. Circulo Mercantil, Marques de Larios; Liceo, Plaza de San Francisco. These are handsomely appointed establishments. Monthly subscription, 20 reals.

Conveyances.—Cabs: By the course, 1 peseta; by the hour,

2 pesetas. At night double fares are charged. A two-horse carriage would cost 8 pesetas for the afternoon, and from 12 pesetas to 15 pesetas for the whole day; bargaining necessary. Charge for cab to San José (a favourite excursion) and back is 7 pesetas. Boat fares: Landing, 50 c. for each person and each package. Omnibus: To or from station, 1 peseta for a passenger with luggage. Trams leave the Alameda for the Palo (the residential suburb) every fifteen minutes. There is also a service of trams from the railway station to Palo every ten minutes, joining the former line at the Mole. A good saddle-horse can be hired for the day for 8 pesetas. In excursions nearly everybody rides, and good ladies' saddles are to be had. The best place to hire them is at Mesa's, Calle Alcazabilla.

Couriers and Interpreters.—Messrs. Jacob Lobo and Roque Arnau, Hotel de Roma. Both speak English fluently.

Language.—English is hardly understood at all, except at one or two of the hotels; but French is spoken at the principal shops. Officials of all kinds—post-office clerks, booking-clerks, custom-house officers, etc.—do not condescend to speak a word of any language but that one which, according to the Emperor Charles V., is the only one fit for kings and princes to use, viz., Spanish. With a fair knowledge of French, and either a smattering of Italian, or a knowledge of Latin no more profound than that possessed by an average University passman, it is possible to understand the general meaning of a Spanish newspaper, placard, or official notice. The most convenient phrase-books in English and Spanish are Bradshaw's little shilling conversation books and the "English-Spanish Conversation Book," published by Walter Scott, same price. The list of phrases given in "The Tourist's Pocket Book," price 1*s.*, published by Mr. Edward Stanford, Cockspur Street, London, S.W., will, however, be found sufficient by tourists for all ordinary purposes.

Expenses.—In most respects Spain is a dear place for strangers. Nearly all articles in the shops, except fruit, tobacco, and cigars, are expensive. Though hotels frequented by Spaniards are very cheap, those visited by English people are rather expensive, compared with those of France and Italy. Travelling by diligence is expensive too, and conveyances of all kinds; guides, porters, etc., will cost more than in France or Italy. In fact,

the old notion that every Englishman who travels for pleasure must be consequently over-burdened with riches has not yet died out in Spain. This is probably owing to the country not being so much visited by tourists as the other countries of Western Europe.

A bachelor accustomed to living on the Continent will, however, be able to live during the winter at Malaga at a moderate expense by dining at a restaurant (making special terms by the month), and taking a room at from 25 pesetas to 35 pesetas a month in one of the boarding-houses, called *casas de papillos* (*maisons meublées*). This is often done by artists.

Money.—Pesetas and centimos (equivalent to francs and centimes). Tourists should be careful to take as little Spanish money out of the country as possible, as, owing to Spain not having joined the Latin Monetary Union, their coinage is either refused in France, or subject to a charge of a sou on every peseta, and sometimes two sous. Always change English money at a bank. There is a good deal of counterfeit coinage in Spain, especially two-peseta pieces. The bank notes in circulation are from 25 to 1000 pesetas, and should be avoided as much as possible, as there is generally some difficulty in changing them when outside the province where they were issued. In fact, even the notes of the Banco de Espãna are subject to a discount except in Madrid. Though the official coinage in Spain is reckoned in pesetas and centimos, for all practical purposes the old reckoning of reals and dollars obtains. One real is equivalent to twenty-five centimos, so that four reals make one peseta, and a dollar consists of five pesetas.

Passports.—Travellers should remember that passports are still liable to be asked for in Spain, especially if the traveller has arrived from Algeria. They should have the *visa* of the Spanish Consul-General (21, Billiter Street, London, E.C.), for which a fee of 1*s.* 8*d.* is charged.

Shops.—The following are a few representative shops :—

Curios, etc.—Léon, Calle Sta. Lucia.
Glover—Castilla, Calle Granada.
Grocer—Atena, facing the Hotel de Roma.
Hairdresser—Porras, Calle Larios.
Photographer—Oses, Calle Nueva.

Saddler—Meza, Calle Alcazabilla.
Tailor—Beffa, Puerta del Mar.
Wine Merchants—Messrs. Crooke & Co., 21, Alameda; and Clemens & Petersen, 2, Alameda.

Guide Books, Books of Reference, etc.—Murray's "Handbook to Spain" (8th ed., 1892), is invaluable to tourists. It is to be regretted that the publishers do not see their way to a reduction of the almost prohibitory price (£1). O'Shea's "Guide to Spain" (10th ed., 1895, 15*s.*), is also very good, and gives a very full account of Malaga. There is also a description of the town in Black's "South-Western France" (6th ed., 1895, 2*s.* 6*d.*). There are also Bradshaw's "Spain," by Dr. Charnock (1895, 7*s.* 6*d.*), Joanne's "Espagne et Portugal" (18 fr.), and the "Guide Diamant" (5 fr.), an abstract of the larger work. Malaga is noticed in Dr. Bennet's voluminous work on the Mediterranean Littoral, and also in Otter's "Winters Abroad." A reliable and handy pocket-guide to Andalusia, with detailed descriptions of the most interesting and most frequently visited towns in the south of Spain—Seville, Granada, Malaga, and Cordova—is much wanted. There are a great many books dealing with Spanish life and travel. Washington Irving's and George Borrow's works are considered as classics, and these authors have done for Spain what J. A. Symonds and A. J. C. Hare have done for Italy. Mr. Hare has also written a book of Spanish travel called "Wanderings in Spain" (7*s.* 6*d.*). Of other books of reference, mention should be made of O'Shea's "Romantic Spain," Lomas' "Sketches in Spain" (10*s.* 6*d.*), Mrs. Elliott's "Diary of an Idle Woman in Spain" (3*s.* 6*d.*); "Spain," by E. de Amicis; "Spain of To-day," by W. R. Lawson (1890); "Spanish Cities," by A. C. Stoddart (Chapman & Hall, 1892, 7*s.* 6*d.*); "Spain," by Rev. W. Webster (Low's Foreign Countries Series); "A Vagabond in Spain," by C. B. Luffmann (Murray, 1895, 6*s.*); and M'Clintock's "Holidays in Spain" (6*s.*). Of special interest to invalids is Dr. Edwin Lee's "Climates of Spain," which contains a great deal of meteorological information on the Spanish health resorts. There is also the *brochure* of Dr. More Madden, entitled "The Climate of Malaga." An amusing account of Spanish life and customs will be found in Théophile Gautier's "Voyage en Espagne."

II.—GIBRALTAR.

"The straight Pass where Hercules ordained
The boundaries not to be o'erstepped by man."—*Shakespeare.*

GIBRALTAR is rather difficult to classify among the Mediterranean winter resorts, and may be considered more of a holiday resort than an invalid station. It cannot be said to be at all frequented in the same sense as Mentone or San Remo, nor can it be considered as a resort of fashion like Cannes or Monte Carlo. In one sense, however, it may be regarded as a health resort, for, like Malta and Cairo, it is used as a kind of half-way house by those invalided from India or Australia who wish to avoid a sudden change from a hot to a comparatively cold climate. Of late years, too, the voyage to Gibraltar and back has been frequently recommended by medical men as a kind of fillip or tonic to patients suffering from over-work, and who cannot afford to devote more than three weeks or so to recover their health or to gain tone.

Though the climate is mild and sunny, and the hygienic conditions of the town are satisfactory, Gibraltar is seldom recommended as a winter residence for consumptive patients, on account of the pernicious east winds (levanter) which are not unknown in the months of January and February, though they are more frequent in the early autumn. But for the more robust class of invalids, and especially for those who are not suffering from any specific disease, but are recommended to spend the winter in the South, it is fairly well adapted. Gibraltar possesses many resources in the shape of pleasant society and amusements,

and the town is certainly healthy, as is proved by the low rate of mortality. In addition to these advantages, plenty of good medical advice and all English comforts and luxuries are easily obtainable.

For tourists Gibraltar makes a capital headquarters from which to make excursions to the interesting towns of the south of Spain, and also to Tangier, Ceuta, Tetuan, and other Morocco towns.

Greater facilities for visiting the great show cities of Spain, Cordova, Granada, and Seville are now afforded by the new line from Algeciras, on the opposite side of Gibraltar Bay, to Bobadilla, which was opened in 1894. Then a concession has been granted by the Spanish Government for a railway from Campamento, (a couple of miles beyond the "Neutral Ground") to Malaga. In a few years Gibraltar will perhaps become in reality what its geographical position seems to demand—the great gateway for English travellers to Spain.

Routes.—The usual route is by sea, and this is certainly preferable for delicate persons. There are several passenger lines to Gibraltar from Liverpool or London. From London there is the weekly service of the P. and O. Company and the fortnightly Orient service. The P. and O. steamers leave London for Gibraltar every Thursday or Friday, arriving on the following Tuesday. Fares: first, £10; second, £6. Return, £16 and £10. The Orient steamers leave London every alternate Friday from November 1st, 1895. Fares the same as the P. and O. Company. Return tickets are good for four months by both lines. There is also Hall's line of steamers from London every Wednesday. This is a cheaper line, the fares being £7 7*s.* single ticket, and £12 12*s.* return (available for six months); but the voyage takes longer, as the vessels call at Lisbon. The steamers are small, and no surgeon is carried. Passengers with return tickets embark at Cadiz. From Liverpool there is a choice of two lines —the Moss and Papayanni. From Glasgow there are the fortnightly steamers of the Anchor Line. Fare: £7, return £12.

The overland route to Gibraltar *viâ* Madrid, Cordova, and the new railway from Bobadilla to Algeciras (opposite Gibraltar) is very fatiguing, and takes only a few hours less than the sea journey by the fastest boats, owing to faulty connections at Madrid, where twelve hours are wasted. As far as Bobadilla the route is the same as for Malaga (see MALAGA). Time from London by express: three days six hours. Fares: *viâ* Calais, £13 8*s.* 6*d.* first, and £9 11*s.* 8*d.* second; *viâ* Dieppe, £12 6*s.* first, and £10 8*s.* 3*d.* second class (first class from Irun to Bobadilla).

The joint Mediterranean service of the Hamburg-American and North German Lloyd Companies is beginning to be used a good deal by Americans wintering in the South of Europe. (For dates see ALGIERS). The first class passage from New York to Gibraltar is £14 10*s.* Then the Anchor Line has a similar service from New York, but these boats are slower, and the accommodation and *cuisine* are inferior.

From Marseilles there is a choice of two steamship companies: the P. and O. fortnightly service (from March to June only), £9 and £5 (50 to 52 hours); and Messrs. Paquet, who despatch a steamer twice a month, £4 8*s.* The General Transatlantic Company service from Marseilles has been taken off.

Travel in Spain.—The proverbial dislike of the Spaniard to being hurried is well exemplified in railway travel. Not even the so-called express trains are allowed by a paternal Government to run at a greater speed than twenty-five miles an hour. The lines may be bad, but the uncompromising verdict of Murray's Handbook—"the worst constructed and worst manned lines in the world"—is unduly severe. At any rate the first class carriages are particularly comfortable and well-equipped. The fares too are moderate, and even cheap compared with those for the second class carriage, which are relatively high. But as in Spain nine out of ten Englishmen travel first, the inferiority of the second class carriage does not concern the foreigner. The available through trains are few, partly because there are no double line rails on any Spanish railways, except on the international routes from Irun to Madrid and Lisbon. Another great drawback to railway travel is that the best through trains, as in Sicily, usually leave the principal termini at a very early hour in the morning. The fiction that Spain

is in a disturbed and unsettled condition, seems to be sedulously encouraged by the Government, who insist on a couple of *guardia* (*gendarmes*) accompanying every express train. The presence of these functionaries, who travel in dignified ease in a first class carriage, gives a flavour of romantic adventure to the most commonplace railway trip. Very good buffets are to be found at the principal stations, and plenty of time is allowed for lunch (3 pesetas) or dinner (4 pesetas). In fact, the English traveller will seldom have to complain of being hurried in Spain.

It may be well to remind intending tourists that the hints in Murray's Handbook to railway travellers on the conduct, deportment, and so forth in their relation with their Spanish fellow-travellers are a little high-flown and unnecessary. They are in fact "counsels of perfection." It is not at all necessary or even expected, nor is it considered to show a want of good breeding for the English traveller to omit to offer his carriage companion a share of his lunch basket or cigar case. But, of course, throughout the Continent it shows a distinct *manque de politesse* not to raise the hat on entering or leaving a railway carriage.

Climate.—The climate is similar to that of Malaga; the latter town is, however, much better protected from the cold winds. At Gibraltar the levanter, or east wind, is a far greater drawback to the climate than the sirocco at Algiers, or the mistral of Hyères, and it is, besides, far more prevalent at Gibraltar than the latter winds are at Algiers or Hyères. The temperature is about the same as that of Malaga, the mean average in January, the coldest month, being 56°. Meteorological observations are published daily in the *Gibraltar Chronicle*. The sanitary arrangements of the town are very good, and, on the whole, it is a healthy place.

Society.—The society is very like that of Malta, and a good deal of private entertaining goes on among the families of the officers quartered at Gibraltar. Those

about to spend the winter here would find introductions useful. The Gibraltar season may be said to last from December to May, but the hotels do not close during the summer.

Hotels, etc.—The two most fashionable hotels are the old-established Hotel Royal, in Main Street (opposite The Exchange), and Hotel Europa, in New Mole Parade. The Royal is an expensive house, the tariff being 12*s.* to 14*s.* a day during March, April, May, and for the rest of the year 10*s.* to 12*s.* Cook's coupons are accepted here, as well as at the Grand and Calpe. The Hotel Europa is the quietest, and the most suitable for invalids. *Pension*, 12*s.* It is some distance from the town, but conveniently situated for passengers by the P. and O. and Orient steamers, as these, being mail steamers, are allowed to land passengers at the Admiralty Mole, instead of at the New Mole, a mile and a half distant. A more unpretending but comfortable hotel is the Calpe, but its situation is not good. It has been recommended for its *cuisine*. English billiard table. *Pension*, 10*s.* The Hotel Victoria has been closed, and the King's Arms is now an annexe of the Hotel Royal.

Two new hotels have lately been opened, the Bristol—for some reason a favourite title with Continental hotel proprietors—and the Grand. At either of these 8*s.* to 10*s.* a day would be accepted. The Grand is situated near the cathedral, and is almost as noisy as the Royal. It has recently been enlarged. The Bristol is in a more retired, but easily accessible situation. The cooking is said to be good. At all the Gibraltar hotels wine is an extra, and the hours of meals are modelled on the English plan. This will be found a great improvement. Strangers do not easily accustom themselves to the Spanish hours—lunch, for instance, 10.30 to 12. The etymology of the Spanish word *las once* (the eleven) indicates the hour of the repast. The New Métropole Hotel (Irishtown) is very cheap (6*s.* 6*d.* a day), and might suit bachelors wishing to economise. It would be difficult to get a furnished house or villa in Gibraltar at a moderate price; but at Campamento (just over the Spanish lines) villas can be rented for the winter at very reasonable rates.

There are several boarding-houses in the town. The one kept by Mrs. Roberts, in Wheatley Terrace, has been well spoken of. The charge for board varies from 8*s.* to 10*s.* a day. There is also Carlton House under English management.

Amusements.—A military band plays on the Alameda every Thursday afternoon about 4 p.m. The Alameda is the general afternoon rendezvous and promenade. There is a well-appointed theatre, and dramatic and operatic performances are frequently given during the winter. Then there are the various sporting clubs of the officers and residents—jockey, cricket, tennis, racquet, polo, etc. Garrison Library and Reading Room. Subscription, 15 fr. for three months. Adjoining the library is a kind of club-house, called The Pavilion, fitted with card, billiard, smoking rooms, etc. Visitors admitted free for one month on recommendation of a member. Open 9 a.m. to 8 p.m. Then there is the Gibraltar Club, mainly a service club—subscription, 10 fr. a month; and also the Exchange Club for civilians. At both, visitors, when introduced by a permanent member, have the *entrée* for fourteen days without payment.

Sport.—There is good woodcock and quail shooting in the neighbourhood. Partridges and wildfowl were once very plentiful, but the district has been very much shot over, and game is getting comparatively scarce. There is good fox hunting, and the Calpe Hunt Club is as famous as the one at Pau. Subscription, 26 fr. a month. Meets, Tuesday and Friday. Strangers pay 2*s.* field money (see "Hunting at Gibraltar," by Lord Ribblesdale, *Nineteenth Century*, April 1890). A hunter for the day costs from four to five dollars.

In the vicinity of Estepona, half way between Gibraltar and Malaga, game is abundant. Among the sierras to the

north of the town ibex and wild boar can be shot. The former is usually stalked, and the season is September and October. A week's sport among beautiful scenery can be enjoyed at an expenditure of not more than £10. Arrangements should be made two or three days beforehand, and tents and provisions must be taken, as there is no accommodation. The proprietor of the deer forests is Don Tomas Heredia, of Estepona, and his steward will make arrangements with beaters, etc.

Principal Attractions.—It is generally supposed that Gibraltar is rather wanting in resources, and that visitors after having done the fortifications have seen almost all that there is to be seen. It is true that the lions and principal objects of interest can be seen in a few days, but what constitutes one of the great charms of Gibraltar as a place of residence is the wonderful variety of magnificent views that can be obtained from the heights. From Europa Point a glorious view bursts upon the spectator. Literally pinnacled in air, he has before him a horizon taking in two seas and two continents, extending from the snow-clad Sierra Nevada range to the Atlas Mountains in Africa. To a naturalist, also, a stay in Gibraltar is full of interest. This circumscribed rock is a complete *multum in parvo* of botanical attractions. Wild flowers blossom here with as great a profusion as in Palestine. Its very crags are mantled with exuberant vegetation, and every sheltered nook is a little grove of fig trees, myrtles, or almond trees.

PRACTICAL INFORMATION.

Church Services.—Cathedral, 11 a.m. and 6 p.m. Bishop, Right Rev. Dr. Sandford (4, Hyde Park Square, London, W.). Chaplain, Archdeacon Govett. Scotch Presbyterian Church (St. Andrew's), 11 a.m. and 6 p.m

Governor.—Gen. Sir George Biddulph, G.C.M.G.

Consuls.—Spain: Señor E. M. de Blasco, Church Street; United States: H. J. Sprague, Esq., Prince Edward's Road.

English Doctors.—Dr. Patron, Governor's Parade; Dr. Triay, Bell Lane; Dr. Wheeler, Engineer's Lane.

English Dentists.—Messrs. Ward and Downes.

English Chemists.—Dr. Patron's Pharmacy, next door to Royal Hotel.

Messrs. Thos. Cook's Agency.—Waterport Street.

Postal Arrangements.—All letters must have Gibraltar postage stamps. London mails go *viâ* Madrid. Rates: For Gibraltar (local), Spain, Morocco and Canary Islands, 1*d.* under ½ oz., 2*d.* under 1 oz.; for England and all countries in the Postal Union, 2½*d.* the ½ oz. English postal orders can be cashed at Gibraltar, and also at Malta. Parcels: Under 1 lb. 8*d.*, and 6*d.* for every additional pound. Telegrams: To England, *viâ* Spain, or *viâ* submarine cable, 4½*d.* per word.

The English mail leaves daily at 1.30 p.m., and arrives in England on the evening of the fifth day. Post Office in Main Street.

English Banks.—T. Mosley & Co., A. L. Galliano, Anglo-Egyptian, and Thos. Cook & Son.

Café.—Café Universal, near Post Office. Coffee, 20 c.

Conveyances.—Cab fares: By time, 1*s.* 6*d.* the hour, and 9*d.* for every additional hour; from steamer to hotel with a reasonable amount of luggage, 2*s.* is usually asked; by the course, 1*s.* Saddle-horses: Fairly good mounts can be had for 5*s.* the afternoon, or 8*s.* for the day. Boat fares: Landing with luggage, 1*s.* a head, and 1*s.* for any reasonable amount of luggage, but bargaining is advisable. Omnibuses from Exchange to the New Mole, 20 c.

Guide and Courier.—Mr. J. Wiley, Royal Hotel. Undertakes shooting excursions in Spain and Morocco.

House Agents.—Mr. J. Saccone (Villas); Mr. D. Benaim, Church Street; Mr. A. J. Morasso, Governor Street.

S.S. Agents.—P. and O. and Orient S.S. Cos.: Messrs. Smith, Imossi & Co., Irishtown. Tangier S.S. Co.: Messrs. Bland & Co.

Living Expenses.—House-rent and hotels dear, and labour of all kinds equally so; but provisions are cheap and plentiful, especially fruit and fish.

Money.—Both English and Spanish money is in circulation, but the Spanish coins are alone officially current. This seems a curious anomaly for an English possession. Spanish dollars are much depreciated, 5½ dollars being the average exchange for an English sovereign.

Newspaper.—The Gibraltar Chronicle. The organ of the Government. Published daily.

Shops, etc.—

Bookseller—Beanland, Church Street.

Hairdresser—Ballon, near Commercial Square.

Livery Stables—H. Gonsalez, College Lane.

Oriental Articles—Benoliel, Gunner's Lane.

Photographer—V. B. Cumbo, near the Exchange.

Tobacconist—Saccone, Market Street.

Wine Merchants—James Speed & Co., Main Street.

Cautions to Visitors.—The fact that Gibraltar is under military rule, and in short more a huge garrison than an ordinary residential town, sometimes unpleasantly obtrudes itself upon visitors. It is important to remember the *Hours of Gunfire.* The gates are closed every evening at gunfire, and do not open till the morning gun is fired. Hours vary from 3.25 a.m. in June to 6.15 a.m. in December for opening the gates, and from 5.20 p.m. in December to 7.55 p.m. in June for closing. Amateur photographers should note that trespassing in neighbourhood of the forts, sketching or photographing, is strictly forbidden under a penalty of 500 fr.

Guide Books, etc.—"Gibraltar," by H. M. Field (Sampson Low, 1890). Visitors will find a great deal of practical and useful information in the "Guide and Directory of Gibraltar," by the Colonial Secretary, 3*s.*, published annually at the Garrison Library. Gibraltar is, of course, noticed in the various handbooks to Spain, but somewhat cursorily. For a list of these, see under MALAGA.

III.—TANGIER.

TANGIER, by virtue of its excellent climate, uniform temperature, and proximity to Europe, is by nature almost as well adapted for a health resort as Algeria or Egypt. Had it continued an English possession it is probable that it would have become one of the favourite extra-European winter resorts for English people. But the barbarous character of the Government, the general insecurity of the country, the chronically disturbed state of the interior, combined with the mutual jealousies of the rival powers represented at the foreign capital of Morocco, have effectually checked the development of Tangier as a winter station, and prevented its fulfilling its natural destiny as a sanatorium for Europe.

As to any danger to tourists and winter residents owing to the unsettled condition of the country, the following observations recently sent me by an old resident, who is particularly well qualified to give an opinion, are worth quoting:—"The political disturbances are a fact, and always will be under Mohammedan rule, but the danger to visitors is *nil*. Now a days we have more newspapers and correspondents, and every little tribal rising is magnified into an insurrection. No doubt the constant rumour of rebellions will injure our season, but there is really nothing in the state of the country to affect visitors to it, and Tangier itself is practically under European rule."

No city on the extensive sea-board of North Africa, with the exception perhaps of Tripoli, has retained its local colour and Oriental character with so slight an admixture

of a modern European element. It has often been observed that Tangier is more Eastern than the East, and it is certainly more Oriental in character than Algiers, Tunis, or even Cairo. Consequently Tangier is a favourite haunt of artists and travellers in search of the picturesque. For ordinary tourists, and even for the *quasi* invalid class of hibernators who mainly desire a winter free from snow, fogs, and rain, Tangier has many charms. Its climate is considered by many medical men as equal, if not superior, to that of Algeria or the Riviera; while compared to Algiers, Cairo, and other wintering places of North Africa, it is decidedly cheap. Hotels are plentiful and very moderate in their charges. It possesses many resources in the shape of sport and social gaieties. Finally, it can be reached at much less expense than Algeria or Egypt, and, since the completion of the railway from Bobadilla to Algeciras (opposite Gibraltar), there is practically an overland route from Paris to the "European capital" of Morocco. As a wintering place for real invalids there are, however, many serious objections to Tangier. I need only enumerate the appalling dirt of the foul alleys that serve as streets, absence of means of locomotion, the throngs of repulsive beggars and sturdy vagabonds, the lack of anything approaching to police supervision or any machinery of local government except that of the various consular representatives, to show that the indisputable climatical advantages of Tangier are outweighed in the opinion of invalids by these grave drawbacks. Then, again, invalids who are not equal to riding have no means of taking exercise, as there are no streets—as we understand the word—in the town. In fact, Blondin is said to have remarked that walking on a tight-rope was easier work. Another objection is that many of the comforts and luxuries of civilisation easily obtainable in the Riviera, or even at Algiers, cannot here be had. Communication with Gibraltar, where there are

excellent shops, is frequent, certainly; but in bad weather the steamers do not cross, and this contingency must of course be considered. On one occasion, a few winters ago, the mail steamers were unable to cross for five consecutive days.

Still, though the Empire of Morocco is undoubtedly retrograding, Tangier itself is steadily, though slowly, progressing, and the latest manifestation of this progress are certain projects warmly supported by the English colony for a thorough system of drainage and a sound water supply. Though, as a health resort, Tangier is decidedly behind the age, it is gaining in favour with artists, sportsmen, and the more adventurous class of tourists, while the non-invalid hibernator is attracted by the social gaieties of the small but lively English colony.

Routes.—The most direct way of reaching Tangier is by the weekly or fortnightly services of the P. and O. and Orient Lines respectively from London to Gibraltar. Here passengers change into one of the steamers sailing almost daily between Gibraltar and Tangier. (See below.) By this service Tangier can be reached in six or sometimes five days. The Cunard Liverpool and Tangier service has been discontinued. A cheap way of reaching Tangier by sea is by one of the Morocco lines of steamers of Forwood Brothers (3, Crosby Square, E.C.). A steamer of this old-established line leaves London regularly every month for Tangier (calling at Gibraltar), the Morocco coast and the Canaries. First class fare: £8 8s. (return £13, available for six months). The time occupied is about six and a half days. For visitors who wish to avoid the sea as much as possible, the new overland route *viâ* Gibraltar is available. (See GIBRALTAR). There is a service between Gibraltar and Tangier by Messrs. Bland & Co.'s small steamers, leaving Gibraltar on Sunday, Tuesday, and Thursday at noon. Fare: 8*s.*; return ticket (available for three months), 12*s.* Transit: four to five hours. Passengers should bring provisions, as no refreshments can be obtained on board. Then once a week a steamer of the

Thomas Haynes Line crosses from Gibraltar to Tangier. These steamers are small coasting vessels, and the accommodation is not luxurious.

Recently the Compania Transatlantica of Barcelona have made Tangier a calling-place for their steamers in the Gibraltar-Cadiz Line, and these vessels leave Gibraltar on Monday, Wednesday, and Friday at noon. Though the passage across the straits is short, it is often very rough, and it is unfortunate that the only first class steamers, those of the General Transatlantic Company, are no longer available, as this service has been discontinued.

Climate.—Tangier has what is sometimes called a marine climate. It is very equable, and slightly milder than that of Algiers, though it is not quite so dry or bracing. In climate Tangier is considered to resemble Capri more nearly than any other Mediterranean resort. The same peculiar softness of the atmosphere is felt here. This has a sedative influence without necessarily being relaxing. Tangier is, however, much warmer than the island station. The temperature is remarkably uniform, the difference between the extremes of heat and cold during the season (November to April) being not more than 16°; and the difference between day and night temperature is very slight also. The average mean temperature for the winter months is 60°, and for the whole year, 67°. January is the coldest month, with a mean average of 54°. A series of careful observations taken by the late British Minister, Sir Drummond Hay, extending over many years, show that the temperature has never been lower than 49°. The rainfall is less than in Algeria, there being rarely more than thirty to thirty-five rainy days during the season. February and March are usually the rainiest months.

Tangier differs from most Mediterranean winter stations in being a fairly comfortable summer residence,

consequently the season is longer than at Cairo, Algiers, or along the Riviera. The heat is much tempered by the Atlantic breezes, and is rarely oppressive. The hotel season is from November to May, but most hotels remain open all the year. Residents in villas generally arrive in October and remain till June.

Society.—There is a good deal of entertaining among the English and American colony, which is chiefly composed of the members of the diplomatic and consular body with their families. They are inclined perhaps to hold themselves rather aloof from ordinary visitors and tourists; so visitors would find it advisable to bring introductions.

Hotels and Pensions.—In describing the Tangerine hotels it is particularly necessary to be up to date, as there have been frequent changes and fluctuations in the hotel trade of Tangier in the last few years. The Hotels Victoria, Central, and English, for instance, no longer exist.

Of late the most fashionable and the most popular hotel has been the Continental, which may now be said to take the place of the old-established Villa de France as the premier Tangier hotel. The latter, though, is still preferred by most visitors making a long stay at Tangier, partly owing to its superior position. The Continental is a favourite resort of Americans. Its worst point is its situation, being built in a crowded part of the city, and having consequently somewhat malodorous surroundings. The society here is both more cosmopolitan and more lively than that of the Villa de France. English tastes are, however, consulted, and an English billiard table has been added to its attractions. Its *cuisine* and cellar have been very well spoken of. The terms for *pension* vary from 12 fr. to 14 fr. from January to April, while for the rest of the year reduced charges are made. Here, and at the Villa de France and Victoria, Cook's coupons are accepted, while Gaze's coupons are taken at the New York Hotel.

The Villa de France had once a high reputation, and held undisputed sway in the estimation of tourists as the one Tangier hotel, its name having been familiar to every traveller in Morocco for half a century almost. Of late years it has gone through vicissitudes, but still holds its own as the favourite sojourn of invalids, artists and literary people. Its position is healthy and open, on an elevated site just outside the Soko, and it possesses at its gates a wealth of "Oriental colour" in the artistic sense, owing to its proximity to the native market (Soko). It has a large garden, and the management has shown itself alive to modern requirements by laying down a tennis court. During the season the terms are the same as those of the Continental, but for the rest of the year 8 fr. to 10 fr. is the usual charge.

There are several hotels with more moderate charges, known as the New York, International, Universal, and Calpe. Of these the New York Hotel is the largest and best. It is a more pretentious class of *caravanserai* than the others, being fitted with electric light. The terms during the season are 10 fr. a day. Its situation is good and healthy, and as it immediately fronts the beach, there has been less difficulty in carrying out a fairly efficient system of drainage than in the case of the other hotels. The pretensions of the Hôtels Universal (on the shore) and Calpe are more modest, and so are their tariffs—7 fr. or 8 fr. a day.

There are two private *pensions* or boarding-houses which have been recommended—viz., Villa Valentina, kept by Mr. Hill, an Austrian; and Pension Rymand, at Fort Anne.

Villas and Apartments.—There are very few villas which can be rented for the season, and the few there are, have, as a rule, no European fireplaces, and are not sufficiently protected from the occasional heavy rains. The demand far exceeds the supply, as no house or villa can be built without the permission of the Moorish authorities, which is very rarely granted. Apartments are scarce. There are, however, two or three private families (English) who are willing to take recommended visitors for £2 2*s*. or £2 10*s*. a week. For further information on this subject visitors should apply to Messrs. McLeod, Brash & Co., at the English Stores.

Amusements.—Visitors do not, of course, expect to find—and would probably be disgusted if they did—in Tangier the entertainments and amusements of an ordinary European watering-place—bands, theatres, promenades, cafés, etc. The chief charm of a winter residence at Tangier is, next to its delicious climate, the opportunity it gives of seeing Moorish manners and customs, and Oriental life in all its varied and most interesting aspects. Even the discomforts of Tangier as a residence—roughly-paved alleys for streets, no roads, no means of conveyance except mules and donkeys, no street lamps, and no drains—are readily forgiven by the artist and the lover of the picturesque, as showing that no attempt has been made to modernise the town. This paragraph, then, somewhat resembles the chapter of the conscientious historian of Iceland on the snakes of that island—"There are no snakes in Iceland." For though Tangier has enough to interest the visitor for a whole winter, it has certainly no amusements.

Sport.—Tangier makes pleasant winter quarters for sportsmen. Wild boar are plentiful, and during the winter boar-hunting parties are occasionally organised by the British Minister, at which all English visitors are made welcome. These boar-hunts are among the recognised institutions of Tangier society, and are attended by almost "everybody who is anybody," including a large contingent from Gibraltar. The visitor who wishes to take part in one is advised to arrange about his mount some days in advance, or he will be left in the lurch. A hunter, or rather hack (for "hunter" is too dignified a term to apply to the rough and unschooled Tangier steeds), can be hired for about 10 fr. or 15 fr. a day. A saddle-horse could be hired by the month for about 4 fr. a day with its keep, or 3 fr. without. Camping out is necessary, and tents and

provisions are provided at the principal hotels. See "Pig-sticking in Morocco" in *Nineteenth Century*, April 1892, by Lady Egerton.

In the immediate vicinity of Tangier game is now scarce, thanks partly to the officers quartered at Gibraltar, but mainly owing to the ravages of a number of unscrupulous "professional sportsmen" from Tangier, who have effectively thinned the country near Ceuta. However, there is good snipe and quail shooting, and partridges abound in the interior. Near Tetuan trout-fishing is to be had, and trout are also found in some streams in the Anghera Hills, near Tangier. This is of interest also to naturalists, as the only other habitat of the fish in North Africa is a stream near Collo, on the Algerian coast. Except near Tangier, there is no close season, and nothing is preserved except storks and monkeys, which are looked upon as sacred by the natives. Near Tangier, chiefly at the lakes of Sherf-el-Akab, twelve miles to the south, pig-sticking can be indulged in; but in the interior the boars are shot, as the country is too rough for spearing. For information about shooting expeditions in the interior the traveller should apply to Mr. E. P. Carleton of Tangier, a well-known courier-sportsman.

Good sea-fishing is to be had off the Atlantic coast. Bass are caught in great numbers. A good deal of information about sport in Morocco, both with rod and gun, will be found in a book called "Moss from a Rolling Stone," by C. A. Payton, of the *Field*. This work, however, deals more with the southern part of Morocco, where game is more plentiful.

A pack of foxhounds has recently been started; the hunting is good and foxes plentiful. Meets take place twice a week, from October to April. Master of the Hunt, Count Haro.

Principal Attractions.—Tangier does not possess many lions, and after the indefatigable and ubiquitous tourist has visited the Kasbah, the Soko (market), and glanced at the exteriors—entrance strictly forbidden to Christians—of the principal mosques, he will probably have done all the places mentioned in his guide-book, and may perhaps flatter himself that he has seen everything worth seeing. But in his hurried scamper through the town he has really missed the principal sight. The Moors themselves constitute the most interesting feature of Tangier, and in order to study them intelligently, and to get some definite idea of what Oriental life is, a whole winter—much less a few days—would hardly suffice.

Those wishing to explore the town thoroughly should not disdain the services of a good guide, who can be procured for about 3*s.* or 4*s.* a day. He will of course get a commission—usually 20 per cent.—on all curiosities the visitor buys; but unless he (the visitor) speaks Arabic, he would probably have to pay more without.

Excursions.—Many interesting excursions can be made from Tangier, such as to Cape Spartel (one day), Ceuta, Tetuan, and the coast towns of Laraiche and Rabat. A good saddle-horse can be hired for a dollar and a half a day, or less if hired for an excursion of several days or a week. A Moorish or Spanish groom can be obtained at a weekly wage of not more than twelve shillings, the servant providing his own board.

A favourite excursion is to Tetuan, for which three days at least should be allowed. It is forty-five miles from Tangier, and as the only accommodation—and that of the roughest—on the road is at the Fondak, about twenty-five miles from Tangier, ladies, at any rate, will be obliged to do the journey in one day. As the track is rough (for there are no roads outside Tangier) it is a somewhat fatiguing,

but highly interesting excursion. A start should be made not later than six o'clock in the morning, and a halt made at the Fondak during the hottest part of the day. Provisions should be taken, as no refreshments except coffee (Moorish) can be obtained at this caravanserai. A guide is necessary, but a soldier as guard may be dispensed with for this particular excursion, unless ladies are of the party. The chief objection to taking a soldier as escort—necessary of course for more distant excursions—is that the rate of travelling is so slow. A Moorish soldier, being paid by the day for this duty, will naturally not be hurried, and prefers to go the whole distance at a walk, varied occasionally by a slow, ambling trot. The journey is sometimes made on mules, but this is very tedious, and takes twelve or fourteen hours at least. On horseback the ride can be comfortably done in eight or ten hours. If it is intended to spend the night at the Fondak, plenty of rugs should be taken, and the Fondak should be reached before nightfall, as the gates are closed an hour after sunset. There is no hotel at Tetuan, but good accommodation at Tangier hotel prices can be obtained at the house of Mr. Nahon, the English Vice-Consul. Tetuan is purely Oriental without any European admixture, and is particularly interesting to artists. Situation picturesque, and the surrounding scenery very fine.

For distant excursions into the interior it is almost necessary to take a Moorish soldier as an escort. This escort is easily obtainable through the British Minister or Consul. The traveller will have to pay the soldier a small sum for his services, and in addition a small gratuity is expected at the end of the engagement. The soldier is held responsible with his life by the Moorish authorities for the safety of his charge. The traveller should not neglect to satisfy himself through the consul at Tangier or Mogador that the country is safe for travelling, and

should also remember that travelling in the interior during the month's fast of Rhamadan, or the few days succeeding it, is attended with a certain amount of risk. During any serious illness of the Sultan, too, the country is usually in an unsettled state.

It is advisable to take a few very simple patent medicines, with a view of ingratiating oneself with the natives, who look upon all Europeans as doctors, and who are in the habit of asking them for remedies for all sorts of ailments. Fever and ague are common complaints all over the country, especially near rivers, and quinine is always valuable; chlorodyne is also extremely useful; and "St. Jacob's Oil" and "Davis' Pain Killer" are capital things to take a supply of, and often come in handy. It is a good plan to include in the outfit a small supply of permanganate of potash: it is from this that Condy's Fluid is made, and in the shape of grains it is very portable—in fact, half an ounce mixed with water will make enough to fill an ordinary medicine bottle with a fluid of the same strength as that usually sold. A very useful medicine, much in favour with missionaries, is zinc. It is extremely efficacious as a tonic, and also as a wash for the eyes, the natives, after fever, suffering much from eye complaints. As a tonic, the dose is 1¾ gr. sulphate of zinc, in the form of a pill—one to be taken three times a day; as a wash, 4 grs. sulphate of zinc, with an equal quantity of acetate of lead, in 6 oz. water. Travellers should invariably wear one of the woollen anti-cholera sashes round the waist; it is a preventive against sudden chill, and may help to ward off an attack of dysentery.

It is certainly advisable to take a few lessons in Arabic before starting. The dialect spoken in Morocco does not materially differ from that used in Algeria. At any rate, there is not so great a difference between these two dialects as between the Arabic of Algeria and that spoken in Egypt.

The best practical dialogue book is the one by Ben Kassem Ben Sedira, in French and Arabic, which is published by Monsieur A. Jourdan, Algiers. The price is only 3 fr., and the book can easily be carried in the pocket. In the interior, a traveller will either have to camp out—tents and other necessaries for which can be obtained at Tangier—or depend on the hospitality of the kaids or sheikhs for lodging. The Arabic code of ethics which obtains in polite society is rather comprehensive, but the following hints and suggestions may perhaps be of use. The following "Don'ts" should be remembered in one's intercourse with the sheikhs: Don't under any circumstance point at a man with the finger, or exercise yourself about the care of your horse or servant, or ask unnecessary questions, or blow out a light—it should be extinguished by passing the hand rapidly over it—or ask after the host's family. Another thing to be avoided is staring at a Moor when going through his devotions. This is thought highly indecent by Mohammedans. Among the high-class Arabs an infringement of any of these rules is considered as a mark of ill-breeding. So much for the "sins of commission." It is, however, occasionally important to gain the co-operation or good-will of the native chiefs, and a judicious use of the following phrases will go a long way towards earning their respect. When hospitality is offered, the usual formula of thanks is "*Marh'-arba*; *ahla ou sahla*." In asking for a light for a pipe, the traveller should be careful not to use the literal expression—"*djib lee ennar*" (give me a light), as the word *ennar* also signifies hell; the proper phrase is "*djib lee afia*" (give me peace). When an inferior offers a present, the thanks should take the form of "*Allah iatik sahha*" (May God give you health). It is considered polite to say to a person who sneezes—which is thought lucky—"*Rah'emek Allah!*" (God bless you), on which the sneezer will probably

return the compliment with "*Allah inedjeek*" (May God preserve you). In general it may be mentioned that a calm and impassive demeanour should invariably be preserved. Another point to be remembered is that sketching, photographing, etc., shocks the religious prejudices of the Arabs, and it should be done as much as possible unobserved. Should a traveller be rash and ill-advised enough to attempt to sketch a mosque, he must not be surprised if he meets with insults or even rough treatment from the fanatical natives.

A traveller visiting the imperial cities of Fez or Marakesh (Morocco) may perhaps wish to have an audience with the Sultan (Abdul Aziz). This privilege, however, entails considerable expense, as a handsome present is always expected.

A NOTE ON TANGIER AS A WINTER STATION.

By W. C. Greig, M.B., C.M. Edin.

The attention which Tangier has received of late induces me to offer some information on the subject of its climate and its suitability as a winter resort for invalids. My knowledge of the place is derived from my having practised there for the past five years. The table of averages appended, which has been carefully prepared by Mr. H. E. White, H.B.M. Consul, will serve to give a general idea of the climate.

The town of Tangier is situated in latitude 36° N., on a peninsula which is bounded on three sides by the sea. Hence its climatic character, which is *warm insular*. The winters are mild, equable, and rather humid. The shade temperature is remarkably constant. There is a great deal of sunshine, and the difference between the temperature in the sun and in the shade is naturally very great. Rain falls any time between September and April in uncertain quantities, but I think I may venture to say that fine, sunshiny weather is the rule. The prevailing winds are from the south-west and east, and absolutely still days are rare. Dew falls heavily at night. The summers are warm, but not unpleasantly hot, as the air is always tempered by the fresh

sea breeze which blows during the day. Generally speaking, I believe that the climate has a character intermediate between that of Algiers and that of Orotava. It is warmer in winter than Algiers and colder than Orotava, but in spring and summer it is cooler than either.

The number of invalids who spend the winter at Tangier is still quite small, though there is a constant stream of visitors passing through the place. The climate is well suited for phthisical cases, and for cases of bronchitis and asthma. A few people suffering from insomnia have done well. Some cases of chronic Bright's disease have shown marked improvement. The cases which are not suitable are those of rheumatism, heart disease, and dyspepsia. Patients suffering from mental derangement ought to avoid Tangier; but the complete change of air and of scene which it offers makes it a suitable place for most convalescents. The really strong point in Tangier is its temperate summer climate, which renders it quite possible to live there comfortably all the year round. The phthisical patients who do best are those who stay for two years without any return to England. After this they may take a change during the summer. The society is good, and the accommodation has so far proved sufficient for the number of people who come.

Averages.

Month.	Dry bulb, 9 A.M.	Wet bulb, 9 A.M.	Dew point, 9 A.M.	Relative humidity, 9 A.M.	Maximum in sun.	Mean of maximum in sun.	Maximum in shade.	Mean of maximum in shade.	Minimum.	Mean of minimum.	Rainfall.
January .	51·7	48·5	45·6	82	126·5	114·9	63·0	56·8	39·8	47·3	4·77
February .	54·2	51·9	48·8	80	131·2	121·0	63·7	59·0	43·7	49·3	3·34
March . .	57·1	53·8	49·9	76	136·0	126·1	69·7	61·0	45·2	52·7	5·51
April . .	60·7	58·0	54·8	78	138·6	130·5	72·3	65·1	50·3	54·7	4·13
May . . .	64·9	61·2	57·3	74	144·5	133·7	75·4	68·9	51·9	57·6	2·41
June . .	70·3	65·6	61·3	71	146·6	138·1	83·5	75·2	56·2	62·7	0·36
July . . .	73·7	65·9	62·2	65	146·0	139·2	84·5	77·9	60·8	65·7	0·08
August . .	73·6	68·4	64·0	69	148·4	140·5	83·8	77·7	62·2	66·8	0·03
September	71·2	66·7	62·7	72	144·0	137·2	82·0	75·9	59·2	64·4	1·00
October .	65·2	62·8	58·1	77	142·0	130·9	76·5	69·3	51·3	59·7	4·00
November	59·2	56·5	53·7	82	134·5	120·3	68·4	62·1	43·0	55·2	2·75
December	53·9	51·9	69·4	83	126·9	113·4	64·3	58·4	46·8	49·2	3·94

The average yearly rainfall is about 32½ inches; the rainfall is calculated on ten years; the sun maximum is calculated on three years generally; but only one record is kept of some of the summer months. Most of the other averages are calculated on five years.

Sanitary Conditions.—The water supply is derived from three sources. (*a*) From old Portuguese conduits, which supply the fountain in the town, and from which the water is carried by hand to the houses. This water is considered good, but the supply is deficient. (*b*) From rain-water tanks attached to the houses of the better class outside the town. When collected on a clean tiled roof and stored in a clean tank, this is a good and safe water. (*c*) From wells and so-called springs. Of these there are good, bad, and indifferent; good in the spring from which Taylor's soda water is made, and in the springs on the mountains, etc.; indifferent in many private wells, and bad in the open wells which one sees around the town. There is thus no universal supply, but good water can be obtained with but little trouble. In the town there is a complete drainage system of the very roughest description, emptying itself into the sea. It is ventilated purposely by gratings here and there in the streets, and unintentionally by trapless openings in many of the common Jewish and Moorish houses. Typhoid fever and diphtheria are not frequent, the openness and roughness of the sanitation being more offensive but less dangerous than more complicated and refined methods. Tangier has also the advantage over other Mediterranean places of a tidal sea and strong currents to carry off everything. Generally speaking, Tangier is healthy, but this is to be attributed to the strong tides, the fresh sea breezes, and even the open drains, rather than to any effort on the part of the inhabitants. It is only fair to mention that a great deal of the smell which many visitors complain of is produced by the unrefined oil which the natives use in cooking.

PRACTICAL INFORMATION.

Church Services.—St. Andrew's, near the Hotel Villa de France. Hours of service 11 a.m. and 3.30 p.m. H. C. every Sunday. Chaplain, Rev. T. E. Bird, M.A. The church is supported by the S.P.G., and is open all the year.

English Minister.—Col. Sir Arthur Nicolson, C.M.G.

English Consul.—H. E. White, Esq.; U.S. Consul, Col. Barclay.

English Doctor.—Dr. C. Campbell Smith.

Private Convalescent Home.—For information apply to Mrs. Jennings, Fez Road, Tangier.

Chemist.—Morillo.

English Stores.—Messrs. Macleod, Brash & Co.

Postal Arrangements.—There is a Government Postal Service in the hands of the various Legations. The English post office is near the Marina Gate. Hours, 9 till 12 and (except Sundays) 1 to 3. Gibraltar stamps used. A mail arrives every day from Gibraltar, and letters usually take six days in transit from London. Postage, $2\frac{1}{2}d.$ the $\frac{1}{2}$ oz. Parcels by parcel post leave England on Wednesdays by P. and O. boats. Under 1 lb., $8d.$; over, $7d.$ every additional pound. The land postal service to the towns on the coast, except Ceuta and Tetuan, and in the interior, is defective. Letters are carried by native runners. There is a telegraph office at Tangier; charge to England, $6d.$ a word, or if sent to Gibraltar by post, the charge is only $2d.$ a word, plus $10d.$ Telephone office near the Marina Gate.

Bank.—Banque Transatlantique, opposite the English Post Office, agent, Monsieur Benchimol; Messrs. Hæssner.

Conveyances.—The tariff for boats to and from steamer is, General Transatlantic Company's steamer, 1 fr. 50 c.; Gibraltar local steamer. 1 fr. Double fees in bad weather.

House Agent.—No regular house agent, but information concerning villas to let would be given at the English Stores.

Language.—Chiefly Arabic and Spanish, but French and English are understood at the hotels and principal shops. See "Introduction to the Arabic of Morocco," by J. E. B. Meakin (Kegan Paul, 1891).

Money.—Spanish coins are mostly used, in the form of dollars and reals. A small copper coin is also in use among the natives, of which about 180 go to a shilling. English and French coins, however, are not refused.

Passports.—No longer necessary; but English visitors remaining over one month are required to register themselves at the consulate, for which a fee of 2*s.* 6*d.* is charged.

Newspaper.—*Maghreb El Aksa* ("The Far West") weekly. *The Times of Morocco* has been discontinued.

Map.—There are not many good modern maps of Morocco. The best one is the French one, published by the "Depôt de la Guerre," at Paris, price 15*s.*; scale, twenty-three miles to an inch. It can be procured at Mr. Stanford's, Cockspur Street, S.W.

Guide Books, Books of Reference, etc.—There is no English guide book to Tangier or Morocco, though descriptions of the town are given in Murray's "Spain," last edition, 1892, 20*s.*, Murray's "Mediterranean Islands," 20*s.*, and O'Shea's "Handbook to Spain," 15*s.*, 10th edition, 1895. This contains all the most recent information. It is edited by Mr. John Lomas. There is also a short account of Tangier in Piesse's "Algerie" (Hachette, Paris).

Books of travel dealing with Morocco are numerous. The following works will be found interesting:—De Amicis' "Morocco, its People and Places;" Mrs. Howard Vyse's "A Winter in Tangier;" Capt. Colville's "Ride in Petticoat and Slippers;" Cowan and Johnston's "Moorish Lotos Leaves;" H. E. M. Stutfield's "El Maghreb" (the Arabic name of Morocco); Captain Trotter's "Mission to the Court of Morocco;" Miss Ferrer's "Winter in Morocco;" Dr. Leared's "Morocco and the Moors;" "Morocco and the Moors," by Sir Drummond Hay, 2*s.* (Murray); "Morocco," by M. H. de la Martinière; "Sketches in Morocco," by R. Wake (Field & Tuer, 1890); "Au Maroc," by Pierre Loti (C. Levy, 1890), 3 fr. 50 c.; "Sketches in Tangier," by Vernon Lee (*The New Review*, March, 1890); "Travels in Morocco," by James Thomson (George Philip, 1889); "The Land of an African Sultan," by W. B. Harris, F.R.G.S.; "Spain and Morocco," by H. T. Finch (Percival, 1892, 4*s.* 6*d.*); "A Scamper through Spain

and Tangier," by Margaret Thomas (Hutchinson, 1892); "Morocco as it is," by Stephen Bonsal (W. H. Allen, 1892); "Pioneering in Morocco," by Dr. R. Kerr (Allenson, 1894, 3*s.* 6*d.*); "Among the Moors," by Montbard (Low, 1894). Of novels dealing with Moorish life the following are interesting: "The Scapegoat," by Hall Caine; "Mohammed Ben Ani," by Ion Perdicaris; and "Under Sealed Orders," by Grant Allen. A graphic description of the city will be found in an article entitled "From Spanish Light to Moorish Shadow" (*Scribner.* February 1893).

PART VI.

ALGERIA.

I.—ALGIERS.

ALGIERS has altered considerably from the time when G. A. Sala, E. A. Knox, Mrs. Broughton, and innumerable other travel writers waxed so enthusiastic over the wild charms of "The New Playground." Algeria was then regarded as one of those places which every traveller of literary pretensions was bound to describe at length, and the literature of Algerian travel forms quite a respectable library. Thirty years ago the adventurous tourist who visited the little-known colony considered himself to have some claims to be regarded as a traveller. It took about a week to reach the "African Paris," which then boasted of only one really high-class hotel, the famous Hotel de la Regence, which ranked in point of reputation almost as high as Shepheard's, of Cairo. Now, thanks to the luxurious service of the General Transatlantic Company, with its magnificent fleet of ocean-liners, notably the *Eugène Pereire*, the "Greyhound of the Mediterranean," Algiers can be reached in less than three days from London; and, arrived there, the travellers will have an *embarras du choix* among over half a dozen hotels of the first rank, and will find in this "Paris oversea" shops and stores which will hardly be equalled in the largest provincial cities of France.

The first view of Algiers from the sea is strikingly picturesque. Few towns on the Mediterranean can boast such a beautiful situation. The magnificent Boulevard de la République is the most prominent feature in the foreground. Towering over the modern town is the native quarter, rising picturesquely, tier above tier, to the Kasbah, the white houses standing out in strong relief against the wooded hills in the background, and glistening in the sun like a "diamond set in emeralds," to use the expressive Arab simile. All this forms a *coup d'œil* hardly surpassed along the whole length of the French or Italian Riviera.

The visitors may be divided into two classes—invalids and others who remain for the winter, and who are found for the most part in the hotels and Moorish villas of the Mustapha suburb; and tourists and travellers who come chiefly to see the country. Algiers would not, perhaps, recommend itself to that class of visitors who throng Cannes or Nice for the sake of the dissipations and gaieties of society, as it is not a particularly lively place.

The best time for intending winter residents to arrive is in the beginning of November, though the season does not really begin till the end of that month. Tourists and others who can only make a short stay would find the Easter holidays as good a time as any. In April the whole country is carpeted with flowers. The vineyards on the hillsides, in the winter mere unsightly rows of sticks, are now one glowing mass of bright green foliage. The immense orchards of almond-trees scattered over the plain are in blossom, giving a delightful richness of colour to the landscape. For economical reasons, too, it is advisable for the ordinary tourist to arrive rather late in the season, as living is then much cheaper, rooms and *pension* at the hotels being obtainable at prices fully one-third lower than those asked in the height of the season.

Routes.—There is considerable choice. The usual and best route is *viâ* Paris and Marseilles. From this port there are three steamship lines to Algiers. The quickest and most comfortable is the Transatlantique. Fare: £4, average passage twenty-six to twenty-eight hours. The steamers leave Marseilles on Monday, Wednesday, Thursday, and Saturday at 12.30 p.m. The Port Vendres service has been discontinued. By this service Algiers can be reached in two days and a quarter after leaving London. Luggage can be registered through from Paris to Algiers, where it is examined. The steamers leave Algiers for Marseilles on Tuesday, Thursday, Saturday, and Sunday at noon. The two other passenger lines, the Cie. de Navigation Mixte, and the Cie. de Transports Maritimes, are much cheaper and moderately comfortable, but they cannot be recommended for ladies or invalids. The first class fare is 50 fr. (half that of the General Trans. Co.), and the average passage thirty-six hours. They are generally very crowded, and early application for a berth or state room is necessary. The boats of the Cie. de Navigation Mixte leave Marseilles for Algiers on Monday, Wednesday, and Saturday at 5 p.m., and are expected to reach Algiers at 3 a.m. next day but one. The Transports Maritimes boats leave Marseilles on same days and hours as the rival company, and leave Algiers for Marseilles on Tuesday and Saturday at 5 p.m. These two competing lines so frequently change their hours of sailing that information on the subject will be best obtained either by writing to the offices of the respective companies at Marseilles, or by consulting an Indicateur Chaix, 75 c. (Hachette & Cie., King William Street, W.C.), as they are not always mentioned in the Continental Bradshaw.

The cost of the journey from London to Algiers by either of these lines, *viâ* Dieppe and Paris, would amount to about £8 (second class to Paris, afterwards first). The through fare from London to Algiers *viâ* Dieppe, Paris, Marseilles, and Transatlantic steamer, is £9 12*s.* 3*d.* first, and £6 14*s.* 2*d.* second class. By Calais the respective fares are £10 18*s.* 3*d.*, and £7 12*s.* 3*d.* Ticket available for twenty-two days. Circular tickets are also issued by the C.G.T. from London to Algiers, available for ninety days, for £15 13*s.* 9*d.* first, and £11 17*s.*

second, by Calais, and £14 2*s.* 3*d.* first, and £10 10*s.* 3*d.* second, *viâ* Dieppe. Another and slightly cheaper route is by the weekly service of the General Steam Navigation Co. from London to Bordeaux, thence to Cette by rail, and from that port by the Navigation Mixte. This route is not recommended to ladies. Those with a good deal of luggage would find it, perhaps, the most economical of any route. There are also the direct fortnightly services from Liverpool to Algiers by the Papayanni or Moss steamships, or the weekly service of the Holt Line (Ocean S.S. Co.). The average passage is eight days, and the fare of all three lines is £10.

By the new arrangement between the Hamburg-American and North German Lloyd Steamship Companies their steamers in the New York-Genoa Service now call at intervals during the winter at Naples and Algiers, and regularly at Gibraltar. English travellers have now the choice of three new routes to Algiers, either from Gibraltar, Genoa, or Naples. Fare from Naples or Genoa to Algiers or Gibraltar: £8 first, or £5 second. By the Gibraltar Service Algiers can now be reached from London *viâ* the new railway to Algeciras (Gibraltar) at the cost of a sea voyage of little more than sixteen hours, which should recommend this route to invalids and bad sailors. The dates of this combined service for 1895-6 are as follows:—(1) Leave Gibraltar for Algiers: October 25th; November 15th; December 2nd, 16th; January 24th; February 7th, 28th. Algiers reached the day following. (2) Leave Genoa for Algiers: November 16th; December 5th; January 4th, 8th; February 1st, 20th; March 11th. Arrive Algiers usually three days later. (3) Leave Naples for Algiers: November 17th; December 6th; January 5th; February 2nd, 21st; March 12th. Time, two to three days.

Climate.—There is, unfortunately, considerable difference of opinion among medical men with regard to the character of the climate. Dr. Yeo considers that it is not so damp and relaxing as Madeira, though less stimulating than the French Riviera. Dr. Bennett, comparing Algiers with his beloved Mentone, considers it nearly as humid

and relaxing as Madeira. Dr. Jackson, who is generally regarded as the best authority, considers the climate "not relaxing, but dry and bracing." The last-named writer's view seems to be corroborated by the scarcity of mosquitoes, which do not thrive in a dry climate. Leaving this disputed question for the doctors to settle—for "who shall decide when doctors disagree?"—we will take refuge in the safe ground of statistics. Algiers is decidedly warmer than the Riviera, though several degrees colder than Egypt, and not quite so mild as Tangier, Malta, or Madeira. Its mean average temperature from November to April is 57° Fahr., and ranges from 54° in January to about 65° towards the end of April. The great charm of Algiers, from the doctor's point of view, is the evenness of the temperature. It varies very little during the day, and there is not that sudden chill at sunset which is so much dreaded in the Riviera winter stations. There is, of course, a fall of temperature at sunset, but it is comparatively slight. With regard to the rainfall, visitors may expect from forty to fifty rainy days during the six months of the season; in fact, all the rain of the year falls during this period.

The following records of the Algiers Meteorological Office for the months of October, November and December, 1891, are fairly typical of the weather experienced at Algiers during the first part of the season.

The month of October had twenty-two days with a clear blue sky, sunny and calm; nine days showery; mean temperature night and day, 72°. The month of November had twenty-one days with a clear blue sky, sunny and calm; nine days showery; mean temperature night and day, 60°. The month of December had twenty-six days with clear blue sky; five days showery; mean temperature night and day, 59°.

The sanitary conditions are fairly satisfactory.

The city is built upon a considerable slope, favourable to draining off the water. The subsoil is rocky, and impervious to water. Consequently there is no danger of the pollution of the springs.

For some years past the Municipality has been engaged on important sanitary works; in the upper part of the city reservoirs have been created for the purpose of flushing the sewers.

The old part of the city has been ventilated by the construction of wide streets, and all the sanitary arrangements necessary to ensure the Municipal public decrees.

The principal streets have been paved with wood, instead of macadam, whereby the mud and dust formerly justly complained of have been got rid of. All the waste lands surrounding the city have been planted with eucalyptus, which produces a most salutary effect.

Algiers is recommended for most forms of pulmonary consumption, for affections of the heart, and for Bright's disease. The suitability of Algiers as a winter residence for cases of phthisis is proved by the fact (as Dr. Francis points out in his well-known work on "Change of Climate in Disease") that the disease is rare among the Algerines, though it is frequent among the negroes and Arabs who have come to Algiers from a hotter climate. According to statistics collected and published by Messieurs Gruyon and Bonafoud, the proportion of deaths resulting from pulmonary consumption among the European population of Algeria during a period of six years was 1 in 40, while the proportion of deaths caused by the same disease in London and Paris was about 1 in 5.

Dr. W. Thomson, who has practised for a great many winters at Algiers, has kindly sent me the following remarks on the climatic conditions and the types of cases which may be expected to benefit from a residence at Algiers:—

"The climate of the residential part of Algiers and its suburbs is somewhat difficult to define: it might be divided into three zones according to the elevation, each one differing from the other. The lowest, that in the town of Algiers, right over the sea, shares the advantages and disadvantages which that involves. The second or middle one, that of Mustapha Supérieur, where nearly all the English hotels are, is of a more bracing character; whilst that of the third zone, viz., the quarter of El Biar, etc., is much more that of a mountain air; unfortunately there are no hotels in the latter region. In general the climate of Algiers is, like that of many other places, beneficial in the primary stage of consumption. It is more especially so in those cases, whether arising from a tuberculous, gouty, or other cause, in which there is a dry, hacking cough with an irritable state of the laryngeal and bronchial mucous membrane. Cases with copious expectoration of the bronchorreal type do not do so well, though I have seen excellent results in such cases even of long standing where the bronchial dilatation was considerable, and the same has occurred in many cases where the cavity was of undoubtedly tubercular origin. Next to these come the various forms of Bright's disease, in which the mild, equable character of the climate is especially beneficial. Asthmatics for the most part do very well in Algiers, as also do nearly all cases with cardiac disorders, whether functional or organic; and I find that both in such cases, and also in those where there is an irritable excitability of the nervous system, the sedative character of the climate of Mustapha is productive of quiet sleep which has not been obtainable at other stations on the Mediterranean."

Society.—There is a large English colony at Mustapha, who are, on the whole, sociably disposed to their compatriots, and a good deal of entertaining goes on in the

way of tennis-parties, picnics, dances, etc. The latest society institution of Algiers is the English Club, which was started in 1888. The club-house at Mustapha Supérieur contains a smoking and reading-room well supplied with English papers, and a billiard-room with an English table. In the grounds are several lawn-tennis courts. It has proved a success, as it has been supported by all the most influential English residents, who have long felt the want of some institution of the kind. It was intended to model the club on somewhat similar lines to those of the English clubs at Pau, Cannes, Malta, Gibraltar, etc. Shooting and boar-hunting excursions are occasionally organised by the committee. If a visitor wishes to mix much in the society of the Anglo-American colony he should certainly become a member of this club. Subscriptions, 20 fr. weekly, 40 fr. monthly, and 125 fr. for the season (November to May). Entrance fee, 10 fr.

Hotels.—The hotels of Algiers fall naturally into three classes, locality as well as price forming a convenient basis of classification: first, those situated on the mountain slopes of Mustapha Supérieur, the English quarter; well elevated, healthy, with large gardens in the midst of charming rural surroundings, but, with the exception of the Hotels Continental and D'Orient, some two or three miles from the city. They are, in the main, residential hotels much frequented by English and American sojourners for the season, but not much patronised by the passing tourist—in fact, the hotel proprietors can hardly be said to go out of their way to bid for the passing traveller's custom. The charges of these hotels do not vary much, 12 fr. to 15 fr. a day being the average *pension* terms.

Speaking generally, these are good and high-class establishments, though without any pretensions to compete in point of size, wealth of adornment, and luxuriance of fittings and appointments with the palatial establishments which are to be found at Cannes, Nice, Monte Carlo, and Cairo, for instance. The *clientèle* being mainly English, the tastes and prejudices of

our compatriots are scrupulously consulted. Taking them in topographical order, and beginning with those nearest Algiers, we must first deal with the well-known old-established Continental, with its magnificent grounds, which is about a quarter of an hour from Algiers by tram (terminus opposite the hotel garden). This establishment is the largest, and one of the oldest, and may, perhaps, be considered the leading hotel in the English quarter. The Continental (much enlarged in 1889) is the only hotel in the Mustapha quarter possessing a lift—a luxurious adjunct upon which the proprietor seems to plume himself highly, to judge by the persistence with which he advertises it. The adjoining hotel, Hôtel d'Orient, is under the same management. At both of these hotels and at the Hôtel St. George a larger proportion of Americans among the guests will be generally found than at other hotels in this category. Higher up the hill is the old-established Hôtel Kirsch, commanding a still finer view, and very popular with guests. This hotel is within convenient distance of the English Club. Still higher are the new hotels, St. George and Splendide, amidst very salubrious surroundings—the former "an English hotel transformed into a Moorish palace, and the latter a Moorish palace converted into an English hotel." At these two houses the *pension* terms are 12 fr. a day. A small but high-class hotel called the Grand is the most recent addition to the Mustapha hotels. It is under English management, and perhaps in consequence a large proportion of the visitors are English. It is more of a private family hotel than the others. The leading hotels in the Mustapha quarter send omnibuses to meet trains and steamboats, with capable interpreters. They have English billiard tables and lawn-tennis courts, and considerable attention has been paid to the sanitary arrangements. All except the Splendide (open all the year) are closed during the summer. Cook's coupons are accepted at the following hotels: Grand, Kirsch, St. George and Splendide. Structurally the Mustapha hotels possess a distinctive character—a blend of Arabesque architecture and decorations with some of the latest developments of modern luxury as regards furniture and appointments. The inartistic incongruity of this mixture is forgiven even by the visitor of artistic proclivities on account of the

resultant comfort. He can feast his eyes on the well-combined interiors which suggest the ornate Oriental splendour of the Alhambra or the Alcazar, and yet avail himself of the latest refinements of civilisation in the form of electric lights, hydraulic lifts, etc. Before quitting our survey of the Mustapha, mention must be made of the high-class Hotel Pension Villa Olivage, picturesquely situated on the most elevated portion of Mustapha Supérieur. Though so elevated, it is well sheltered and is a favourite sojourn for invalids. The terms are somewhat high compared to similar establishments in the South of France, the charge for *pension* being 12 fr.

Another high-class Mustapha *pension* is the Villa des Hirondelles, near the tramway terminus. It is a favourite resort of Americans, while our compatriots seem, as a rule, to prefer the Villa Olivage.

In another category must be placed the three leading Algiers hotels, the old-established Hôtel de la Regence, in the Place de Gouvernement, the Hôtel de l'Europe and the Hôtel de l'Oasis on the Boulevard de la République. The *clientèle* at these city hotels is much more cosmopolitan in its character, the French element largely predominating, especially at the Oasis. The prices, compared with those of similar establishments on the opposite shores of the Mediterranean, are rather high, 12 fr. a day being the average charge. The Hôtel de l'Europe is rather more expensive, and is largely frequented by the richer class of English tourists and globe-trotters. Gaze's hotel coupons are available at the Oasis.

In the third class are comprised the more moderate-priced hotels, much frequented by *commis voyageurs* and economical tourists. The best of those which are visited by English travellers are the Hôtels des Etrangers, Paris, and Genève. The first named is largely patronised by Cook's tourists, and may be considered more of an English house than the others. The *pension* charges at these establishments are from 8 fr. upwards.

There are not many of the class of *caravanserai* known as "hotel-pension." in Algiers, but the few there are may, as far as regards prices, be conveniently placed in this category. The Anglo-Suisse is near the Continental Hotel, with a daily charge of 8 fr. or 10 fr., while lower down and nearer the city are the

Pensions Victoria and Hollandais, where the terms are about 7 fr. or 8 fr. a day. The Villa Olivage has been already noticed, but this is more of a high-class private hotel than an ordinary hotel-pension.

Considering Algiers has such a high repute as an invalid station, it is strange that so few of these moderate-priced establishments, which abound at Mentone, San Remo, and other health resorts of the Riviera, are to be found. It is no doubt mainly due to the fact that the less well-to-do class of invalid *hiverneurs*, who throng the above-mentioned watering-places, are deterred from visiting Algeria owing to the unduly high charges made by the Transatlantic Steamship Company for the voyage from Marseilles to Algiers—viz., 100 fr. first-class.

Villas and Apartments.—Plentiful. They are nearly all built in the Moorish style; in fact, many of them are simply the country houses of the rich Moors, which have been, since the conquest, restored and adapted to suit European ideas and tastes. In fine weather they are delightful residences, but in the rainy season their deficiencies are only too apparent. The price of a furnished villa at Mustapha Supérieur for the season—*i.e.*, from the beginning of November to the end of May—would not probably be less than £250. Linen and plate are included in the rent, and the owner pays all taxes and keeps the garden in order. It could be rented for the whole year for about £50 more. The rents for villas are very much less in the suburb of St. Eugene, but a residence in this quarter has several drawbacks: to reach it, the unhealthy and dirty quarter inhabited by the Spanish colony has to be traversed. In addition to this, the villas themselves are not so well situated, and are mainly occupied by the rich Jew merchants; consequently, English residents would have to seek congenial society at Mustapha Supérieur, four or five miles off.

Men-servants are more easily obtained than maid-servants. A good cook (male) can be procured for a monthly wage of from 120 fr. to 150 fr., and a groom or coachman (often an Arab) for about 100 fr. English families are recommended to bring their own maid-servants.

Furnished apartments are numerous. They are generally let by the month, and the usual rent for one room is 35 fr. or 40 fr.

and for bed and sitting rooms, 65 fr. to 75 fr. For bachelors, this would certainly be the cheapest way of spending a winter in Algiers. At most of these *maisons meublées* meals would have to be taken out of the house. The usual plan is to arrange at an hotel or restaurant for *déjeûner* and dinner by the month. The charge for this pension is from 120 fr. to 175 fr. a month. There used to be a uniform charge of 120 fr. at the principal hotels and restaurants, but prices have risen, and 150 fr. is the usual charge. Two friends could, however, by arrangement, breakfast and dine at the same table for 120 fr. each. If a visitor pines for variety, he can take *déjeûner* at one hotel and dinner at another for about the same price. A small family, or married couple, would find it more agreeable, and at the same time more economical, to bring a servant and hire an *appartement* of four or five rooms in the town for from 160 fr. to 200 fr. a month.

Amusements.—In the way of amusements Algiers is a little behindhand, and those who expect the social dissipations and whirl of gaiety of Nice, Cannes, or Pau, will be disappointed. There is no casino as yet, though one has long been talked of. The French residents are always complaining that there are few "distractions," which means, in their case, that there is no daily promenade, and that their women-folk have no excuse for changing their toilette some half a dozen times in the course of the day. There is, however, a very good theatre subsidised by the State, a military band twice a week in the Place du Gouvernement, and occasional concerts. In addition to these mild amusements, balls are occasionally given in the Théâtre National, which makes a capital ball-room, by the various French clubs and societies of the town. They are virtually public, and the tickets usually cost 5 fr. One of these balls is worth attending, if only for the opportunity it gives of seeing French colonial society under one of its most amusing aspects. The Carnival festivities include battles of

flowers, torchlight processions (in which the garrison troops take part), masked balls, etc. An Algiers carnival presents distinctive features which make it almost *sui generis*. A carnival at Nice differs but little from one at Rome or Florence; but here the opportunities of display and show which it affords appeal strongly to the imagination of the natives, who come down in their thousands from all parts. In the torchlight procession, the quaint dancing and music of the Arabs and negroes, with their tom-toms in full blast, add a picturesque element to the spectacle.

During the carnival season Algiers is remarkably gay and lively, and the official balls of the Governor-General, the Admiral, and the Commander-in-Chief of the Algerian troops, take place usually about this time. Visitors should make a point of attending the Governor's ball; its Oriental magnificence is well known. The picturesque element is supplied by the principal Arab sheiks and kaids arrayed in their gorgeous robes. As a matter of policy they are always asked, and for political reasons also they generally accept, though they do not appear to enjoy themselves much, their religion not allowing them to dance. Balls are also given by the Governor or the municipal authorities in honour of the arrival of any foreign squadron in the port.

Among other amusements may be mentioned a race-meeting in the spring, and an occasional review of the troops by the Governor-General. These reviews are specially interesting, owing to the presence of the Spahis, or native cavalry, who go through manœuvres of which a faint notion might have been gathered from the Arab performances at Olympia in 1887. There is also an annual regatta, which is rather amusing. The bathing is very good and safe, as there are not many currents in the bay; the best bathing-place is the one below the

Artillery Barracks, but it is not open till May. Swimmers must beware of the *poulps*, or cuttle-fish, which are occasionally to be met with among the rocks. Fortunately, the breed is small, and not so dangerous as the kind sometimes encountered in the Channel Islands.

There is good boating and sailing. The sailing-boats are broad in the beam, carry a good deal of sail (felucca rig), and are good sea-boats. The charge is 2 fr. an hour, or 15 fr. for the day. The boatman (always an Arab) will ask 20 fr.; but I have known them take 10 fr.; the boats can also be hired by the week or month. It must be remembered that the coast is extremely rocky and dangerous, and there are very few harbours or places where landing is practicable in bad weather. Cases have been known in which a party intending to land at Cape Matifou, to visit the Roman remains there, has been driven round the point, and compelled to run before the wind and make for shelter to the nearest harbour (Dellys), 50 miles east of Algiers. In the spring of 1887 three English yachtsmen were drowned while sailing in one of these boats in unsettled and squally weather. There is seldom any danger if the owner of the boat is with the party, as, if there is the slightest possibility of risk, he will put back.

Sport.—With regard to sport, there is good sea-fishing. No shooting worth having is to be had near Algiers, as nearly all the game has been poached by the natives. Snipe are occasionally met with near Maison Carrée, about seven miles from the town, but not in sufficient quantity to recompense the sportsman for the trouble entailed in getting a *permis de chasse* or shooting license, which, after endless formalities, can be obtained at the Prefecture for 28 fr. In the interior it is a different matter, and big game in the shape of wild boars, jackals

and panthers, is still to be found. I will, however, go more fully into this subject in my notice of Hammam R'Irha. A sort of *chasse* on co-operative principles has indeed recently been started by the Direction des Chasses de Courbet, a "sporting *rendezvous* for large and small game," but this enterprise is not likely to commend itself to English sportsmen. The Society issues yearly subscription cards of 100 fr., of which 50 fr. is paid down and the balance at the end of six months. This gives the right of shooting over the estate of the Company for twelve months. Day tickets can also be obtained at 11 fr. each, which include food, carriage, bedroom for the night, lunch, supper, and right of shooting, the visitor-sportsman being met at the railway station and taken to his quarry!

Shopping in the Bazaars.—Those who are fond of bargaining, and wish to collect (with an eye to cheapness) Arab curios and specimens of Moorish and Kabyle art, pottery, hardware, etc., should avoid the expensive shops in the Boulevard de la République and the Rue Bab-a-Zoun, where, as a rule, "English prices" are asked, and where the things offered can be bought as easily and more cheaply in Paris or London. It is by far the best plan to go to one of the native shops which abound in the Rue de la Lyre and the streets branching off from it to the Kasbah.

Even now, in gallicised Algiers, affairs in the native quarter seem to be conducted after the stately fashion of the "Arabian Nights," when the purchase of a brass tray or an embroidered saddle-cloth was a solemn treaty, and the bargain for a lamp a diplomatic event, not to be lightly undertaken or hurriedly concluded. The usually unpleasant process of chaffering is here considered as an indispensable preliminary by the high contracting parties.

There are certain curiosities to be found at most of

these shops which practised bargainers take care to avoid, such as Moorish jewellery, plaques, trays, haïks (made at Nîmes), burnouses (manufactured at Manchester), rugs, curtains, ostriches' eggs mounted in silver, Damascene tables, Arabic daggers and muskets, etc., which can be bought cheaper any day in Regent Street or the Avenue de l'Opéra. A little search will, however, reveal quaint objects that seldom find their way into the London market, either because they are too cheap, or because they are too bulky, and at the same time too fragile, to be worth the risk of transporting for commercial purposes. Yet often it is the coarse and rough workmanship, redeeming them from the commonplace, which makes these wares so interesting. Who can look without smiling at the quaint and grotesque Kabyle pottery—the ludicrous figures there portrayed looking like an embodied practical joke played on the inoffensive clay by the waggish designer? For a few francs the traveller can fill his room with these curious triumphs of African art.

Objects of Interest.—There are several mosques, but the only ones of interest are the Grand Mosque (*Djama Kebir*) and the one just above the Jardin Marengo. Attached to the Grand Mosque (called by the French Mosquée de la Pêcherie) is a beautiful courtyard, surrounded with arcaded galleries, supported by marble columns elaborately carved. Here is a fountain (familiar to most English visitors by photographs), which is, however, usually obscured from the eyes of curious Franks by a crowd of the faithful performing their ablutions—a necessary preliminary to Mussulman worship. The mosque just above the Jardin Marengo is most picturesquely situated. This is consecrated to the Saint Sidi Abd-er-Rahman, and contains his tomb. It is also the burial-place of several famous Deys and Pachas. It is a

celebrated place of pilgrimage, and the entrance is always obstructed with a swarm of beggars, who pester the tourist with the most determined pertinacity. In visiting the mosques the shoes must, of course, be removed. The Jardin Marengo is the prettiest public garden in Algiers, and the views from it are very fine. At the lower end will be noticed a column erected in honour of Napoleon I. A list of his most famous victories is inscribed on three sides of the column, and on the fourth—the *southern* side —is this significant inscription: "*Il a rêvé cette conquête.*"

The cathedral is a striking specimen of Moorish architecture. It has lately been restored, and the Oriental character of the building—formerly a mosque—has been carefully preserved. The interior contains nothing of interest. Near the Admiralty is an exquisitely carved Moorish fountain.

The following places, being all close together, can easily be visited in one morning: The Public Library, in the Rue de l'Etat Major, the Archbishop's Palace, and the Palace of the Governor. The Summer Palace is at Mustapha Supérieur, and is a magnificent specimen of domestic Oriental architecture. The conscientious tourist having thoroughly done all these sights, can devote himself to the Kasbah, or Arab quarter, which is, after all, the most interesting feature of Algiers. A visitor of artistic tastes will not be satisfied with merely sauntering through once or twice. At every corner one comes across interesting and picturesque "bits."

The native quarter is quite distinct from the rest of Algiers, the French, fortunately for artists and lovers of the picturesque, having tacked on a new Algiers to the old city, instead of attempting to modernise the Algiers of the Deys.

Excursions.—The walks and drives in the neighbour-

hood of Algiers are very beautiful, and there is great variety in the scenery. In a single afternoon's drive you will get views of the coast hardly to be equalled for variety of outline or beauty of colour in North Devon or Cornwall. You will occasionally come across a charming country lane, which, but for the aloes and prickly pears, might be met with in Kent or Surrey. In the far distance the snow-topped peaks of the Atlas Mountains, glistening in the sun, recall the beauties of the Engadine.

By sea, excursions can be made to Cape Matafou (twelve miles), where there are Roman remains, and Point Pescade (only in very fine weather), where there are a lighthouse and signal station. Cherchell (fifty miles west of Algiers) can be easily reached, as there is a weekly service of steamers to that port. This excursion will be of special interest to archæologists and antiquarians. Roman remains are more plentifully scattered about this district than in any other part of Algeria. "It is surprising how firm a hold Roman civilisation took upon all these rugged upland valleys. Roman amphitheatres, baths and temples of extreme magnificence strew the North African littoral. Nowhere in the world outside Italy are Roman ruins and remains so plentiful as in Algeria and Tunis" (Grant Allen, *Contemporary Review*, April, 1888).

The admirable railway system of Algeria enables long excursions to be taken comfortably. The French Government have been very actively engaged of late years in extending the system, chiefly towards Tunis and towards the desert. The railway connection between Algiers and that city was completed in 1887. Of more interest to tourists, perhaps, is the rapid progress of a new line through the heart of La Grande Kabylia, the "Switzerland of Algeria," as it is sometimes called. This line, which has been constructed mainly for strategic purposes, has up to the present reached as far as Tizi-Ouzou.

Tourists about to visit Kabylia will now be independent of the tedious diligence.

The actual desert can now be visited without much sacrifice of comfort, as the "Chemin de fer du Sahara" has now been completed as far as Biskra.

PRACTICAL INFORMATION.

Churches.—The English Church (Holy Trinity) is just outside the town, on the Mustapha Road. Services 10.30 and 3. Open from November to Trinity Sunday; chaplain, Archdeacon W. H. Tribe. Half the sittings are free, and the rest are rented at £1 each for the season. In connection with the church is a good lending library, subscription 5 fr. a month or 10 fr. for the season. The Scotch Church is at Mustapha Supérieur, near the Hôtel d'Orient; chaplain, the Rev. J. Aitchison, M.A.; morning service 10.30.

Consuls.—H.B.M. Consul-General, Sir Lambert Playfair, K.C.M.G. Vice-Consul, F. D. Hay, Esq., 12, Rue du Hamma. U.S. Consul, C. T. Grellet, Esq., 5, Rue Mogador. Visitors intending to remain in Algiers for the whole season are recommended to pay their respects to Her Majesty's representative, especially if they wish to be present at any of the official balls or receptions given by the Governor-General.

English Doctor.—Dr. W. Thomson, Campagne Belvedere. During the summer Dr. Thomson practises at Spa.

English Chemists.—J. Obrecht, 28, Rue Bab-a-Zoun; G. Monnet, Place du Gouvernement.

English Stores.—Messrs. Dunlop & Tustes, 10, Rue d'Isly.

Postal Arrangements.—A mail arrives here and leaves for the Continent nearly every day, either *viâ* Algiers and Marseilles direct, or *viâ* Bone or Oran (for days of departure see "Routes"), and is distributed the next morning. The postal rates from England are the same as to France. Between Algeria and France the postage is 15 c. The principal post and telegraph office is in the Rue de la Liberté. Branch office, Bd. de la République. Telegraph office is open day and night. The parcel post has lately been extended to Algeria; rates: under 3 lb. 1*s.* 9*d.*, between 3 lb. and 7 lb. (limit) 2*s.* 2*d.* Telegraph rates per word

are : to any part of Algeria or Tunis, 5 c. (minimum cost, 50 c.) ; France, 10 c. (minimum cost, 1 fr.) ; and England, 30 c. It is not generally known, however, that a telegram can be sent to England at the same rate as to France, *plus* 1 fr., if sent by wire to Calais, and thence to its destination by post : from England to Algeria this regulation is not in force. All telegrams should be written in French.

Banks.—Crédit Lyonnais ; Messrs. Thomas Cook & Son, 6, Bd. de la République.

Baths.—The best are Bains du Palmier, 6, Rue Arago.

Restaurants.—Taverne Grüber, London House, and Café Bordeaux ; all on the Bd. de la République. To the latter an English gentleman could take his women-folk to dine if he wished. The former is not recommended for ladies. A restaurant at the Hôtel de l'Oasis has lately been opened, which is much patronised by English tourists. The proprietor, who speaks English well, understands English tastes ; and it will be found a convenient place for lunch. Sandwiches, bottled ale, and other English specialities, can be had here.

Conveyances, etc.—Passengers landing in boats from steamers pay 30 c. a head, with 20 c. extra for each article of heavy luggage. Innumerable trams and omnibuses to all parts of the town and suburbs ; fares from 10 c. to 50 c. There is a tram every half-hour to Mustapha Supérieur (30 c.), and one running every ten minutes as far as the Hôtel d'Orient (half way) ; the fare is 15 c. For the trams and omnibuses to other suburbs of Algiers, see the "Guide-Poche Algérien," price 60 c. ; published annually. Cab fares : *la course* (to or from any part of the town within the walls), 1 fr. ; other parts, 1 fr. 50 c. ; and to Mustapha Supérieur, 3 fr. (for this journey 3 fr. 50 c. is, however, usually paid). After 11 p.m. fares are raised one-half. By the hour, the tariff, within the walls, 2 fr. ; other parts, 2 fr. 50 c. Drives in the country range from 3 fr. to Jardin d'Essai, to 7 fr. to Bouzareah. The charge for a carriage and pair for the day is 20 fr. ; half a day (six hours) 11 fr. The best livery stables are those kept by M. Moise, Rue d'Isly, and G. Maime (English), Rue Roland de Bussy. The usual charge for a carriage and pair, with coachman, for the month is 600 fr. For a saddle-horse the charge is 200 fr. a month.

Cook's Agency.— 6, Bd. de la République.

House Agent.—Mr. A. Dunlop, 10, Rue d'Isly.

Language.—French and an Arabic dialect (a mixture of Arabic and "lingua Franca"); in Algiers, however, nearly all the Arabs understand French.

Money.—The notes of the Bank of Algeria are subject to a considerable discount outside of Algeria and Tunis.

English Newspapers.—The Algerian Advertiser, 25 c., published on Saturday; and *The Atlas*, 10 c., published on Thursdays. Both give a list of visitors.

Shops.—English Butchers, Dunlop and Tustes, 10, Rue d'Isly.

Booksellers.—Gavault St. Lager, Rue d'Isly; Jourdain, Place du Gouvernement.

Confectioner.—A. Rieffel, 11, Rue Bab-a-Zoun.

Curios and Oriental Ware.—Ben Marabet, 6, Rue de la Lyre, Ben Said, Bd. de la République; Ali Ben Mohammed, Rue de la Lyre.

Hat Manufacturer.—L. Schweitzer, 24, Rue Bab-a-Zoun.

Photographers.—Famin, Leroux, Journo. All in the Rue Bab-a-Zoun.

English Tailor.—S. Alligon, Bd. de la République.

Tobacconists.—Bertomeu, 2, Rue Bab-a-Zoun; Melia, Place du Gouvernement.

Watchmaker.—E. Dabadie, 4, Rue Bab-a-Oued.

Map.—The Depôt de la Guerre, at Paris, are preparing a new map of Algeria, of which several sheets are already published. It is the most complete and the most elaborate ever yet made. The scale is 1½ in. to the mile, and it will consist of 273 sheets, at 1 fr. each.

Guide Books, Books of Reference, etc.—Piesse's "Itinéraire de l'Algérie et Tunisie" (new edition, 1892), 15 fr., one of the Joanne series, and Murray's "Handbook for Algeria and Tunis," 12*s.* (1895). A readable and extremely useful little handbook, "The Practical Guide to Algiers," has recently been published by Mr. G. W. Harris, 5th edition (1895-6), price 3*s.* 6*d.* This guide gives a large amount of information, and is far superior to the ordinary run of local guide books. There are also two or three local handbooks in French, published in Algiers, but the only one which is of any use is the "Guide

d'Alger," 3 fr., published by Jourdain, Place du Gouvernement. For information about trains, steamship-lines, diligence-services, etc.. the "Guide-Poche Algérien," 60 c., published annually by L. Chappuis, should be consulted. A small work, "Algerian Hints to Tourists," by C. E. Flower, recently published, is slight and unpretending, but gives some useful information. A large illustrated work on Algiers—a sort of *guide de luxe*—by Mr. J. C. Hyam, editor of *The Algerian Advertiser*, is in preparation, price 10 fr. As for the works of travel relating to Algeria, a list would take up several pages they are so numerous. Perhaps the most interesting are E. A. Knox's "The New Playground," Miss Séguin's "Walks round Algiers," Mrs. Evans' "Algeria as it is," Desprez' "L'Hiver à Alger," Mr. Broughton's "Last Winter in Algeria," Maurice Wahl's "Alger" (one of the series of Les Villes de l'Algérie), Edgar Buckley's "Mountain Life in Algeria," and "Winter in Algeria," by F. A. Bridgman. In W. E. Norris' novel, "Mademoiselle de Mersac," a lifelike description of English society at Algiers is given. The two novels by Grant Allen, "The Tents of Shem," and "Dumaresq's Daughter," also contain a great deal of Algerian local colour. "Zoraida," by W. Le Queux, is worth reading for its realistic pictures of Algerian life. For an amusing sketch of Algerian travel, A. Daudet's "Tartarin de Tarascon" should be read.

II.—HAMMAM R'IRHA.

THIS salubrious Algerian health resort is situated on a well-sheltered plateau of the Lesser Atlas Mountains, at an elevation of about two thousand feet above the sea level. It is sixty miles south-west of Algiers, and fifteen from the coast. It is within an hour's drive from the nearest railway station, Bou-Medfa, which is three and a half hours from Algiers and nine and a half from Oran.

The Hammam R'Irha waters are considered beneficial for cases of gout and rheumatism. A residence here in the spring and early summer months is also recommended to Algiers visitors who find the latter place too relaxing at the end of the season.

The reputation of the mineral waters extends as far back as the time of the Roman occupation, if not further, excavations having brought to light remains of distinctly Phœnician origin. Hammam R'Irha having been chosen by the French military authorities as the site of a convalescent hospital for the troops, as well as for baths for the natives, is another strong testimony to the efficacy of the waters. The Hammam R'Irha Hotel is quite distinct from these buildings, and at several hundred yards' distance from them, the water flowing from the hotel baths to the Arab ones. Hamman R'Irha is chiefly intended as a winter resort for gout and rheumatism, so that those suffering from these complaints can continue their "cure" here when the season is over at Baden, Aix-les-Bains, Wiesbaden, Vichy, and other watering places usually affected by this class of patients.

To consumptive patients also, a residence at this winter station offers several advantages. The extreme purity of its atmosphere is never sullied, as in too many European health resorts (so-called), by malaria of any kind. From this, its excellent system of drainage and its distance from all sources of infection secure it an almost complete immunity.

The late Sir Morell Mackenzie, in the course of a visit to Algiers in the spring of 1888, paid a special visit to Hammam R'Irha. He was much impressed with its suitableness as a winter health resort, and considered the place excellent for the early stages of consumption and chronic bronchitis. On the other hand, some authorities consider this place too cold and rainy for a winter residence for invalids, and would be more inclined to recommend it as an intermediate resort in the spring and early summer.

Then, in its readiness of access from England it may compare favourably with many of the extra-European health resorts. During the hot season it is a pleasant residence for those whose constitutions require them to spend some time in Algiers; and, on the other hand, those who in the winter months may occasionally find the temperature too low, will find Algiers readily accessible. Again, its great altitude would be considered an additional recommendation by doctors who regard Davos Platz as the *beau idéal* of a winter residence for consumptive patients.

But not only to those in search of health does this beautiful spot offer rare attractions, but also to tourists and travellers in general, and to artists, sportsmen, and archæologists in particular. The scenery of the surrounding country is very fine and varied, and there are many beautiful drives and excursions within a short distance. Those interested in archæology will find in the environs of Cherchell (sixteen miles), according to authorities in such

matters, a comparatively undiscovered country. For these, as well as for those wishing to see something of the interior, this comfortable establishment will be found capital headquarters from which to make long or short excursions.

The Waters.—There are three springs—two hot and one cold. One of the hot springs has a temperature of 113°, and is similar in composition to the Bath waters, or the well-known Baden (Austria) baths. In connection with it are two well-appointed swimming-baths, one with a temperature of 99°, and the other of 109°. The baths are in the hotel building, which is a great convenience for invalids. The other hot spring is situated 100 yards from the establishment, and its temperature is only 99°. The cold chalybeate spring is chiefly used for the table, and has a temperature of 66°. The taste is not altogether disagreeable, as the quantity of iron is small. Some visitors mix it with claret.

Climate and Temperature.—During the winter season (from November to April) the mean temperature is slightly lower than Algiers, being about 55°. Occasionally very cold weather is encountered, and in January frost is not unknown, but only at night time. The climate somewhat resembles that of the Scotch Highlands in autumn, though it is much drier. It has been compared also to the Engadine climate in winter, though of course it is very much warmer. It has the same bracing and stimulating effect. There is great equability in the temperature, the difference between the mean temperature of summer and winter being not more than 10°. On this account Hammam R'Irha is used very much by the French residents of Algiers as a summer resort. During this period there are few English at the hotel, though some consumptive patients remain all through the summer.

Hotels.—The establishment, which has been designed on an ambitious scale, consists of one large hotel (the Grand Hôtel des Bains), with a *dependance* (Hôtel Bellevue) where the terms are much lower. The charges at the Grand Hotel (Cook's coupons taken), from the 1st November to the 1st June, are 12 fr. a day for rooms with a south aspect, and 10 fr. for other rooms. These prices include wine, attendance, candles, and the following meals: Early breakfast, served in visitor's room, *déjeûner à la fourchette* at noon, afternoon tea, and dinner at 6 p.m. The pension charge during the summer season is 10 fr. At the Hôtel Bellevue the charge for pension, from the 1st November to the 1st June, is only 9 fr., and the arrangements as to meals are the same as at the Grand Hotel. The proprietor (or, more strictly, managing director, for the establishment is now controlled by a syndicate), M. Arles-Dufour—a name well known in the South of France and Algeria—has obtained a ninety-nine years' lease of the springs and some 1800 acres of ground directly from the French Government, and has made Hammam R'Irha his permanent residence. The Grand Hotel contains a large and well-ventilated billiard-room and smoking-room, a casino—not much play during the winter season—and a ladies' drawing-room, which is sufficiently spacious to be used as a ball-room. In this room will be found all the principal London papers and society weeklies, and a good library of English and French works. In fact, in the way of English literature visitors are far better off than at many of the Algiers hotels. A terrace—covered in with glass, and well warmed and ventilated—extends the whole length of the hotel (300 ft.), and affords a capital promenade when bad weather prevents outdoor exercise being taken. There is a small hotel (France) in the village, which has no connection with the *établissement*, where visitors are taken at 6 fr. a day. It is a favourite resort of artists.

Sport.—Shooting may be had by visitors over 1800 acres, but there is very little game. The close season for partridges does not begin till February 15th, when quail-shooting takes its place. A licence costs 28 fr., and if not obtained previously at the Prefecture at Algiers, it can be had, after a little delay, at the Sub-Prefecture of Milianah, the nearest town (eleven miles).

Of bigger game there are jackals, wild boars, and an occasional panther. For this kind of shooting, co-operation with the natives is necessary, and the emulator of the late M. Bombonnel, the well-known panther hunter, will find this sport rather expensive. Jackals can only be shot on moonlight nights, and their haunts on the river banks have to be baited with part of a sheep's or bullock's carcase. Wild boars are plentiful in the mountains. In this part of the country they are generally shot—not speared. Panthers are now very scarce in this part of Algeria, but are still to be met with in the extensive forest of Chaiba, which extends from Hammam R'Irha to Marengo (twelve miles). Ladies, however, need not suppose from this that there is any possible danger of a panther being encountered in a morning stroll, as these animals have their lairs in the deepest recesses of the forest, miles from any path or road, and never by any chance make their appearance in the daytime. It is not probable that a visitor would have more than one opportunity of indulging in a panther hunt during the season—*i.e.* in the neighbourhood of Hammam R'Irha. Sportsmen in search of big game are recommended to go to Aumale or Medeah. At the latter town the *juge de paix* is a noted panther-shot, and it would be advisable for an English sportsman to get a letter of introduction to him from M. Arles-Dufour. M. Cattier of Bordj-Bouïra is also a famous lion hunter, and will arrange shooting expeditions for English sportsmen.

When the celebrated panther slayer, Bombonnel, was compelled by advancing years to depart from his rendez-vous of Bordj-Bouïra, which had been granted to him as a reward for services rendered to the Algerian colony, he made his friend Cattier heir to his property and shooting rights. Bordj-Bouïra is a favourite meeting-place of sportsmen, about a hundred kilomètres by rail from Algiers. The property consists of from three to four hundred hectares of forest and brushwood surrounded by immense forests belonging to the State. A shooting box, consisting of six or seven rooms and temporary sheds for the horses and other animals which are used as lures, has been built, and here Bombonnel passed a great portion of his life, succeeded, as has been said, by M. Cattier, who worthily sustains the traditions of panther hunting associated with the place. The woods surrounding Bordj-Bouïra are a favourite resort for panthers, jackals, and hyenas.

Excursions.—Hammam R'Irha makes a capital centre for visiting this part of Algeria. The following are interesting excursions: (1) One of the prettiest walks or rides is through the pine woods, along the *route forestière*, to Marengo. This would require a whole day. Mules and horses are obtainable, and the charges are moderate. (2) Another interesting excursion is to the military station of Milianah. From the ramparts of this town a magnificent view of the surrounding country is to be had, and by many is preferred to that from Fort National, in the heart of Grand Kabylia. There is an excellent carriage-road, though using it necessitates a long circuit, and the distance would be about eleven miles. For pedestrians who do not mind fording the shallow river, the short cut skirting the native village of Vesoul Benian is recommended, which would save some four or five miles. The highest

peak of the Zaccar range is about 2000 ft. above Milianah The ascent is easy, and within the powers of moderate lady climbers. From the top (5000 ft.) there is a glorious view on all sides. A curious native village, for many years deserted—perhaps on account of the scarcity of water—will be noticed. It is perched right on the summit, and has a strong natural position for purposes of defence. Milianah can also be reached by rail to Adelia, and thence by diligence. (3) Gorge de la Chiffa and Medeah. Very grand mountain scenery, and one of the most interesting passes in Algeria. The Gorge de la Chiffa is famed for its wild monkeys, which are only found in this part. If seeing the monkeys is the chief object of the excursion, it is necessary to leave Bou Medfa by the first train, so as to arrive at the Gorge before ten o'clock or so, as they are rarely seen after that hour. This accounts for the complaints of tourists that the "monkeys are a fraud," as they (the visitors) do not usually arrive till noon, when the monkeys have retired to their mountain fastnesses. There is a diligence from the Chiffa station (eight miles from the Gorge). Medeah itself is not particularly interesting, and the view is not so good as at Milianah, but the drive through the pass is well worth taking. The excursion from Hammam R'Irha to Medeah and back can be managed in one day, though it is preferable to take two. (4) To the cedar forest of Teniet-el-Haad. This excursion, which is a favourite one of visitors to Hammam R'Irha, requires four days, and is rather expensive. There is a diligence service from Milianah to Teniet-el-Haad, leaving at 9 a.m. during the winter and reaching Teniet-el-Haad at 7.15 p.m., but it is not recommended to visitors, as it is usually monopolised by natives. The charge for a carriage and pair would be the same if the party consisted of two or four, and would probably amount to about 120 fr. For all long excursions, however,

there is no fixed tariff, and there is plenty of scope for the bargaining powers of the visitor.

PRACTICAL INFORMATION.

Routes.—The different routes to Algiers have been already fully described. The journey by the usual route, *viâ* Dover, Paris, Marseilles, Algiers, and Bou Medfa, can be done in three and a half days. The most convenient is the 1.30 p.m. from Algiers, by which visitors will arrive at the hotel in good time for the 6 o'clock *table d'hôte.* Another route, which is very pleasant in fine weather, is from Algiers to Cherchell by the steamer which leaves every Tuesday at 9 p.m., and then by diligence to El Affroun (time, five and a half hours), a station about eight miles from Bou Medfa. This route is not recommended to ladies, as the accommodation on board the steamer is scanty; but it will be preferred by enterprising tourists, and all who wish to see something of the country and the grand coast scenery.

Church Services.—Services take place in the drawing-room of the hotel twice every Sunday from November to May.

Postal Arrangements.—By post three and a half days from London. There is a daily delivery at 11 a.m. and departure at 6.30 a.m. In the hotel grounds there is a post and telegraph office connected with the establishment.

Conveyances.—The charge for a mule or a horse for a day is 10 fr., but a donkey can be hired for 5 fr. or 6 fr. The charge for a seat in the regular conveyance (mail), which meets the morning and afternoon trains arriving at Bou Medfa from Algiers is only 2 fr. 50 c., but for a private carriage 15 fr. is charged. The regular carriage for the station leaves Hammam R'Irha with the mails twice a day.

Books of Reference.—Murray's "Handbook to Algeria" and "The Practical Guide to Algiers" briefly notice Hammam R'Irha. It is also described at greater or less length in a good many of the books dealing with life and travel in Algeria. For more detailed information the *brochure* by Dr. Brandt should be consulted. Since this pamphlet was written, however, great improvements have taken place in the accommodation for visitors.

III.—BISKRA.

"Heri solitudo, hodie civitas."

THERE is a growing tendency, among those who habitually spend their winters in the South, to leave the beaten track of the hackneyed and conventionalised region affected by the average *hiverneur*, and to seek inland, and further afield, fresh woods and pastures new for their winter headquarters. Invalids, and those requiring constant and unremitting medical advice and attention, are no doubt willing to put up with the over-frequented Riviera watering places, on account of the excellent accommodation, the attractions of society, the many luxuries and medical comforts obtainable at these winter stations. There is, however, the increasing large class of winter visitors, neither serious invalids nor ordinary tourists, to be considered—all those, in short, who simply wish to avoid the cold English winter by spending that season in the South. Having exhausted the popular and well-known winter resorts, situated, for the most part, on the shores of the Mediterranean, they have turned their attention to inland places.

Biskra is one of the latest of these experimental winter stations which have come into favour within the last few years. Owing to the enterprise of the Algerian Government and the East Algerian Railway Company, this interesting oasis-town—which, climatically at all events, is an ideal residence for phthisical patients—has been made readily accessible from the Continent. By rail, Biskra is only 140

miles from Constantine (on the Algiers-Tunis line), and the one daily through train does the distance in nine and a half hours. This Trans-Saharan Railway—in the main a strategical and military one—is to be continued to Touggourt, 130 miles due south of Biskra.

The one serious objection to Biskra as an *invalid* resort, as distinguished from an ordinary wintering place, is the lack of a resident English medical man. This deficiency will, however, probably be remedied before many winters elapse. The cure of souls, however, has not been neglected, as the Society for the Propagation of the Gospel has recently established a chaplaincy here.

The climate, for warmth, sunshine, and immunity from rain, is perhaps unrivalled among the climates of the South of Europe and North Africa. The latest meteorological observations show a winter temperature never exceeding 80° Fahr. (except during the infrequent sirocco), and never falling below 70°. So that here we have a climate as mild as that of Madeira without its humidity and consequent relaxing and enervating influence, and an atmosphere as bracing and exhilarating in its effects as that of Cairo or Luxor.

Then Biskra has æsthetic attractions of a peculiar kind —the wonderful desert scenery, the striking and ever-changing atmospheric effects, most beautiful at dawn and sunset, are a constant source of delight to an artistic nature. But even a mere sportsman, with a soul above (or beneath) scenery, would find Biskra a fairly attractive residence for a few weeks. If provided with introductions to the military authorities, he would have occasional opportunities of taking part in a lion hunt, not to speak of shooting of a milder type.

The aspect of Biskra to a new comer is graphically described by Mr. Hope Moncrieff in "Where to go Abroad":—

"Now we enter the true desert, though still varied by ragged ridges of rock and glistening salt hills, past which we reach Biskra in the afternoon; and our first impression may be disappointment in its smart and civilised aspect. This end is the new French town, with its fort, church, public gardens, and square, beyond which one passes into a quarter of more local colour, and on through a long string of native villages half hidden among a belt of palm trees, fruit gardens, and fields fertilised by trickling channels of water drawn from the river, whose huge gaping bed stands empty in the dry season between banks of caked mud. Above rises a line of red hills, from which there is a splendid prospect over the desert, flecked by distant oases rising like islands from the sea of sand."

Certainly intending visitors have no excuse for remaining in ignorance of this "Queen of the Sahara." Many articles on Biskra have appeared in the English monthlies during the last few years. A list of the most important will be found at the end of this chapter. Major Arthur Griffiths in the *Fortnightly Review* (March 1895) gives perhaps the most useful and impartial, as well as exhaustive, account of this rising winter station. I have freely availed myself of the permission to quote from this article, and extracts will be indicated by the initials *F. R.*

In his introduction, Major Griffiths, it will be seen, is careful not to commit himself to any decided opinion on the merits of this new winter resort. "This 'favoured oasis,' lying beyond the Algerian mountains on the edge of the desert of the Sahara, if not actually within its confines, is alleged to combine so many advantages that it has been elevated to a species of earthly paradise open to all, but especially inviting the attention of invalids. This last-named consideration, no doubt, explains its sudden popularity. The doctors, although they neither invented nor discovered Biskra, have been at any rate lately its principal promoters. Many of them on plausible grounds, but possibly on evidence not sifted very closely, are now

inclined to recommend Biskra as an ideal winter resort. I am not disposed to dissent entirely from this position, although I am compelled to give rather a qualified verdict of approval; as I have recently visited Biskra, I am at least able to speak of it from the latest personal experience."—*F. R.*

Hotels.—There are four hotels of fair size, all well adapted for tourists. The two largest, the Victoria and Royal, lay themselves out especially for English and American guests. The Victoria is the headquarters of the English Chaplain, and the nucleus of a considerable Anglo-American community. It is built in the Moorish style, has a good reputation, and is generally crowded in the height of the season. The terms are rather high, varying from twelve francs in the early part of the season to fourteen in January, February, and March. The two other hotels—Sahara and Oasis—which have a less exclusively English *clientèle*, are much cheaper, charging only eight to ten francs a day. These two establishments are in the main French houses, but a fair proportion of Cook's tourists will often be found among the visitors at the Hôtel du Sahara. All the hotels, however, accept Cook's coupons. At present the hotel accommodation is not equal to the demand, especially from January to March; and it is important that intending visitors should make arrangements for rooms beforehand, as arriving in the evening by the one through train from Constantine they cannot leave till the next day. The Royal Hotel, a large and ambitious establishment, was opened last season; but as the appointments and decorations were not then completed, and some of the rooms not fully furnished, it is too early to express an opinion on its merits. Major Griffiths, however, speaks very favourably of this hotel, and recent visitors also have a high opinion of it.

Climate.—Mr. Pease, in his admirable monograph on Biskra, makes the following observations on the climate :—

"The peculiar virtue of the climate is the pure dryness of the air; except for a few days in the year, not a trace of humidity or dampness is ever perceptible. Hence there is never the chill at sundown that is a danger in other places. At Biskra the afternoon sinks into evening twilight, and twilight into night, without any noticeable change in the temperature. The smoker will find out quickly this peculiar dryness ; nothing is more sensitive than tobacco, and it is an infallible criterion of the state of the air in any place. At Biskra, wherever cigars are placed, they are always dry and in good condition, and pipe and cigarette tobacco, however carefully tinned, quickly turns to dust and powder. The dryness of the atmosphere and the hardness of the water are a little trying to some skins, but when this and the high winds have been mentioned, the tale is complete of the drawbacks to Biskra. Light, cool breezes from the mountains make the African sun, even on the hottest days from November to May, a delight and not a burden. So clear and bright is the atmosphere that, as you look on the red and barren mountains, you feel as if you had but to put out your hand and you could run your finger along their clean-cut, rugged outline against the light blue sky; or, as you turn your eyes to the south, where stretches the endless desert, the distance shines like a great still blue ocean. The climate is particularly suited for persons suffering from pulmonary complaints, consumption, kidney diseases, rheumatism and gout; and the hot springs of saline and sulphurous water at the Fontaine Chaude (Hammam Salahin) are credited with healing virtues."

In the main this rather eulogistic description of the climate is accurate enough, except as regards the equability of the temperature. On this point Mr. Pease is wrong in his deductions as well as in his facts. Few will deny that the special climatic characteristics of Biskra are its dryness, warmth, and sunniness. It is a climatological axiom that with these conditions a high degree of equa-

bility is impossible. There may not be that sudden chill at sunset, the bane of the Riviera, but there undoubtedly is a great difference between day and night temperature. A resort with a climate possessing in a high degree warmth, dryness, and uniformity of day and night temperature, would be as hard to find as the ideal climate of the fabled land of Avilion :—

> "Where falls not rain, nor hail, nor any snow,
> Nor ever wind blows loudly."

A layman is naturally chary about mentioning the class of patients for which a place is most suited, but it may safely be said that climatically Biskra is especially well adapted for those suffering from rheumatic and renal ailments.

Besides the lack of equability, the occasional high winds constitute another drawback to the climate.

"Life is not very pleasant at Biskra when it blows hard. The winds do not raise so much dust as in the dreaded sand-storm on the Nile; the desert surrounding the oasis is mainly hard and stony. Still there are often dense eddying clouds of fine particles quite as disagreeable as sand. The worst of the winds at Biskra is that there is little chance of escaping from them, indoors or out, and they are worse, or at least more felt, inside the house than in the open. This is the fault of the local architecture. Residences in a climate which is very hot in summer have been planned principally against the sun. The hotels at Biskra follow the local fashion, with a curious neglect of the fact that they are more likely to be occupied in winter than in summer, when the little town empties and every migrant has moved northward. The central courtyard, the patio of the Moorish or Arab house so constantly seen in Southern Spain, is a delightful contrivance to secure coolness and shade in the heat of the day. But this construction, with its open galleries and uncovered staircases, affords no shelter in winter, and exposes persons passing from one floor to another to the cold air, while through all these open spaces the wind careers furiously and thunders

noisily amid the palm-leaves in the central court. This is unfortunately the case at the otherwise most comfortable Hôtel Victoria."—*F. R.*

Amusements.—Biskra is rapidly losing its unique Saharan character, and a casino is being built, with the usual attractions of theatre, *salles de jeux*, ball-room, etc.

At present, however, the Cafés Maures, with the dances of the Almees (a class of women of the tribe of the Ouled Nail), are the only form of urban amusement Biskra offers. These dancing girls, like the nautch girls of India or the Ghawazee of Keneh on the Nile, form a separate sect of the community. These dances, it must be confessed, are somewhat unduly sensual and unrestrained in character, and are rather repulsive to fastidious tastes; but they nevertheless form one of the recognised sights of the "City of the Palm Trees."

Sport.—The sportsman cannot complain of the lack of game. In the season he will find quail plentiful, and if he is prepared to undergo the fatigue and expense of a few days' tent life he can make good bags of hares, gazelles, and bustards. Very little promiscuous shooting in the immediate vicinity of Biskra is, however, to be had. If the traveller can obtain letters of introduction to the officers of the garrison, he would be able to take part in the hawking expeditions occasionally organised by the Kaid of Biskra.

Excursions.—Biskra is a centre for many highly interesting excursions. In one respect it has an advantage over Cairo. The drives around the latter place are rather lacking in shade, whereas the oasis of Biskra consists of an almost continuous series of palm-groves affording a shady promenade for a considerable distance.

At about four miles from Biskra are the sulphur baths of Hammam-es-Salahin, much frequented by the Arabs. Here will be found a variety of Arab types. Also within the compass of a day's journey are the characteristic Arab villages, Sidi-Okba and Col de Sfa, and the beautiful oases, El Amri and Fonfrata.

"Other expeditions, more distant, to be made on horseback or in carriage, are to the neighbouring oases, Filiash, Chetma, Sidi Okba, and the rest—uninteresting places, with the one exception of the last named. Sidi Okba, about fifteen miles from Biskra, is a purely native town, walled, with gates strictly closed at nightfall, and inhabited by seemingly semi-savage and mostly indescribably filthy Arabs, although many are clever workers in silver, and one or two proudly tell of their travels to Paris and beyond the Atlantic to the Chicago World's Fair. The sights of Sidi Okba are the Kaid's garden and the ancient mosque which contains the mortal remains of the conquering Arab who gives his name to the town. Sidi Okba subjugated the whole of North Africa, and would have crossed into Europe but for the obstacle of the Mediterranean Sea. He founded "Kairwan the Holy" in Tunisia, and was one of the greatest of the early adherents of the Prophet. The Kaid's garden is a wilderness of aloes and palms, but its shelter is hospitably offered (on payment) to visitors, who may take their luncheon *al fresco* within its walls. The rest of the town is soon seen: one or two narrow streets of mud houses, and the very dirtiest crowd wallowing amidst garbage, with the flies so thick that the sleeping or lounging figures of the idle Arabs are black with them."—*F. R.*

But the most interesting excursion of all is to Touggourt, an important military outpost and frontier town of 4500 inhabitants. The trip there and back can be managed in five days, without much sacrifice of money or comfort. It may be noted that minor desert expeditions—in Egypt and Syria rather an expensive recreation—can be undertaken here at a considerably less cost than at Cairo.

At Touggourt the enterprising tourist may congratulate himself upon having at length reached one of the last outposts of civilisation. This Sahara town is purely Oriental in character, and the disfiguring fingers (æsthetically speaking) of nineteenth-century progress have hardly touched it. Here we can really understand the life of the desert, and see the dignified Arab on his native heath.

There is a postal service three times a week both ways; but as the vehicle which carries the mails has only room for one passenger, it is necessary to book one's place several days in advance. The fare (single) is 35 fr. The journey takes thirty-six hours, and stoppages are made at eight post-houses (*étapes*). The half-way house is Bordj-d'El-Merdraer, where a halt is made for the night.

Tourists will find a very slight smattering of Arabic extremely useful, and occasionally almost necessary to comfort, as the natives in the interior seldom use French. The following phrases, spelt phonetically, may perhaps be found of use. The letters "rh," "kh" should be spoken as gutturally as possible, and "a," unless short, pronounced as in "father."

Măkăsh.	No, and Not.
Măkăsh bono.	Not at all good.
Kaddesh?	How much?
Bezeff.	Too much.
Ame she Rhoo or *Balek.*	Go away.
Ascot (in Kabyle dialect, *Soussan*).	Let me alone.
Kaddesh tsar?	What o'clock is it?
Issellemek.	I thank you.
Rhani juna bezzef.	I am very hungry.
Făm teddi had ettrig?	Where does this road or path lead?
Khŏd ala imminek.	Go to the right.
Khŏd ala issarek.	Go to the left.
Nenjem tshe jous men hena?	Can I pass this way?
Kane tshe gantra?	Is there a bridge?
Ma kane tshe.	No, there isn't.
Dour ală tshemalek.	Turn towards your left.
Kaddesh men hena le— ?	How far is it from here to —?
Kreeb bezeff.	It is close by.
Th'abb tedenneha?	Will you show me the way?

PRACTICAL INFORMATION.

Routes.—There are virtually only two routes to Biskra from the Continent: the direct sea route from Marseilles to Philippeville, and the overland route from Algiers, which involves a long and tiring railway journey of two whole days. Either journey is a formidable undertaking for an invalid, and the travelling arrangements both by sea and land are capable of great improvement. The worst steamers of the General Transatlantic Co. are put on the Philippeville Line, and, though the actual mileage from Marseilles to this port is about the same as that from Marseilles to Algiers, the steamer takes half a day longer. Then there is no restaurant car on the Algiers-Constantine Line, though one is supplied on the Algiers-Oran Express.

There are three services a week from Marseilles to Philippeville, each of the competing lines, the General Transatlantic Co., the Navigation Mixte, and the Transports Maritimes, despatching a steamer on the same day (Wednesday). The Transatlantic steamers are immeasurably superior, but the first class fare is £4, about twice as much as that of either of the small companies. The steamer leaves at 12.30 p.m., and is due at Philippeville early on the morning of the second day, in time for the one daily through express (so-called) to Biskra, which is reached about half-past six in the evening. The train in connection with this service leaves Paris on Tuesday at 8.25 p.m. Fare from Philippeville to Biskra: 36 fr. 50 c. first class (second not recommended). The steamer occasionally arrives too late for the Saharan mail train, but if the connection is duly made it is possible to leave London at 11 o'clock on Tuesday morning and dine at Biskra on Friday evening. Luggage can be registered from Paris to Philippeville. The steamers of the Cie. de Navigation Mixte (formerly Cie. Touache) and Cie. de Transports Maritimes both leave Marseilles at 5 p.m. on Wednesday, and the voyage usually takes a couple of days. These boats are generally unpleasantly crowded, and quite unsuitable for invalids.

In the alternative route from Algiers by rail the hours are most inconveniently arranged. Algiers is left at 7.10 a.m., and Constantine reached at midnight. The journey is resumed the next morning at 9.25; El Guerrah, where carriages are changed,

is reached two hours later, and Biskra at 6.31 p.m. Passengers can, however stop the night at El Guerrah (the junction for Constantine and Biskra) twenty-three miles south of Constantine, and would thus avoid the change of carriage next morning, but the accommodation at the station hotel is very poor, while there are excellent hotels at Constantine. The first class fare from Algiers to Biskra is 69 fr. 40 c. Travellers, though bound for the Sahara, should take plenty of wraps, as the railway crosses elevated plateaux where snow is not unknown. In fact, on one occasion in December 1894 the train was embedded in a snow-drift for several hours.

Church Services.—The S.P.G. has established a chaplaincy here, and services are held on Sundays at the Victoria Hotel from the beginning of January to the end of April.

Chemist.—The English Pharmacy adjoining Cazenave's Bank.

Conveyances.—There are a few rude and ramshackle *voitures de place* to be hired, which are, however, fairly well adapted for the rough desert tracks. The fares are very moderate. Horses for riding are scarce and the charges excessive. It would be advisable for those making a long stay to buy a horse outright, and sell it at the end of the visit, as the animals for hire are sorry nags. A fairly good hack might be bought for about £25 or £30, but the supply is limited. It is said that the Kaid of Biskra has usually a few horses for sale.

Postal Arrangements.—There are four mails a week to and from the Continent. The duration of transit from London is four to five days.

Bank and Exchange Office.—M. Cazenave.

Books of Reference.—"Biskra and the Oases of the Zibans," by Alfred E. Pease (Stanford: 1894, 4*s.*); "The Practical Guide to Biskra," by G. W. Harris (Thomas Cook and Son: 1895, 1*s.*); "La Côte Barbaresque et le Sahara," by Prince Lubomirski (Dentu: Paris, 1880). Biskra is also described in Piesse's "Itineraire de l'Algérie" (Hachette: Paris), and in Murray's "Algeria." A good deal of information on the present aspect of Biskra may be gathered from the following articles: "The New Winter Land," by W. Sharp (*Nineteenth Century*, January 1894); "Biskra" (*Atalanta*, May 1894), and Major Griffiths' article in the *Fortnightly Review* (March 1895).

PART VII.

EGYPT.

I. CAIRO.

CAIRO, combining the attractions of a famous historical city, an official capital, an important garrison town, and a fashionable, albeit expensive, health and pleasure resort, and possessing, in short, most of the factors which make for popularity with the traveller of means and the wealthy *hiverneur*, invalid or otherwise, it is not surprising that it grows in repute winter by winter with our countrymen. The merits of its hotels, no less than its mild and singularly dry climate, also conduce to the popularity of Cairo as a winter station. In spite of its delightful and salubrious climate, and its high repute among medical men, it cannot, however, hope to become as popular a resort with invalids as Mentone, or San Remo, and will probably remain the winter refuge of the comparatively small class of wealthy patients, to whom the great cost of the journey and the relatively high expense of living are not a matter of moment. It must be allowed, however, that in consequence of the increased number of hotels, expenses of living, etc., have been much lessened of late years. Formerly it used to be said that a month or six weeks at Cairo would cost a visitor almost as much as a whole

season at Mentone or San Remo, when the relative expenses of the two journeys are allowed for. At present the difference is not so great, though Egypt still remains the most expensive Mediterranean winter station for invalids.

Society.—Cairo is distinctly a "society place," though perhaps it is not quite so gay or lively as Cannes or Nice, which should now be regarded more as pleasure resorts than invalid stations; but Cairo stands on a different footing. In some respects the society resembles that of Malta. The resident English colony is chiefly composed of the families of the diplomatic and consular bodies, or of those connected with the different Government departments, and of officers of the garrison. A good deal of entertaining goes on among themselves, and a visitor spending the winter at Cairo, well introduced, will probably have quite as much society as he cares for. There are two good clubs: the Khedivial and the Turf, the latter patronised chiefly by officers and visitors with sporting tastes. The Khedivial is rather an exclusive club, and the committee are somewhat strict as to the visitors they admit as temporary members or for the season. Visitors can, however, be introduced without payment for a few days by any member. The Turf Club has extensive grounds at Ghesireh, where polo, cricket, tennis, golf, and even football are played. There is also a racecourse, where flat races and steeplechases take place periodically. The old English Agency is now the club house.

Routes.—The number and variety of routes are a little bewildering. It will be simplest to divide them into Continental and maritime. The principal Continental routes, classified according to port of embarkation, are as follows: (1) *Brindisi.*—This is the shortest and most frequented, and is the one taken by the mails. The journey overland is *viâ* Paris, Turin, Bologna, and Ancona. The P. and O. mail steamer leaves Brindisi for

Port Said and Ismailia on Sunday evening as soon as mails are on board, arriving on Thursday, and the train in connection with this service starts from Victoria on Friday at 11 a.m., reaching Brindisi on Saturday at 10.44 p.m. The fares are: First class, £12 2*s*. 3*d*.; second, £8 9*s*. 6*d*. The extra charge for a berth in the sleeping car from Paris to Turin is 40 fr. Luggage can be registered to Brindisi, but will be examined at Modane or Turin. The rates are: Between London and Modane, 6*s*. for every 20 lb. over 56 lb.; between Modane and Brindisi, 4*s*. 4*d*. for every 20 lb. of luggage. Those who do not mind expense can take the special P. and O. Brindisi Express, with restaurant and sleeping cars attached, which leaves Victoria at 8.15 p.m. on Friday, arriving at Brindisi at 7.50 p.m. Sunday, thus shortening the journey by eleven hours. Fare: first class, and for P. and O. passengers only, £17 1*s*. 8*d*. Accommodation being limited, application for places must be made at the P. and O. Co.'s office, 122, Leadenhall Street, or at the Sleeping Car Co.'s office, 14, Cockspur Street, S.W. By this service luggage can be registered from London to Brindisi. The fare from Brindisi to Port Said and Ismailia is £13 and £14 respectively. From Port Said or Ismailia passengers can go on to Cairo by rail. Excess luggage is heavily charged for, and the usual plan is to send heavy baggage by goods train. A good deal more luggage can, however, be taken in the carriage with the passenger than on Continental railways. A tip to the conductor will generally facilitate this. (2) *Venice*.—The P. and O. Co. have a service from this port to Port Said every three weeks, calling at Brindisi. Time: five days; fare: £12, first saloon. The route from London is *viâ* Milan to Venice, and thence by P. and O. Co.'s steamer. (3) *Naples*.—There is the service of the P. and O. Co. every alternate Sunday during the autumn and winter for Port Said and Ismailia. Fare: £10, first saloon. There is the weekly service of the Florio-Rubattino Co. every Wednesday for Alexandria direct, arriving on Monday morning. These boats have very good accommodation. The train from Victoria in connection with this service leaves at 11 a.m. Fares: first class, £11 5*s*. 3*d*.; second class, £7 17*s*. 6*d*. There is a sleeping car from Paris to Rome, for which the extra charge is 67 fr. 50 c. (4) *Marseilles*.—From this port passengers have a

choice between the P. and O. Co.'s occasional service to Port Said and Ismailia and the Messageries Maritimes service. The Messageries boats leave for Alexandria direct every fortnight. Fares: £12 and £8 8s. At the beginning of the season this company puts on additional steamers. These are the principal overland routes. Of the others, there are only two which need be noticed. They can be recommended to ordinary tourists, as they are cheaper, and give better opportunities of seeing the country. There is the Florio-Rubattino's service from Genoa to Alexandria and Port Said, leaving every Saturday at 9 p.m., except on the Saturday preceding departure of Bombay steamer, which leaves Genoa (calling at Alexandria and Port Said) the first Monday in the month.

In 1895 a new route to Egypt was started in connection with the Orient Express. A service of steamers runs from Constantinople every Wednesday at 3 p.m., arriving at Alexandria Friday 5 p.m.; returning from Alexandria every Friday at 2 p.m., arriving Constantinople Sunday at 5 p.m.

By sea there are, from London, the P. and O. and Orient Co.'s and British India services. The P. and O. steamers leave every Thursday or Friday for Port Said and Ismailia. Time: twelve days; fares, £20 single and £32 return. Passengers for Cairo leave the steamer at Ismailia and proceed by train. There is, besides, a service every other Thursday to Alexandria, and the fares are the same. The steamers of the Orient Line leave Tilbury Docks every alternate Friday. Time: twelve or thirteen days; fares: including first class rail from Ismailia to Cairo, £20 14s. single and £33 8s. return. A bare mention must suffice for the numerous services of the India Liners from Liverpool, or the greater part of this chapter will be taken up with this useful but decidedly uninteresting subject. There is the weekly service of the Anchor Line, the fortnightly service of the "Hall" Line (not to be confused with Messrs. Hall's steamers to Gibraltar and Malaga); and every three or four weeks the steamers of the City, Alan, Bibby lines from Liverpool. The usual time occupied is about fourteen days, and the fares vary from £12 to £15 to Port Said or Ismailia. On the whole the most comfortable accommodation will be found on the steamers of the Hall and Anchor Lines. Messrs. Wilson's Indian

steamers, sailing from Hull, also call at the Canal Ports, and have good accommodation at reasonable terms.

There are also the Moss and Papayanni Steamship Companies, but these boats are rather small, and the fares to Egypt are no less than those of the above-mentioned lines. These Liverpool liners may be convenient for tourists who wish to travel cheaply, and who are not pressed for time; but are not at all suitable for delicate persons, as the accommodation is not luxurious, and with one or two exceptions the steamers do not carry a doctor.

Hotels.—The leading hotels in Cairo, headed by the historical Shepheard's and the luxurious Continental, can certainly compare favourably with the best hotels of the most fashionable Riviera watering-places. Leaving the United States out of the question, it is perhaps hardly going too far to say that no extra-European city of the same size offers such a wide choice of high-class and well appointed hotels so well adapted to meet the demands of English travellers as this "African Paris." The invidious task of classifying the hotels is fairly easy, for they naturally fall into three categories.

In the first rank are Shepheard's, Continental, New, Mena House (Pyramids), and the new Ghesireh Palace Hotel. These are all fashionable houses, with commensurate prices. There is one uniform charge of sixteen *shillings* (not *francs*) a day, for the American system of *pension* charges is almost universal in Cairo. But it must be allowed, as some excuse for these undeniably high charges—judged, that is, from a European standpoint—that these prices obtain only during the more fashionable months, January, February, and March. For the rest of the season the daily charge is generally reduced to fourteen shillings.

The historical Shepheard's has a world-wide reputation. It must, however, be remembered that not a stone remains of the old Shepheard's, with its world-renowned balcony, its garden containing the tree under which General Kleber was assassinated, its lofty rooms and terraces. The new Shepheard's, completely rebuilt in 1891, lacks these historical adjuncts, but the high reputation for comfort remains, and certainly in point of luxury and refinements of civilisation, in the form of electric lights, lifts, telephones, etc., there can be no comparison. No doubt there was a touch of Oriental romance, and a suggestion of the

"Thousand and One Nights," in the time-honoured practice which formerly obtained at Shepheard's, of summoning the dusky attendants by clapping the hands; but to the matter-of-fact latter day traveller the prosaic, but reliable, electric bell is an infinitely preferable means of communication.

Shepheard's is *par excellence* the American hotel, while the Continental is more exclusively English. The latter, too, partakes more of the character of a high-class residential hotel, its numerous elegantly appointed suites of private apartments (some twenty sets) being one of its leading features. It is much frequented by wealthy *hiverneurs* and quasi-invalids. It is considered more fashionable, perhaps, than Shepheard's, but not so lively.

Shepheard's *clientèle* is distinctly cosmopolitan. Cairo being the starting point for the Desert, the Nile, and Palestine, and not far off the high road to India and Australia, and also being one of those cities which no self-respecting globe-trotter can afford to omit in his round, it is much visited by passing travellers. The customers of Shepheard's are mainly drawn from this class and from Americans. Those purposing to spend the whole season in Cairo would be more likely to go to the Continental. Perhaps the only objection to Shepheard's lies in its situation. It is undoubtedly very central and easy of access, but fronting the main road it is unpleasantly noisy and dusty. In the old days there were compensations in the moving panorama of Oriental life which this crowded thoroughfare presented—a kaleidoscopic procession of Bedouin Arabs from the desert, camels, tattooed negroes, Turks, jewelled pashas ambling past on richly caparisoned mules, mysterious veiled figures, and other fascinating aspects of Eastern life, with a very slight admixture of the vulgarising (artistically speaking) European element. Now, instead of these picturesque motley crowds, the modern lounger on the famous terraces looks down upon a yelling crowd of donkey boys, guides, porters, dragomans, itinerant dealers in sham antiques, and all the noisy rabble that live on the travelling Briton.

The Continental Hotel is comparatively new, while the New Hotel is one of the oldest hotels in Cairo; but this instance of erratic hotel nomenclature is not confined to Egypt. The

Continental is beginning to rival Shepheard's as the champion hotel of Cairo, and has an equally high-class *clientèle*. It is most sumptuously decorated, and its appointments are perhaps as luxurious as those of the leading hotels at the fashionable watering-places on the opposite shore of the Mediterranean. Special mention should be made of the excellence of its sanitary arrangements. It is situated in a quiet part of the fashionable Esbikiyeh Quarter, near the English Church, and it is a little out-of-the-way compared with Shepheard's and New Hotels; but it must be confessed that this comparative remoteness of its locality is regarded as an additional recommendation by many of its patrons.

The Ghesireh Palace is a huge establishment which was only opened last season ('94). It was bought by a syndicate from the creditors of the late ex-Khedive Ismail, and is now one of the International Palace Hotels—a commercial enterprise which is a worthy rival of the Gordon Hotels ring—belonging to the International Sleeping Car Co. It rivals the Continental or Shepheard's in the costliness of its decoration and the luxury of its appointments. From a medical point of view its strong points are its delightfully rural, and at the same time readily accessible situation, and its sheltered position, which effectually protects visitors from the occasional Khamseen winds—rare, no doubt, but still to be reckoned with during the Cairo season. The chief drawback to this ambitious establishment is the presence of mosquitoes in the beginning of the season. owing to the proximity of the Nile. This tends to make the commencement of the season at this hotel somewhat later than at the intra-mural hotels. As regards its visitors the Ghesireh Palace is rather more cosmopolitan in character than the Continental or even Shepheard's.

Certainly there is room for an extra-mural hotel at Cairo, with its swarms of invalids increasing year by year who invade Egypt for the winter, and it should appeal not only to this numerically important class, but also to sportsmen, owing to its vicinity to the racecourse and the Sporting Club grounds.

So much, then, for the three leading Cairo hotels. We now come to another first-class hotel. The New Hotel was the favourite *caravanserai* of the ex-Khedive Ismail, and it occupies by far the best situation of any in Cairo, facing the Grand Opera

House. It has had vicissitudes, but has recovered and stood the test of time, and not being so popular as Shepheard's and the Continental, which are often overcrowded in the height of the season, it might be preferred by invalids and those in need of rest and quietness. Its numerous sets of upper rooms, each furnished with an alcoved balcony, might also recommend it to this class of visitors.

Mena House, at the foot of the Pyramids, is a large and expensive establishment, which has found favour with our compatriots. No doubt those with the artistic sense highly developed will enlarge on the enormity of building a huge modern hotel in the midst of such incongruous surroundings, in the close vicinity of the immortal Pyramids and the mystic Sphinx; but it must be admitted, if I may be permitted to act as *advocatus diaboli*, that if the Pyramids had to be vulgarised they could not have been vulgarised better (or less) by the English capitalist who is responsible for the undertaking. The origin of Mena House (called from Menes, one of the kings of the earliest Egyptian dynasty) is curious. Some seven years ago an Englishman in delicate health came to Egypt. He built a tiny house under the shadow of the Pyramids. Finding the air beneficial, he began to erect a small sanatorium, hoping that invalids like himself might resort there, and gain a longer lease of life. But before the plan was matured he died. Mr. Locke-King bought the property and determined to start a hotel. The undertaking grew under his hands, and now Mena House may be considered to rank as one of the leading hotels in Egypt. Mr. Locke-King, however, no longer owns the Mena House, having transferred his interest therein to an English syndicate. It is well spoken of and the rooms are furnished in good taste. It is well appointed and is furnished with a large swimming bath, English billiard table, library, etc. Golf links are also duly advertised among its numerous attractions for visitors, though considering the general lay of the desert surrounding the Pyramids "sporting bunkers" must be too plentiful even for the most determined devotee of the "royal and ancient game," and the laying out of anything approaching to a putting green must have presented almost insuperable difficulties.

The *pension* terms vary from fourteen to sixteen shillings a

day, according to the season. There is a resident chaplain (Rev. Stewart Majendie) and physician (Dr. Bentley).

The second category includes the more moderate-priced hotels with a charge of twelve shillings a day—viz., Angleterre, Royal and Du Nil. The Hôtel d'Angleterre is a favourite resort of English and Americans, while the two latter have a large proportion of French and Germans among their guests. It is a particularly comfortable and well-managed house, and is under the same proprietorship as the Continental. It has recently been rebuilt, and is furnished with all modern conveniences—lift, electric light, etc.—in fact, it is a second Continental on a more modest scale, and may be regarded as a *succursale* or *dependance* of the parent establishment. The Hotel Royal may be said to have some claims on the gratitude of Englishmen. During Arabi's rebellion, all the hotel keepers, save the landlord of the Royal, decamped. Thus, after the victorious campaign, the English officers would have fared badly had not the doors of the Royal been open to them. This hotel has a good reputation for its *cuisine* and moderate charges. There remains the well-known old-established Hôtel du Nil, handicapped a little, however, by its situation close to the malodorous street known as the Muski. This hotel, well known to scholars, literary men, and Egyptologists, boasts of a famous garden, one of the most beautiful and striking in Cairo. In the opinion of many of its guests, this lovely pleasure ground, which shuts off all noises from the crowded streets, quite compensates for its proximity to the native quarter.

The third group of hotels, with prices from ten shillings downwards, consist of the Khedivial, Bristol, Villa Victoria, Métropole, and Ismailia. Of these the three former are most frequented by English travellers. These are more of the class of hotel pensions than those I have described above.

There are several boarding-houses or private *pensions*, such as Villa Fink, Villa Konig, and Villa Couteret. The prices are certainly very moderate for Cairo (eight to ten shillings a day), but they cannot be unreservedly recommended to English visitors, as they are frequented chiefly by Germans.

The hotels Shepheard, Royal, Du Nil, and many of the cheaper houses, are kept open all through the year. The above,

with Ghesireh Palace, Mena House, Villa Victoria, and Khedivial, accept Cook's hotel coupons, while those of Messrs. Gaze are taken by the hotels d'Angleterre and Métropole. Speaking generally, the average of accommodation, service, attendance, and *cuisine* at the best hotels is high. The service, in especial, is better and more plentiful than at hotels of similar standing in Europe, owing mainly to labour being cheap. The best hotels are decidedly expensive, but then it must be remembered that they cater for a richer class of visitors, taken as a whole, than would be found at most of the winter resorts of the South of Europe. Those who wish to spend the winter in the South with the strictest economy rarely visit Egypt. Not only is the daily *pension* charge high, but the incidental items in the hotel bills are very expensive. For instance, the charge for washing a dozen collars or handkerchiefs would be *2s. 6d.* Tips, too, rule higher than in European hotels. But the most objectionable feature in Egyptian hotel life is the universal *baksheesh* system which seems to find particularly congenial soil in the Cairo hotels. It is certainly advisable for hotel visitors to conform to this custom of the country if they care for their personal comfort.

For some of the information in this section I am indebted to an exhaustive article on Cairo hotel accommodation published in *The Queen* newspaper.

Apartments can be obtained by the month in the Esbekiyeh quarter and elsewhere. The rents are very high. The charges for a bed and sitting room vary from 120 fr. to 175 fr. a month. Furnished villas can be rented for the season, but the terms are high. The usual rent for a furnished villa with ten rooms in the Ismailia quarter is from £30 to £40 per month. These villas are mostly of European architecture, not Moorish as in Algiers.

Amusements.—There is a handsome theatre in the Esbekiyeh, where French plays and Italian operas are performed during the season. There is also an open-air theatre, or *café chantant*, in the Esbekiyeh Gardens. A military band plays every afternoon during the season in the Esbekiyeh Gardens, or on the terrace of Shepheard's. Visitors to Cairo will, however, find plenty of amusement in the *al fresco* entertainments which are constantly taking

place in the streets, such as the performances of the native jugglers, snake charmers, reciters, minstrels, etc. Then there are the public dancing performances of the Ghawazee, or female dancers. This is somewhat similar to the performances of the Indian Nautch girls, and, as might be supposed, is not a particularly refined spectacle. They take place especially on the anniversary of the birthday of Mohammed, and on return of the pilgrims from Mecca. The best performances take place at the villages up the Nile, such as Luxor and Keneh, where they are specially renowned for their dancing.

Sport.—A fair amount of duck shooting is to be had in the neighbourhood of Cairo by those who know where to go. In the Delta snipe are met with, and near Cairo quails can be shot in February and March. Good pigeon shooting is to be had, and the bag can be made up with a few sand-grouse and red-legged partridge in the desert. For wild-fowl shooting at the mouth of the Nile a boat is almost indispensable. Capital sport is also to be obtained in the Teeneh, where for a lengthened stay tents should be taken. There is very good duck, teal, and snipe shooting here. Big game is scarce, but hyenas and gazelles are found in the desert, though it is necessary to go some distance from Cairo. Sportsmen should be careful about shooting pigeons in the vicinity of a village, or they may get into difficulties with the natives through shooting pigeons which are alleged to be domestic. As in France, no game licence is necessary. There is rather a heavy duty imposed by the Customs on cartridges. But all kinds of ammunition are easily procurable in Cairo.

Objects of Interest.—There is so much to be seen that a bare summary of a few of the principal sights of Cairo must suffice. Tourists intending to spend a short time only in the city will find a dragoman extremely useful.

They can be obtained at Messrs. Cook's pavilion, and cost about 5*s.* for a day. (1) The Bazaars.—The principal are situated in the neighbourhood of the Mooskee. As a rule, each bazaar is devoted to the sale of one class of goods only. (2) The Howling Dervishes.—This is one of the recognised sights, and is seldom omitted by the tourist. The performance takes place every Friday afternoon in the Mosque Gamr Kasr-el-Ain. It is a decidedly unpleasant performance to watch—the frenzied actors sometimes falling into genuine epileptic fits—and few visitors care to see it a second time. It resembles a little the performances of the fanatical Aiassoui sect, which occasionally take place at Tunis and Algiers. The Whirling Dervishes also perform on the same day at the Mosque Tekiyet, and both sets of fanatics can be seen on the same day if the visits are well-timed. (3) The Mosques.—As there are some 400 mosques in Old and New Cairo, the most indefatigable sight-seer will probably be satisfied with a visit to half a dozen. The most interesting are El-Azhar, El-Hakim, Sultan Hassan, El-Ghoree, and El-Tooloon. The latter is the oldest, and is an exact copy of the Kaaba at Mecca. The Mosque Mohammed Ali is modern, but is worth visiting, as it contains the tomb of Mohammed Ali. From the top of the pavilion there is a magnificent view of the surrounding country. A gratuity of 2 piastres for the loan of slippers when visiting a mosque is quite sufficient, though 4 or 5 piastres will usually be demanded. A ticket (obtained through the hotel porter) is required for visiting all mosques. The latter is not always accessible, even with a ticket. (4) Joseph's Well.—The dragoman will insist on taking visitors here, but there is not much to see. It has, of course, no connection with the Joseph of the Bible, but was dug by command of Saladin, whose Arabic name was Joussoof (Joseph). (5) The Government Museum in the

Ghizeh Palace. Open daily, except Monday, 9 to 4.30, 5 piastres; Tuesdays, free. This museum contains the most interesting and valuable collection of Egyptian antiquities in the world, and travellers may make several visits there with advantage. The Arab museum, in the Mosque El-Hakim, is also well worth a visit, and has many relics of Arab art in the shape of hanging lamps, mushrabiyeh wood-work, etc. There are also some old and valuable enamelled glass lamps, the art of which is now entirely lost. Open daily 9 to 1, 5 piastres; Tuesdays, free.

For the hurried, but conscientious, tourist who wishes to "do" Cairo thoroughly, the following itinerary, extracted from an excellent little practical handbook published for the use of hotel guests by the proprietors of Shepheard's Hotel, will be found useful.

First Day (Friday). In the morning: Street life, best on a donkey; ride through the Arabian quarters and bazaars; Esbekîje Gardens. At 1 o'clock drive to the Howling Dervishes. (In all the hotels lunch is served on Fridays at 12 o'clock if desired.) *Old Cairo*, Aqueduct. Chalig (Babylon). Roda Island (Nilometer, Moses' Tree), Coptic Church, Amr Mosque (built A.D. 641).

Second Day (Saturday). In the morning: By carriage to the Museum of Ghizeh (9—11.30 a.m.). Afternoon: By carriage to Abbas Observatory and Barracks; Kubbeh, Vice-regal Palace; Matarieh, Heliopolis, Obelisk, Ostrich Breeding-House, Tree of the Virgin (planted A.D. 1072).

Third Day (Sunday). In the morning: Divine Service. Afternoon: Heluan.

Fourth Day (Monday). Morning: Bazaars. Afternoon: Pyramids of Ghizeh.

Fifth Day (Tuesday). Morning: Monastery of Dervishes in the Habbanije, Vice-regal Library. Mosque ibn Tulun (built A.D. 879) Sebil Abbas Pasha. Afternoon (1 o'clock): Small Petrified Wood. (Through the Bab en Nasr and the Tombs

of the Caliphs, Wells of Moses, small Petrified Wood, and back on the southern ridge of Mokattam. Sunset from the Citadel.)

Sixth Day (Wednesday). Morning: El Azhar Mosque (A.D. 969), Hākim (A.D. 1003), Arabian Museum; *Hassanén* (A.D. 1154). Chan Chalil. Muristān Kalaūn (A.D. 1279), Moh Nasir ibn Kalaūn (A.D. 1293), Barkukí'je (A.D. 1390). Afternoon: Drive to Schubra, Visit to the Palace of Schubra and Villa Ciccolani.

Seventh Day (Thursday). Morning: Bazaars. Afternoon: Mosque Sultan Hasan, Rifaîje, across Mehemet Ali Square to the Tombs of the Mamelukes, Imām Schafei, Persian Monastery, Citadel, Alabaster Mosque.

Eighth Day (Friday). Morning: Tombs of the Caliphs (through the Bab el Futūh, Barkūk, Bursbey, Kait Bey, and back by Rue neuve to Ghurîje, Mosque el Ghūry, Sebīl Mohammed Ali, Muajjad Mosque, Bab es Zuwēle with place of execution, over Bab el Chalk (tribunal for the natives) to Mehemet Ali Street. Afternoon: Re-visit the Museum at Ghizeh and Corso at Ghesireh.

Ninth Day (Saturday). Sakkara.

Tenth Day (Sunday). Morning: Divine Service. Afternoon: Gardens of Prince Hussein and of the Ghizeh Museum. Corso.

Eleventh Day (Monday). Barrage du Nil.

Excursions.—*The Pyramids of Ghizeh.*—For this and all other excursions visitors are recommended to entrust the arrangements to the agents of Messrs. Cook or Gaze. The name of Cook is all-powerful in Egypt, and in Cairo this well-known firm exercises a sway second only to that of the Khedive himself. The excursion should occupy a whole day, and a start—*pace* the guide books—should be made early in the morning, so as to finish the climb (which, though presenting no danger or difficulty if accompanied by two or three Arabs, is extremely tedious) before the sun gets too hot. Of course, the Pyramids can be "done," and often are, in one morning, but in such a

hurried excursion a great deal of the interest and pleasure usually afforded by the trip would be lost. There certainly would be no time to enjoy the magnificent view from the top. Tourists in Egypt seem often to enter upon the work —hard labour, indeed—of sight-seeing as if anxious to emulate the feat of the Chicago millionaire, who used to boast that he had "done all the picture galleries of Europe in a fortnight." The drive to the foot of the Great Pyramid, along a well-made road ten miles in length, and shaded with trees all the way, takes about an hour and a half. Intending climbers have to pay a fee of 3*s.* to the sheikh; but an additional sum, which varies considerably according to the determination and bargaining powers of the tourist, must be paid to the two Arabs told off to assist the climber; and, unless he is experienced and the weather is very calm, a third claimant for "baksheesh" is required. I do not propose to weary my readers with the oft-quoted statistics and comparisons between the area of the Pyramids and that of the other great buildings, which are described at considerable length and with the most scrupulous accuracy in most guide books. On reaching the summit, a glorious view bursts upon the vision of the climber. The Delta of the Nile, interspersed with countless channels and rivulets winding about like silver threads, seems to resemble the silver filigree ornaments of Genoa. Looking down at Cairo, from which the silver threads radiate, one is reminded of the fanciful Oriental comparison of the Delta to "a fan fastened with a diamond stud" (Cairo). The spectator's poetical fancies, however, are soon put to flight by clamorous demands for "baksheesh." Great care should be taken in the descent, and even the most experienced mountaineer should not attempt it unaided. If he does, and if there is any wind, he may possibly reach the bottom quicker, but with a broken neck. While resting on the summit, the Arab version of

the Cumberland guides' race may be witnessed, as any of the Arab guides for 2*s.* (at first the Arab will magnanimously offer to do the feat for 5*s.*) is quite willing to race up and down the Great and Second Pyramids in ten minutes.

The visit to the interior will be found extremely interesting, but it involves considerable damage to one's clothing and an extra outlay of "baksheesh." At any rate, a visitor should go with a party; as, if he goes alone with the Arab guides, there is always a possibility that they will take advantage of his isolated condition in their demands for "baksheesh."

Excursion to Sakkara.—This excursion will also occupy the whole day, and can be made either by railway from Cairo or by one of Messrs. Cook's steamers, the latter being the most enjoyable, giving as it does about two hours' trip on the river in each direction; and they usually, during the season, have a weekly excursion to Sakkara. Fare 15*s.* Visitors should take lunch with them. The stopping-place on the river is Bedrachin, and there is a great deal to see in the neighbourhood—first is the site of ancient Memphis; and recently a very fine statue of Rameses II., which had for centuries lain embedded in the mud, has been raised by the Royal Engineers, and exposed to view; and at Sakkara is to be seen the Step Pyramid, Mastaba of Ti, the Serapeum, and Pyramid of Oonas.

Among the many interesting excursions in and around Cairo is that to the Ostrich Farm, and Heliopolis, or the City of the Sun, which is about an hour and a half's drive from the capital. At the Ostrich Farm a small fee for admission is charged.

For geologists, the Petrified Forest will be found interesting. The ride to it is across a portion of the desert beyond the Citadel and the tombs of the Khalifs.

CAIRO AS A HEALTH RESORT.

By F. M. Sandwith, M.D., M.R.C.P.

Arrival.—Patients are not advised to reach Egypt before November, as the climate of October is hot and damp, and mosquitoes abound. A railway from Port Said to Ismailia has recently been constructed. Visitors are strongly advised to disembark at Alexandria, or failing that, at Port Said, so as to avoid any risk of being landed by night at Ismailia.

Departure.—Lung patients should not leave Egypt before the middle or end of April, in spite of occasional hot days. Rheumatic patients should arrange to stay in Cairo till the end of May, or even later, to get the full benefit of dry heat. Every spring a certain number of patients suffer by returning too early to the comparative cold of Europe.

Clothing.—Many patients err on the side of not bringing sufficient warm clothing with them. The Egyptian cold must be felt to be believed in, and ulsters, rugs, and fur cloaks are wanted every winter.

Diseases suitable for Egypt.—Consumption (most cases), asthma, and chronic bronchitis. Cases convalescent from influenza, pneumonia, and pleurisy. Chronic nasal and pharyngeal catarrh, and Eustachian deafness. Cases of mental strain, breakdown, and irritability from overwork. Insomnia not dependent on heart disease, Bright's disease in all its forms except acute, and albuminuria generally. Chronic rheumatism, rheumatoid arthritis, gout, and associated lithiasis and renal colic. Dyspepsia, hysteria, alcoholism, hypochondriasis, neurasthenia, early cases of spinal disease. Children with strumous tendency or adenoid growths. Laryngitis, clergyman's sore throat, and all kinds of anæmia. The obvious advantage which Egypt has over many health resorts is that the invalid while out of doors can occupy his time with unrivalled opportunities of sight-seeing.

Diseases unsuitable for Egypt.—Consumption with very acute symptoms, or diarrhœa, or repeated pleurisy, or ulceration of trachea, or active disease of both lungs, advanced heart disease, fatty heart, angina pectoris, aneurism, dysentery, chronic diarrhœa, acute diabetes, neuralgia, advanced spinal disease,

general paralysis, and any form of insanity which is likely to become acute.

Patients who are seriously ill, or who are apt to suffer from home sickness, should not be encouraged to travel alone to any resort so distant as Egypt.

Climate.—To save space, it is only necessary here to consider the seven winter months from November 1st to May 31st. The barometer seldom varies, though there is a steady fall from 29·99 in December to 29·82 in April. Rain amounts to one inch and a quarter, the number of days upon which drops or showers fall being about fifteen. Clouds during January and February reach a maximum of 4 upon a scale from 0–10. The prevalent wind is from the north or north-west, and is never sufficiently fierce to keep patients within doors. The Khamseen blows from the south-west desert during March and April, seldom for more than two days in a week. It is unpleasantly hot and dusty while it lasts, and drives many visitors away from Cairo. The following table, drawn up from my own observations, shows the temperatures to which patients may be exposed. It is based on the principle that a sick man need not concern himself with the minimum *outdoor* temperature of a place, for that is always at an hour when he ought to be safe in

1890–92.	Temperature, Fahr.		Rain.	Khamseen Wind.
	Average Maximum in Shade.	Average Minimum in Bedroom.		
	deg.	deg.		
November	75	...	...	...
December	69	60	4 days	...
January	67·4	59·8	Showers 4 days	...
February	68·3	59·7	Showers 2 days	2 days
March	76	63·2	Drops 1 day	3 days
April	84·5	67·6	Drops 2 days	7·5 days
May	91·7	72	...	5·5 days

bed. The vital information for him is the average maximum shade temperature out of doors, together with the average minimum bedroom heat, and the daily range between them. It will be noticed that there is no very serious range until the hot weather begins. My bedroom records have purposely been taken in a north room with door wide open, never visited by the sun, unoccupied at night, and unwarmed by artificial light. This, therefore, gives the greatest cold to which a patient can be subjected unless he opens his bedroom windows. A prudent invalid would, of course, eschew a north room, and would warm the air by lamp or candles on going to bed. Thus he would raise my minimum results some four degrees, and reduce the range of temperature considerably. It is interesting to note that my minimum results, within two or three degrees, correspond with the mean temperature of the month. During April and May it is, of course, easy to refrain from going out at the hottest time of the day. Thus it is evident that patients can spend six months in Cairo in a temperature which need only vary from 63° to 80°.

The shortest days in December give us ten hours' daylight, or three hours longer than in England.

Water Supply.—Drinking-water compares favourably with that supplied to London, and can therefore be safely drunk after filtration through native filters. Ice is made from distilled water by the Water Company. The best hotels in Cairo are now furnished with the Chamberland-Pasteur filters.

Drainage.—The preliminary surveys are now being made for a universal system for the town. In the meantime, the best hotels and houses frequented by the English are furnished with cemented cesspools outside the house, which are carefully trapped and ventilated, and emptied by an odourless pneumatic system. The old-fashioned houses and hotels, together with all mosques and bazaars, are insanitary. The streets are kept successfully clean and watered by the Government.

Diseases to which Visitors are liable.—Diarrhœa, generally quite mild, but occasionally of a dysenteric form, is liable to attack those who take a chill from imprudent exposure after sunset, in clothing suited to noonday sun. This diarrhœa is due to chill, not to drinking-water. There is no risk from ague or

other malarial fever to people not already subject to it. Typhoid fever is rare among visitors. Of seven cases among the English during the winter of 1891–2, three were imported by visitors from England, Syria, and Constantinople, two were contracted by nurses in attendance upon them, and the remaining two (one being a visitor) originated in Cairo. Dengue does not occur during the winter. Influenza is a milder disease than in Europe, and is not dangerous to life. A case of small-pox among visitors does not occur more than once in two or three years. The same applies to diphtheria. Ophthalmia in any bad form is very rare, but in a mild form may be common among those who are careless about keeping their eyes clean.

Phthisis.—One hundred and four visitors suffering from undoubted consumption have passed through my hands during the past six winters; of these seventy-two have improved, eighteen have remained stationary, seven have grown worse, and seven have died. The seven deaths included a case complicated by progressive muscular atrophy, and six who arrived in the last stage of lung disease. Throat patients as well as lung invalids do well in Egypt, if kept indoors at night.

Hæmoptysis is an uncommon event.

Asthma.—Most patients have a remarkable immunity from attack, except those due to their own indiscretions. Chronic bronchitis invalids improve.

Rheumatism.—The value of Egypt as a winter resort for chronic rheumatism and rheumatoid arthritis would seem to be too little known. During the last five winters I have seen twenty-three cases, some of which were completely crippled by rheumatoid arthritis. Three of them remained stationary, but there was a decided improvement in twenty.

Nurses.—Two English nurses live at the Nursing Home of Kasr el Aini Hospital, and there are several private nurses in Cairo, all for the benefit of visitors and residents who prefer to be treated in their own homes or hotels. There are also two English nurses at the Victoria Home in Alexandria who are sometimes available for work in Cairo.

Claughton House is a private nursing home in Cairo, where some five or six patients can be treated by their own physician, and can be tended by English nurses. There is also a German

Hospital where private patients are received, and where they have the choice of a German or an English medical man.

HELOUAN.

The sulphur waters of Helouan-les-Bains, within half an hour of Cairo by train, are similar to those of Aix, but are rather stronger. Their great advantage is that the course of baths can be taken during the winter or spring, when it is too cold to do so in Europe. A *masseur* and *masseuse* are attached to the baths, and two European doctors are resident in the village. More than 16,000 baths were taken during 1891, and the winter population of Helouan numbers 7000. There are about 350 houses, a few of which can be hired by the month, three *pensions* and two hotels (one of which is close to the baths, accommodating 50 people). The other hotel, built in 1891, contains 85 rooms for one hundred guests, English beds, chamber-maids, electric light, petroleum stoves, and modern sanitary fittings. Lawn tennis is also provided, and within fifty yards is a detached casino, with rooms for reading, billiards, concerts and dancing. Helouan is specially suited to those who desire pure desert air, an extremely quiet life, and the proximity of the baths for rheumatism or skin diseases.

PYRAMIDS.

Life at the large hotel here, numbering some 120 bedrooms, is for those who wish for purer air than that of crowded Cairo, but who desire to be within driving distance of their friends, and who dread the somewhat sombre monotony of Helouan. The Sphinx and the Pyramids, besides many attractions of their own, ensure a constant stream of visitors during the winter months. The air at both suburbs is probably equally pure and equally dry. For the comfort of the guests, there are provided a resident English doctor and chaplain, a chapel, a noble dining-room for 250 people, chamber-maids, swimming bath, excellent conservancy arrangements, drinking-water from a special well in the desert, steam laundry, a string band, books and magazines, billiard tables and photograph rooms. There are desert-carts

for driving, horses and camels for riding, occasional races, golf and lawn tennis, and capital shooting from November to April. The climate of Helouan and the Pyramids is much the same as in Cairo, except that the air is fresher, purer, and drier.

CAIRO, *February* 1895.

PRACTICAL INFORMATION.

Churches.—All Saints (near the New Hotel), of which the Very Rev. Dean Butcher is the chaplain. There is also a Presbyterian Church, two Roman Catholic Churches, and a Wesleyan Chapel.

British Agent.—Lord Cromer, G.C.M.G. Residency, near Kasr Ali.

United States Minister.—Vacant, 4, Sharia el Magrhaby.

British Consul.—Raphael Borg, Esq., 14, Sharia el Magrhaby.

English Doctors.—Dr. Davis; Dr. Grant Bey; Dr. Keatinge; Dr. Milton; Dr. Murison; Dr. Sandwith.

English Dentist.—Waller Bey.

English Chemists.—The new English Dispensary, Place de l'Opéra. The Anglo-American Pharmacy.

English Stores.—Messrs. Walker & Co., Fleurent.

Postal Arrangements.—The principal Post and Telegraph Office is in the Esbekiyeh Square. Open from 7 a.m. to 6 p.m. (later on days of arrival of foreign mails). Branch offices at Shepheard's and Ghesireh Palace Hotels. Cairo is six days from London by post, and there are mails from and to England four times a week. Letters 2½d. the ½ oz. Parcels: Under 2 lbs. 1s. 3d., over 7½d. per lb. up to 11 lbs. They are made up in London for despatch by the P. and O. Steamers every Wednesday. If *viâ* Brindisi, under 3 lbs. 2s. 6d. Usual time of transit, 13 to 17 days. Telegrams: To England from Cairo, 1s. 10d.; from Alexandria, 1s. 7d. a word. Local telegrams cost 2 piastres for eight words. Head office: 25, Sharia Kasr el Nil.

Banks.—Imperial Ottoman Bank; Bank of Egypt; Anglo-Egyptian Bank; Thomas Cook and Son (Egypt) Ltd.

Cafés and Restaurants.—There are several good *cafés* and *cafés chantants*, such as the Eldorado, Alhambra. The best are

in the Esbekiyeh Gardens. Usual charge for a cup of coffee or glass of lager beer is two piastres. Santi's, in the Esbekiyeh Gardens, is the best restaurant. Dinners sent out. St. James's Grill Room in the Sharia el Magrhaby. Grill rooms also at Shepheard's and Continental Hotels.

Conveyances.—The tariff by the hour for cabs with two places is 8 piastres, and 6 and 4 piastres for the half-hour and the quarter-hour respectively, and the driver will generally be satisfied with one-third over the legal tariff, which is practically a dead letter. There is no tariff by the course. For the excursion to the Pyramids the usual charge is 16*s.* The tariff for the whole day is 80 piastres. The best way, however, of seeing the town is to hire a donkey by the hour (3 or 4 piastres), or by the day (2*s.* to 3*s.*), using the donkey-boy as a guide. These donkey-boys are one of the recognised institutions of Cairo. They are a smart and intelligent set of lads, and as a rule very obliging and communicative. They have a playful habit of christening their donkeys with the names of English celebrities, both male and female—a somewhat equivocal compliment.

Clubs.—Khedivial, 22, Sharia el Manakh; Turf; Ghesireh.

Tourists' Agencies.—Messrs. Cook and Son, The Pavilion, Shepheard's Hotel; Henry Gaze and Sons, Ltd., opposite Shepheard's Hotel.

Guides and Interpreters.—A dragoman in and around Cairo can be easily obtained at the principal hotels for 6*s.* a day.

Language.—English, French, and Italian are understood in the principal hotels and shops. The donkey-boys, too, can generally add a fair smattering of English to their other accomplishments. Tourists and sportsmen intending to travel in the interior are recommended to learn a few ordinary phrases in Arabic, or they will be absolutely dependent on their dragoman.

Living Expenses.—As might be supposed from the hotel charges, Cairo is not a cheap place to winter at. Provisions and necessaries are rather dear, and curiosities, bric-à-brac, etc., extremely so, if time is not taken to bargain for them.

Money.—French and English money is usually accepted at the principal hotels and shops, but the legal currency is confined to Egyptian coins. The unit is the piastre, which is worth 2½*d.*, and 100 piastres are equal to one Egyptian Sovereign. An

English sovereign is usually reckoned as 97½ piastres, and the usual rate of exchange for a French louis is 76½ to 77 piastres. The Egyptian coins most in use are 100 piastres (Egyptian sovereign) in gold; 20, 10, 5, 2, and 1 piastre in silver, and half piastre in nickel; and there are also nickel coins called millièmes (one-tenth part of a piastre), which will be found useful in dealing with the innumerable beggars of Cairo. English sovereigns are universally accepted at the rate of 25 fr., but francs are sometimes refused. "The difficulty of calculation in this coinage is increased by the fact of popular reckoning by piastres being at *current value*, usually half the tariff standard; in a bazaar one is asked 20 piastres when 10 of legal coinage is really meant" (A. R. Hope-Moncrieff).

English Newspaper.—An English society weekly called the *Sphinx* was started in 1893. The *Egyptian Gazette*, published daily at Alexandria, is, however, the only real English newspaper published in Egypt. There is a French daily called *Le Journal Egyptien.*

Passports.—These are no longer necessary for travelling in Egypt, but foreigners making a long stay are expected to register themselves at their respective consulates.

Shops, etc.—

Booksellers — C. Livades, opposite Shepheard's Hotel; Penasson; Barbier; Diemer.

Confectioner—Matthieu, Esbikiyeh.

Dressmakers—Mdme. Cécile; Miss Roberts; Miss Davies.

Gunsmith—Baiocchi, Exchange Square.

Livery Stables — Bonnici (saddle horses for ladies and gentlemen).

Outfitter—Paschal, near the Post Office.

Photographer—Heymann, near Shepheard's (agent for Kodaks).

Tailors—Gatt; Collacott; Davies; Bryan.

Tobacconist—Dimitrino, opposite Shepheard's.

Wine Merchant—Fleurent.

Antiquities.—The sale of spurious antiquities is so extensive that the Egyptian Government have established a depôt for the sale of "guaranteed antiquities" at the Government Museum, Ghizeh Palace.

Guide Books and Books of Reference.—"Murray's Egypt" (8th ed., 1891, 15*s.*), Baedeker's "Lower Egypt" (1895, 16*s.*), and "Upper Egypt" (1892, 10*s.*) are by far the best. The two latter give rather more information about Cairo and its antiquities than Murray, and perhaps the arrangement is more systematical; but they are all three excellent. There are also Joanne's "Egypte" (30 fr.), Bradshaw's "Handbook for India, Turkey, and Egypt" (5*s.*), and Cook's "Egypt" (1895, 6*s.*). The latter is perhaps the best for tourists and travellers who only intend to make a short stay in the country. The only objection that can be made to this guide book is that it seems intended too exclusively for Messrs. Cook's own clients. An interesting little guide, price 2*s.*, entitled "Walks in Cairo," by Major Plunkett, R.E., will also be found useful.

With regard to works on Egypt in general, from the flimsiest of sketches by tourists with a mild taste for scribbling, to the ponderous volumes of learned Egyptologists dealing with Egyptian history and archæology, a mere list would fill several pages of this guide book. Of recent works on Egyptian life and travel, any of the following might be consulted:—

"England in Egypt," Sir A. Milner (Arnold).
"From Pharaoh to Fellah," C. F. Moberly Bell (Wells, Gardner & Co.).
"Scenes from Life in Cairo," Miss Whateley.
"Leaves from my Sketch Book," E. W. Cooke.
"Court Life in Egypt," A. J. Butler.
"Last Letters from Egypt," Lady Duff Gordon.
"Egypt as it is," J. C. McCoan.
"La Vallée du Nil," Monsieur Lefébvre.
"Egypt and its Future," J. A. Wylie, LL.D.
"Dwellers on the Nile," E. A. Wallis Budge, M.A.
"Egypt as a Winter Resort," Dr. F. M. Sandwith (Kegan Paul, Trench & Co., 1889, 3*s.* 6*d.*).
"Health Resorts in Europe and Africa," J. M. Madden (Sonnenschein, 1888, 3*s.* 6*d.*)
"Wintering in Egypt," by Dr. A. J. Bentley (1894).
"Monuments of Upper Egypt," Mariette Bey (English translation, 6*s.*).

"Egypt: Descriptive, Historical, and Picturesque," G. Ebers (2 vols., Cassell).
"Pharaohs, Fellahs, and Explorers," Miss A. B. Edwards.
"Nile Gleanings," H. Villier Stuart (31*s.* 6*d.*).
"Sketches from a Nile Steamer," H. M. Tirard (6*s.*).
"A Tour in Egypt," Rev. Canon Bell.
"Egyptian Sketches," J. Lynch (1890).
"Egypt," S. Lane-Poole (Low, 3*s.* 6*d.*).
"Leaves from an Egyptian Notebook," Canon Isaac Taylor.
"The Nile: Notes for Travellers in Egypt," E. A. W. Budge (Thos. Cook & Son, 1890).
"Cairo: Sketches of its History and Social Life," S. Lane-Poole (Virtue & Co., 1892).
"Egypt To-day," W. Fraser Rae (Bentley, 1892, 16*s.*).
"Land of the Sphinx," G. Montbard (Hutchinson, 1894, 16*s.*).
"The New Egypt," Francis Adams (5*s.*).

A reliable account of the sanitary and meteorological conditions of Cairo will be found in an article in the *Lancet* of November 16th, 1889, entitled "The Winter Climate of the Nile." Of fiction, where the principal scenes are laid in Cairo, the following novels are interesting:—"Le Fellah," by Edmund About; "A Nile Novel," and "Mirage," by G. Fleming. The best phrase book in English and Arabic for the Egyptian dialect is the one by Yakoub Nakla, published in Cairo. Green's "Practical Arabic Grammar" is also useful.

II.—LUXOR.

WITHIN the last few years Luxor has made great strides as a winter health resort, its mild, sunny, and practically rainless climate rendering it an ideal residence for phthisical patients. The chief credit for "discovering" and developing this climatic station should be given to Mr. J. M. Cook, the "uncrowned king" of Luxor, who built the English Church, founded a native hospital, established a resident English physician, built a large first class hotel, and was mainly instrumental in getting Luxor placed in the list of winter chaplaincies of the Colonial and Continental Church Society.

Climate.—The climatic conditions of Luxor are nearer perfection than those of any winter station described in this work. Here we get almost perpetual sunshine and practical rainlessness, combined with verdure and fertility. Dr. F. M. Sandwith, comparing the climate with that of Cairo, observes: "The climate in December is very like that of Cairo and its neighbourhood in March, while the climate at Luxor in January, February and March is very similar respectively to February, March and April in Cairo." Owing to the dryness of the atmosphere the climate has highly stimulating and tonic properties. For invalids, putting aside the inevitable wide range between sun and shade, and day and night temperatures, the only objection to Luxor as a health resort are factitious, viz., the crowded state of the hotels, the throngs of Nile voyagers who make Luxor their goal, the swarms of donkeys, donkey-boys, guides, vendors of spurious antiquities, beggars, and, in

short, all the rabble which English tourists bring in their train. In fact, medical men are now turning their attention to Assouan as the coming winter resort of Upper Egypt, where these drawbacks are present in a minor degree.

An English physician, who has spent several winters at Luxor, has written a very useful account of the climate of this popular winter station. It is published in full in Messrs. Thomas Cook's "Nile Pamphlet," from which I quote the following extracts :—

"The following is the record of the shade temperatures registered during thirteen weeks of the winter season, the outdoor day temperatures being taken under the verandah of the Luxor Hotel on the north-west side, and the night temperatures in a room with a south-east aspect, kept constantly ventilated by day, the window, however, being closed by night during the first nine weeks, but opened during the last four weeks over which the record extends. The thermometers were freely exposed to the air, and practically shaded from sun rays.

	OUTDOOR TEMPERATURE.			INDOOR TEMPERATURE.	
Week ending	9 a.m. deg.	2 p.m. deg.	6 p.m. deg.	Max. deg.	Min. deg.
Jan. 1st	61	70	68	[Registering thermometer not available during these two weeks.]	
,, 8th	59·5	67	65		
,, 15th	58	67	65	67	63
,, 22nd	62	69·5	67	68·5	65·5
,, 29th	60	68	65·5	67·5	64
Feb. 5th	57	65·5	63·5	66	62
,, 12th	62·5	73	71	71·5	66·5
,, 19th	61	71	67	69	64·5
,, 26th	63	73	70	69	64·5
Mar. 5th	72	83·5	80	78	73
,, 12th	69	77	74	76·5	73
,, 19th	72·5	82	80	79	74
,, 26th	72	82	79	78	71

"*Notes.*—(1.) It will be seen how slight is the difference between the two o'clock and six o'clock temperatures. The fact is that there is no sudden fall in shade temperature at sunset at

this season of the year in Upper Egypt, such as is observed and justly dreaded elsewhere.

"(2.) The smallness of variation between the maximum and minimum indoor temperatures is a very striking fact, and is due to the commendable sense of the builder. The walls of the hotel are built of Nile mud, in thickness more than a foot. The thick walls freely absorb the sun rays by day, and give them out into the rooms by night. Thus, by shading the windows of the rooms by day and closing them to the external air at night, coolness by day and warmth by night result. In this way an invalid, though condemned to his room day and night, is kept in an equable temperature throughout the twenty-four hours.

"The prevailing wind at this season of the year is from the north.

"*Rain* fell on two occasions during the season, in one case lasting five minutes, in the other a few seconds only.

"On one afternoon a high wind raising the dust rendered confinement to the hotel necessary to invalids.

"Invalids should leave England early in November, taking by preference, if good sailors, the long sea voyage in a first class steamer, and should, on arrival in Egypt, at once proceed up the Nile. Berths on the lower decks should be chosen on the Nile boats, as having a more equable temperature throughout the twenty-four hours. Of course those who can do so will avail themselves of the service starting from Cairo direct, thus avoiding the wearisome and dusty railway journey to Ghirgeh.

"Invalids on arriving at the Luxor hotels are recommended to provide themselves, where possible, with rooms on the upper floor. The Luxor season finishes about the end of March, and invalids may generally stay with advantage to the middle or end of this month, according to the circumstances of the case.

"It is a noteworthy fact that the health of the native inhabitants of Upper Egypt is exceedingly good, lung disease being exceedingly rare, consumption, I believe, non-existent. The climate about Luxor and Esneh is particularly recommended by native authorities. The leading characteristics of the air of Upper Egypt are, briefly, its great purity, its warmth, its exceptional dryness; these qualities allowing the free (insensible) transpiration by the skin, thus favouring the elimination of waste

and morbid materials from the system. It is the combination of these features, in fine, that gives Luxor its pre-eminent position as a winter health resort."

Hotels.—There are three good hotels, but they are apt to be unpleasantly crowded during the height of the season—the months of January and February. The Luxor has accommodation for 140 guests, while the Karnak, a kind of *succursale* of the former, has only room for 60 visitors. These two hotels belong to Thomas Cook & Son (Egypt), Ltd. The daily charge at each is 13*s.* (increased to 15*s.* from January 1st to March 15th). The other hotel, known as the Hotel Thewfikieh, which by many visitors is preferred to the Cook hotels, belongs to the Thewfikieh Company, and as Messrs. Gaze are the sole agents of this Company, their coupons are accepted here. There is a uniform tariff of 13*s.* a day all through the season.

PRACTICAL INFORMATION.

Church Services.—There is a small Church in the grounds of the Luxor Hotel. Services every Sunday. Chaplain, Rev. H. A. Huleatt (C. and C.C.S.).

English Doctor.—T. W. M. Longmore, M.R.C.S.

English Consular Agent.—Ahmed Mustapha.

Postal Arrangements. — Post and Telegraph Office in the grounds of the Luxor Hotel. The Mail for Cairo leaves every Wednesday, Friday and Sunday; and there is a delivery every Tuesday, Thursday and Friday.

The Nile Voyage.—There is a general impression that the voyage to Luxor or the First Cataract (Assouan) is a very costly undertaking, only possible for the wealthy health or pleasure-seeker. Some years ago this was undoubtedly the case, but since the establishment of the Thewfikieh Nile Navigation Company (sole agents, Henry Gaze and Sons, Ltd.), this monopoly of the Nile passenger traffic has been abolished. Consequently the

tourist of modest means has benefited by this wholesome competition.

In fact the tourist would actually find the cost of the trip to Assouan by Cook's cheap postal service (£20, which includes a week's hotel accommodation at Assouan), or the three weeks' voyage by one of the Thewfikieh Company's tourist steamers (£35 inclusive), would be little more than that of a stay at a first class hotel in Cairo for the same period.

There is a choice of five distinct services to Luxor and the First Cataract:—

1. Cook's combined rail and Nile Postal Service, leaving Cairo every Tuesday and Saturday. Many prefer these mail steamers as being less crowded than the ordinary tourist steamers, to say nothing of the economy.

2. Cook's first class tourist steamers, which leave Cairo every Tuesday from November to March. Time, twenty days. Fare, £50.

3. Cook's "Extra First Class" steamers, which run on Thursdays during the height of the season. Time, four weeks. Fare, £65.

4. Thewfikieh Company's cheap excursion to the First Cataract every Saturday during the season. Time, fifteen days. Fare, £23.

5. Thewfikieh Company's First Class Tourist Steamers every week from January to March. Time, three weeks. Fare, £35.

Regarded as a voyage for health for delicate visitors, in some cases a prolonged Nile trip would be more beneficial than a stay at Luxor or Assouan, and as all the first class tourist steamers of Messrs. Cook carry an English doctor, medical advice is always at hand. To meet the views of invalids and others who would prefer staying on the tourist steamer for three or more voyages, rather than stay in hotels at Cairo or Luxor, Messrs. Cook issue a special

ticket on the basis of one fare for the second and third voyages. Under this plan passengers can make three voyages on any of the tourist steamers (except on the "Special" four weeks steamer) for £100, which fare includes living on the steamers during the time they are in port at Cairo under the ordinary working arrangements, thus passing nine weeks on the Nile for £100.

Invalids must, however, be prepared for occasional very cold winds on the river from the middle of December to the middle of January, so this delightful series of voyages is not altogether suitable for those with weak lungs, or for rheumatic patients.

No doubt the ideal mode of Nile travel is by means of the time-honoured *dahabîeh*, but the rents of these sailing-boats are very high. In fact, the rent of a first class modern *dahabîeh* with steel hull, and all the latest improvements in furniture and appointments, having accommodation for six or eight passengers, would equal that of a furnished villa at Cannes or Monte Carlo. £100 a month or £400 for the season is often obtained for a really good *dahabîeh*, and the sale price might be anything from £2,000 or £2,500 upwards.

NAPLES.

PARKER'S HOTEL

(Late TRAMONTANO).

An English Hotel under English Management.

ON THE HIGH CORSO VITTORIO EMANUELE,

the Healthiest Part of the Town.

THE MOST LOVELY VIEW OVER VESUVIUS, CAPRI, AND THE WHOLE BAY.

Close to the Stations of the Vomero Funicular and the Cumæan Railways.

SANITARY SYSTEM PERFECT,

With the latest English Appliances.

Fixed Charges. Tariff sent on application.

LIFT.

Electric Light in all Rooms.

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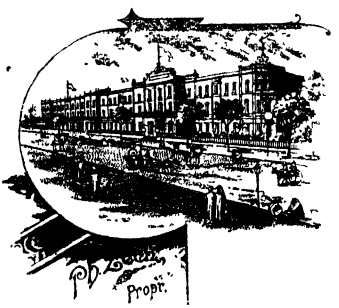
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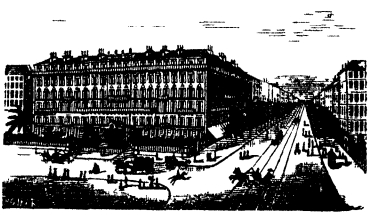
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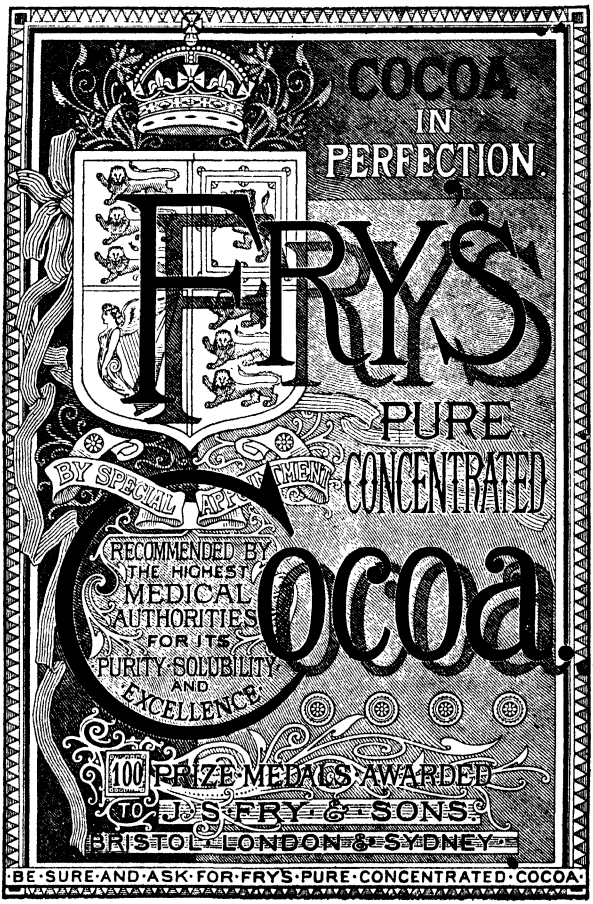
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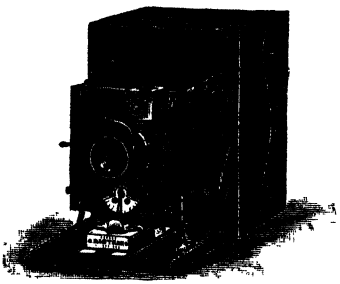
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