Mediterranean winter resorts: a practical handbook to the principal health and pleasure resorts on the shores of the Mediterranean.. / / by Eustace A. Reynolds-Ball ... With a map of the Mediterranean [and several diagrams.].

#### **Contributors**

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# MEDITERRANEAN WINTER RESORTS

Five Shillings.

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The Royal College of Physicians of Vondon.

From the Library of

Sir Andrew Clark, Bart.

Presented by Lady Clark.

1347/9

Sir Andrew Clarke M.D.

With the Writer Complement

Feb. 15-0 1893.



# Press Notices of the First Edition.

The Lancet says: -Gives a fair general account of the climate of the various health resorts.

The Graphic says:—A very neat, useful little book. Tourists and travellers will find this volume an admirable guide in their journeyings.

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 illustrated 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.

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 Scotsman says:—A good little handbook, 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.

The Field says:—Special care appears to have been taken by the author to give the most recent and reliable information; and as the book is well got up and handy in form, we recommend it to those who may contemplate visiting the "Mediterranean Winter Resorts," in quest of health, pleasure or sport.

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 twenty-one places described.

The Hospital says:—To anyone who wants to go abroad, but has no experience to guide him in the choice of a place, it is of the greatest value to have a volume like this to tell him not only of winds and sunshine, but of the charges at hotels and boarding-houses, the chances of amusements, the names of English doctors and bankers, and all those details about which the intending traveller, especially if an invalid, feels most anxious. For preliminary guidance he could not do better than consult this little book.

Galignani's Messenger says:—An admirable vade mecum, compressing within a small compass every item of information of which a tourist or sojourner on the Continent may be in quest. The author, who addresses himself more particularly to Englishmen and Americans, is thoroughly impartial in his statements in regard to the price of living at the various winter resorts; and in his recommendations of the leading hotels, clearly mentions the class of society by which each is patronised. The work should be deservedly popular.

The Right Hon. W. E. Gladstone, M.P. says:—An interesting volume.

A useful auxiliary to the more voluminous and less portable guide books.

"Idlinter Resorts" Guides, Mo. 1.

# MEDITERRANEAN WINTER RESORTS.

# MEDITERRANEAN WINTER RESORTS

A Practical Handbook to the principal Health and Pleasure Resorts on the Shores of the Mediterranean.

WITH

SPECIAL ARTICLES ON THE PRINCIPAL INVALID STATIONS BY
RESIDENT ENGLISH PHYSICIANS.

EDITED BY

E. A. REYNOLDS BALL, F.R.G.S.

NUMEROUS ILLUSTRATIONS BY C. W. J. PRÆTORIUS
AND A MAP OF THE MEDITERRANEAN.

SECOND EDITION.

(Revised and in great part re-written.)

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1892.

MEDITERRANEAN

WINTER RESORTS

#### LONDON:

PRINTED BY WILLIAM CLOWES AND SONS, LIMITED, STAMFORD STREET AND CHARING CROSS.

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## 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 (Malaga, Tangier, Algiers, Cairo, Naples, Sicily, &c.). The belief that a demand exists for a Guide-Book on these lines is the Author's reason for adding another volume to the unwieldy mass of Guide-Book literature.

The principal features of this little 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 winters 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 SECOND EDITION.

In this second edition—enlarged by nearly one hundred pages 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 Resorts 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; St. Raphael, Grasse, Beaulieu, Ospedaletti on the Riviera; Torre del Greco, Castellamare, Amalfi on the South Italian Littoral, 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 consecutively in the above order, greater or less space being accorded 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 devoted 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.

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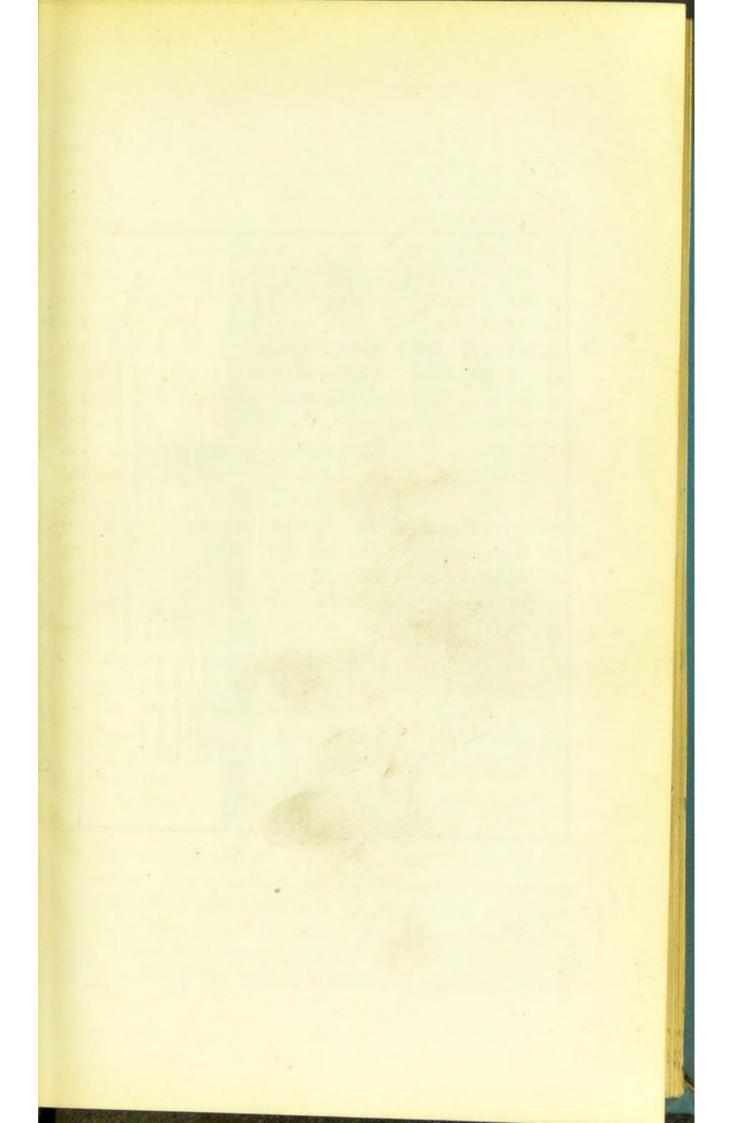
Lts. = Lights.

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CAPE TRABATCAR IN IL III.III.

## MEDITERRANEAN

# WINTER RESORTS.

### Part 1 .- THE FRENCH RIVIERA.

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

#### GENERAL CHARACTERISTICS.

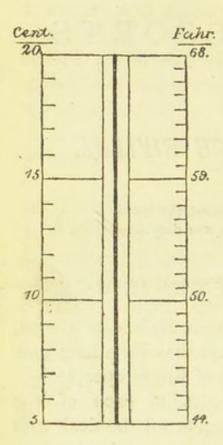
THE beautiful strip of coast from Hyères to Genoa, which is known as the Riviera, has for a long time been the favourite winter residence of English people.

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 Riviera climate.

It is a mistake to suppose that warmth is the most prominent 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 temperature during the winter months is not more than 10° higher than in England; Nice, with a temperature of 48°, being the coolest, and Mentone (East Bay), with a temperature of 52°, being the warmest of all the stations. Those

requiring a really warm climate must go farther south—to Madeira, Egypt, or even the Cape.

The French and Italians always use the Centigrade reckoning 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).

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.

The chief climatic advantages of the Riviera may be summed up in a few words: A large proportion of sunny and cloudless days, and a very small number of rainy 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 enquirer may, perhaps, be confronted with elaborate tables of statistics which prove

<sup>\*</sup> The rule is, multiply by nine, then divide by five, and add thirty-two. This will give the Fahr. reckoning.

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.

We now come to the main drawback of the Riviera climate—the winds. These—and especially the Mistral—are the torment of visitors, and 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, 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.

An attempt at a general classification of the principal watering places of the Riviera would probably give the following result: (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 two former classes—Cannes and

San Remo. 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 in the Italian than in 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 via Dover, Paris, and Marseilles. Travellers should remember that the "rapide," which leaves Paris for the South at 7.50 every evening, is fearfully overcrowded. This train is the French "Flying Dutchman," and is extensively patronised. To get a corner seat it is advisable to be at the Gare de Lyons one 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 expensive 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, the heavy extra charge not being so prohibitive as one would imagine. It is generally necessary to book "berths" several days beforehand. 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) 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.

<sup>\*</sup> In France the trains rapides are strictly confined to first-class passengers, but ordinary fast trains take second-class passengers also.

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 trains rapides. This route is fully described in the notice of San Remo.

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 fortnightly service of the P. and O. Co., leaving London for Marseilles every alternate Friday during the autumn. The passage takes eight days, and the fare (first class) is £13 single. An abatement of 20 per cent. is allowed if the return journey is made within four months. This route is not actually more expensive than the overland one, for any reasonable amount of luggage is carried free, and, of course, the passengers' 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 fourteen days from October 30th, 1892. 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 services of the Cunard Co. have lately been discontinued. 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 Thursday, 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. There is also the weekly steamer of the Cie. Generale Transatlantique, which leaves Marseilles for Nice and Genoa every Sunday morning at 7 o'clock. This short trip is worth taking, if only for the beautiful scenery. The coast between Marseilles and Toulon surpasses in beauty and interest any other part of the Riviera, or, in fact, of the whole Mediterranean littoral from Marseilles to Naples.

#### PRACTICAL INFORMATION.

Cost of Living.—Provisions of all kinds are plentiful, and fairly cheap, 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 20fr. or 25fr. for the first visit, and sometimes 10fr. for subsequent ones. At Nice and Cannes, however, the charges are often more. For night visits, after midnight, the fee is usually 40fr.

Sketching Public Buildings, &c.—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, &c., 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.

Parcel Post (Colis Postaux).—Rates not exceeding 3 lbs. Is. 4d., not exceeding 7 lbs. Is. 9d. 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.

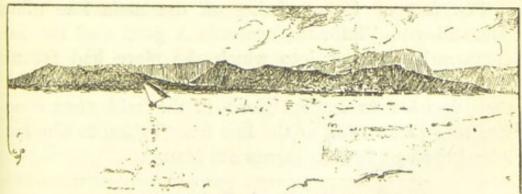
Flower Parcel Post.—There is a special rate for the postage of flowers from the South of France to England. They must be securely packed in wooden boxes, which can be procured for four or five sous at any florist's. The weight must not exceed 350 grammes (about 12 oz.). The postage is 35c. Neapolitan 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 mid-day *rapide*. Advisable not to buy on Mondays, as on those days the flowers in the market are poor and dear.

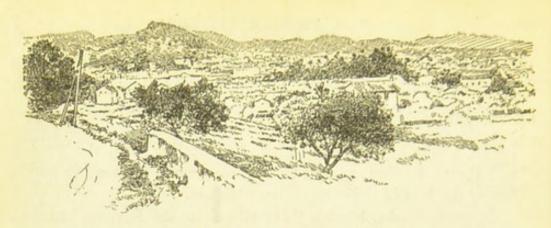
Guide-books, &c.—A small library might be filled with guide-books, works of travel, sketches, &c., dealing with the French and Italian Riviera, so that there is only room to mention here a

few of the best of those recently published.

Of guide-books, Black's "Handbook to the Riviera," 2s. 6d., is certainly the best published in English; and Joanne's "Stations d'Hiver de la Mediterranée," 3fr. 50c., the best of the numerous French guides. Cook's "Health Resorts of the South of France," Is. 6d., and Ward, Lock and Co.'s "Illustrated Guide to the Riviera," 2s. 6d., 1891, will also be found useful. Descriptions of the Riviera are also given in Murray's "Riviera," 5s., 1890, and in Baedeker's "Southern France," 9s., 1891. 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, 10s. 6d., "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.



THE MAURES MOUNTAINS, NEAR HYÈRES.



HYÈRES FROM THE SOUTH.\*

#### 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 Vintimille, accounts a good deal for the comparative neglect into which the place had 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.

<sup>\*</sup> From a photograph by Dr. W. P. Biden.

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" people, 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 unlikely 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 quite 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 the 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 rather 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 10fr. 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. C. Pens. from 9fr. High-class Family Hotel.

des Iles d'Or, Avenue des Iles d'Or. Pens. from 10fr. des Hesperides, close to the Iles d'Or. Prices a little more moderate than the three above-mentioned. Pens. from 8fr. Large garden.

In the eastern quarter near the Jardin Denis are :-

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

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

Beau Sejour, at the east end of the Avenue Alphonse Denis. Pens. from ofr. Garden.

Chateaubriand. Pens. from 8fr. Well sheltered. Lawn-tennis. 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

<sup>\*</sup> For explanation of abbreviations see the list at end of Table of Contents.

near the sea, in a forest of pine and cork oaks, it combines the advantages of Arcachon with those of Hyères."

There are three good hotels.

Costebelle. Open from October to May. R. 3 to 6fr., B. 2fr., L. 4fr. (12 p.m.), D. 5fr. (7 p.m.); P. from 9fr. Hotel chosen by the Queen for her stay in 1892. The Chapel has been done away with and is replaced by a small new church (All Saints).

Hermitage. Same Pension and arrangements as 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.

Albion, near All Saints Church. A colossal building, the property of an English Syndicate. 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 12fr. 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. Since 1880 a great deal has been done to attract, and provide amusements for visitors. A Casino has been established, for which a nominal monthly subscription is charged. Theatrical performances are given here during the season by the 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 quieter tastes are not neglected, as there is a Philharmonic Society, which gives occasional concerts. Of outdoor amusements there are lawn-tennis 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, already summarised in page 9, 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" is 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 anyone 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 o'or 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. In-doors, 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 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 seldom 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 sea shore 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 someone 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 hardworked 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 wintermonths. 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 seabaths. 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 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. Emphysema and asthma, it is impossible 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 atomic 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 mephitis, 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.

HYÉRES, May, 1892.

### PRACTICAL INFORMATION.

Route.—Viâ 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-seven hours, or, if the train de luxe is taken, twenty-four hours. Fare: first class, £7 6s. The extra charge for sleeping-car from Paris to Toulon is £2 4s. 2d., and by train de luxe from Calais, £4 8s. 1d.

A branch railway from St. Raphael to Hyères has recently been opened. 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. D. Collyer, M.A., Services, 10.30 and 3.0.

All Saints, Costebelle. Chaplain, Rev. A. L. Palmes, M.A. This church replaces the little chapel formerly attached to the Hotel de Costebelle.

English Vice-Consul.—George Corbett, Esq., Villa Farnese.

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

English Chemist.—Powell's English Pharmacy, Avenue des Iles d'Or.

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

English Bank.—Messrs. R. J. Corbett & Co., Villa Farnese. 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, 2fr., by the course, Ifr. 5oc. For excursions there does not seem to be a recognised tariff, and bargaining will be found necessary; the driver is sometimes satisfied with 6fr. for an afternoon's drive in a carriage with one horse, or with a pair he might be induced to accept Iofr. For a day's excursion with a carriage and pair the cost would be from I5fr. to 25fr., 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 300fr. with one horse, or 500fr. with two.

Cook's Agency .- The English bank.

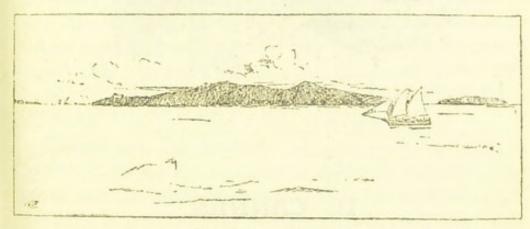
House Agent. - Mr. Chapman, Villa Farnese.

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.

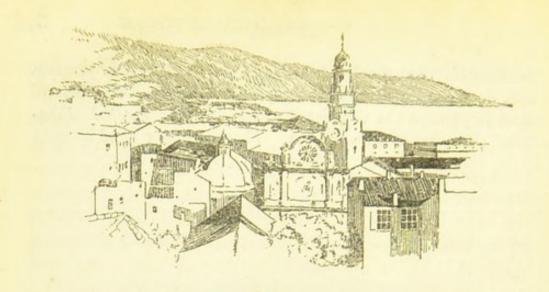
Reading-Rooms and Libraries.—The English Reading-Room is in the Place des Palmiers, and the Circulating Library at St. Paul's Church.

Guide-books .- No local guide-book 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.



THE ISLES D'HYÈRES.



# II.—CANNES.

AS a winter residence, Cannes, in some respects, compares favourably with the health 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. 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 visitors 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 fifty hotels, in Cannes and its suburbs, it must be allowed that there are some grounds for this complaint.

Climate and Temperature.—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 from 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 N.W. wind, the shelter afforded by the Esterel Mountains is not so good as one would expect from the position of these hills; this muchdreaded wind blows through gaps in the chain.

Exhaustive meteorological tables, drawn up by Dr. de Valcourt, are published weekly in the Cannes Advertiser.

There are two kinds of climate at Cannes, depending on the proximity to the sea. The neighbourhood of the seashore 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 English Club (Le Cercle Nautique), 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 30fr. for a fortnight—members not being admitted for a shorter period—50fr. for a month, and 150fr. 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 weekly housedinners of the Cercle Nautique constitute a special feature of the club.

Another English club has recently been established, the Reunion, founded by the late Captain Perceval. Ladies admitted as guests.

Hotels and Pensions.—With over 50 hotels, from the palatial Metropole to the modest but, in some respects, equally com-

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fortable 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, Bellevue and de l'Esterel. These charge from 15fr. to 25fr. 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.

Nearer the town are H. des Princes, near Messrs. Taylor and Riddett's House Agency, and Hotel du Pavillon. Pension from 12fr. Opposite Christ Church is H. de la Terrasse. Pension from 15fr. 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 (Cook's coupons taken). Approaching the Californie Quarter are the hotels Prince of Wales, Provence, des Anglais, and Richemont. All of the first class, but expensive. The Hotel Richemont will, however, make special arrangements for a long stay. Not quite so far inland are the hotels Beau-Sejour, St. Charles and Mont Fleurie, des Anges, and Californie, charging from 15fr. to 20fr. The Hotel Californie is close to the Albany Memorial Chapel and not far from the historical Villa Nevada. All these hotels have large gardens. In the district of Vallauris and nearly a mile and a half east of Cannes is the magnificent new Hotel Metropole.

Pensions.—Among the numerous hotel-pensions, the following have been recommended: Victoria and Westminster approaching the Californie quarter, Suisse in a very central position, and Victoria with large garden. On an elevated situation near the Boulevard du Cannet is the Hotel-Pension Paradis, and lower down the Pension des Lerins with very moderate charges. The Pension at these houses is usually from 10fr. to 12fr., 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.

The larger hotels at Cannes are provided with lifts, and several of those in the Californie district with lawn-tennis courts. Service is usually included, but not wine or lights. The hotels on the east side of Cannes, except the large establishments on the Californie hill, are, as a rule, cheaper than those at the west end. Nearly all the hotels frequented by English and American visitors close in the summer, but the Beau-Rivage keeps open the whole year.

Villas and Apartments.—There are a great many villas in Cannes and its neighbourhood, and, with the exception of about 100 belonging to resident French and English proprietors, they can be rented for the season, which is counted from the 1st of October to the 31st of May. The rents vary from £100 to £1200, including plate and linen. There are not many at rents below £150, and it would be difficult to obtain a satisfactorily-turnished villa, in a good position, and with a moderate-sized garden, at a less rent than £300.

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. 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 special 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, 10fr.; return, 15fr. Box seat 10fr. extra. Journey a little over two hours.

Among the minor attractions, mention may be made of the band, which plays every afternoon near the Cercle

Nautique.

Sport, in the shape of pig-sticking, can occasionally be had. Battues take place in the Esterel Mountains, near Fréjus, under the management of the Cercle Nautique committee. There is a certain amount of danger to nexperienced sportsmen in the "Chasse aux Sangliers," and a wild boar, if wounded, should be treated with the greatest respect. 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. Another kind of entertainment is a regatta, which takes place generally in April. This aquatic festival is well worth seeing, if only for the interesting variety of styles shown by the rowers, and the appalling diversities of costume. 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.

The Cannes Cricket Club has been established for some time, and last season a Golf Club was founded. The Hon. Secretary of both these clubs is Rev. L. J. Fish, care of Messrs. Taylor and Riddett.

Principal Attractions and Excursions .- For full in-

formation concerning the three historical personages for which Cannes is celebrated I refer my readers to the local guide-books. The walks in the neighbourhood of the town are very pretty, and some of the villa gardens are well worth visiting.

Of more distant excursions, the following will be found interesting: Grasse (eleven miles), grand situation among the mountains; Mount Vinaigre, the highest point of the Esterel Mountains, 2000ft.; Fréjus, where there are Roman remains; and Les Iles de Lérins. Steamers cross several times a day. Fare, 3 francs, there and back; time, one hour.

#### CANNES AS AN INVALID STATION.

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

Anyone 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 seashore, 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 often owing to a correct or

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

(I.) 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 climateric 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 catarrhal 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 for theme 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 inflamination 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 can 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 disease of the glandular and bony system derive such unmistakable benefit from the climate of Cannes, that tubercular disease 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 deathwarrant, 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 disease 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 anaemia 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 contraindicated 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. As 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 climateric 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 a priori seem unsuited, and 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

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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 is 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° Fah. 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

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things to sit basking in the sun whilst the soil is wet should

be carefully avoided.

There are numerous pretty walks and drives around 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 over-crowding, 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 guests depart, and if delicate, not unfrequently 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 happily 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, June, 1892.

#### PRACTICAL INFORMATION.

Route.—Viâ Boulogne, Paris, and Marseilles. Time, thirtyone hours, if the 7.50 p.m. rapide for Paris is taken. Fare: first-class, £7 15s. 3d. On Thursday during the winter season there is a special train de luxe service, leaving London at 3.0 p.m., and reaching Cannes in twenty-eight hours. Extra sleeping-car, fare, £4 16s. 2d.

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, W. M. Woolaston, M.A.

Holy Trinity, near the Cercle Nautique. 11 and 4. 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, H. C.\*

Christ Church, Rue de Fréjus. Services II and 3. H. C. 8.30 and I2.5. Chaplain, Rev. H. P. Smith, H. de la Terrasse.

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

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, Dr. de Valcourt, Villa Hauterive, Rue de Fréjus.

English Doctors.—Dr. Battersby, 24, Bd. de la Fonciere; 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. Dr. Brandt has left, and now practices at Nice.

<sup>\*</sup> H. C. signifies that the Hymnal Companion is used. Where no mention is made it is understood that Hymns Ancient and Modern are used.

The hours of consultation are usually from 2 to 3.

English Dentists.—Dr. E. Martin, 89, Rue d'Antibes; Mr. R. H. Fergusson, 58, Rue d'Antibes; Mr. J. G. MacConaghy, I, Rue Hermann; Dr. C. O. Hall (American), 19, Rue Hermann.

English Chemists.—Messrs. Brearley and Bascoul, 77, Rue d'Antibes; Isaac B. Ginner, 40, Rue d'Antibes.

English Stores .- 39, 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 5 p.m.

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

Messrs. Thos. Cook and Son.

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

Cafes.—De la Paix, near the Hotel du Ville; Rumpelmayer, near the Cercle Nautique. For Ladies (afternoon tea, ices, &c.).

Restaurants.—Faisan Doré, 18, Rue d'Antibes; and Le Réserve, Bd. de la Croisette.

Conveyances.—Town omnibuses run regularly along the chief boulevards (15c. to 30c) Coaches for Grasse Ifr. 50c., Vallauris Ifr., and La Napoule 80c. Cabs: la course, Ifr. 50c. (after 7 p.m. 2fr.); by the hour, 2fr. 50c. (after 7 p.m. 3fr.) 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." The charge for a carriage and pair for a month is usually £30, but towards the end of the season the terms would be reduced. Saddle-horses can be hired for the day at M. Grouier's Livery Stables, 113, Rue d'Antibes.

Cook's Agency .- 71, Rue d'Antibes.

House Agents.—Messrs Taylor and Riddett, 43, Rue de Fréjus, and Mr. J. S. 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 Advertiser, 42, Rue d'Antibes. 30c. Saturday. L'Indicateur de Cannes.

Reading Rooms and Libraries.—Good Reading Rooms at the Casino and at Messrs. Taylor and Riddett's. Circulating Library at Robaudy's, 42, Rue d'Antibes.

Shops .-

Baker-The Vienna Bakery, 73, Rue d'Antibes.

Bookseller-Robaudy, 42, Rue d'Antibes.

Confectioner-J. Negre, 20, Rue d'Antibes.

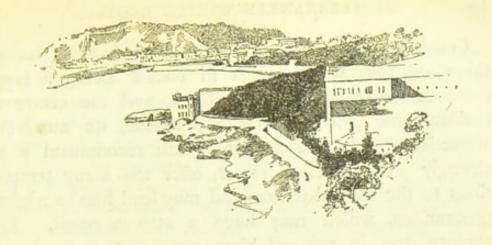
Dressmaker-Mlle. Remy, 7, Rue Bossu.

Hairdresser-P. Meunier, I, Rue Bossu.

Jeweller-Rouzière, 40, Rue d'Antibes.

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

Guide-books, &c.—"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.



## 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 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 the 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. Visitors have, it is true, to pay the penalty of this popularity in the high prices of hotels and apartments to which they have to submit. These prices have, however, I think, reached their limit, and in future seasons will probably be a little lower, owing to the over-building which has been going on in Nice since 1884, and the increased competition which has resulted from it. Cannes, however, is still more expensive.

Considered purely in the light of an invalid station, there are several objections to Nice: Being a large town of some 70,000 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.

Routes.—The usual route is viâ Dover, Paris, and Marseilles. Fare viâ Dover, first class, £7 18s., and time, thirty-one hours. The journey can be done much cheaper by going by the Dieppe route. Fare, second class to Paris (afterwards first), would amount to £6 12s. 4d. From Paris it is never advisable to go second class, and the economy is doubtful, as travelling by a slow train would necessitate hotel expenses en route. For invalids, and those to whom money is no object, it is by far the best plan to travel by the new train de luxe service, which leaves Victoria on Thursdays at 3 p.m. There is no change from Calais to Nice. The additional sleeping-car ticket costs £4 16s. 2d. By this service Nice is reached in twenty-eight hours, and the time is so arranged that travellers can breakfast at their usual hour in London one morning and lunch at Nice next day.

Another route, which can be strongly 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. This new "strategic" railway is to pierce the Col di Tenda, and join the coast line at Vintimille, but it is not

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likely that it will be finished for four or five years. The drive from Limone to Nice or Mentone, is extremely interesting. The road passes through the midst of the finest scenery of the Maritime Alps. The distance is sixty miles, and the drive occupies twenty hours. It is one of the longest diligence drives still left by the railways in 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 forms of the cliffs, and the luxuriant vegetation which crowns every height and fills every hollow, makes the scenery of this 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 half-way 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 8fr. 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 18s. 4d. first, and £4 2s. 7d. second, and the diligence fare, 12fr. 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-Cuneo service daily between Mentone and Sospel (fourteen miles), and between Ventimille and Giandola (twenty miles). An interesting description of this route will be found in The Guardian, February 5th, 1890.

New route to the Riviera. - Since last season the com-

pletion of 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 8.57 a.m., and reaches Nice at 6.45 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 predominates. 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, and "at homes" of all kinds.

Hotels and Pensions.—The most fashionable are those on the Promenade des Anglais. Taking them from east to west the most frequented by the English are:—

Des Anglais, facing the Jetée Promenade.

Mediterranée, corner of the Rue Meyerbeer.

Westminster, R.\* from 4fr.; B. Ifr. 5oc.; L. 4fr. (12);

D. 6fr. (6.30 p.m.); A. Ifr. P. from 12fr. Lift.

Billiards. Open Oct. to June.

Facing the public gardens are the Grande Bretagne and Angleterre. The latter hotel has been occasionally patronised by the Prince of Wales and the late Duke of Albany, which, to some people, is a recommendation.

The Pension at the above-mentioned hotels would be from 15 to 25fr. Other good hotels, not quite so expensive, are the Cosmopolitan and Grand. The latter is the special hotel of Cook's tourists, and has a good table d'hôte. At the Cosmopolitan the manager is enterprising, and, during the season, weekly dances are

<sup>\*</sup> For abbreviations, see list at end of Table of Contents.

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given, which are largely attended by guests and visitors from other hotels. Dances are also occasionally given at the Grand, Terminus, and Milliet during the season. The charges per day are from 12fr. to 20fr.

On or near the Boulevard Victor Hugo are the following

high-class hotels, starting from the east end.

Iles Britanniques. R. 4fr; B. 1fr. 5oc.; L. 4fr. (12); D. 6fr. (6.0); A. 1fr.; L. 1fr.; P. from 12fr. Lift. Billiards. Modern sanitary appliances. C. Open all the year.

Splendide. Similar charges.

Milliet, Rue St. Etienne.

Palmiers. Recently enlarged. P. from 9fr. Lift.

Paradis. Lately changed proprietorship.

A large first-class hotel (Terminus) has recently been opened opposite the station. It is suitable for those

making a short stay. Good restaurant.

In a healthy situation in the Carabacel quarter is the oldestablished Hotel de Nice, which can be recommended to invalids, and those wishing to avoid noise and bustle. R. 3 to 6fr.; B. 1fr. 75c.; L. 4fr.; D. 6fr. (6.30). Lift. Billiards. Electric light. English sanitary arrangements. Managed on Swiss principles.

Hotels with more moderate prices will be found in the quarter between the Boulevard Victor Hugo and the station. The H. Victoria in the Bd. Victor Hugo, and H. Grimaldi, Place Grimaldi, and H. Suisse at the foot of the chateau fronting the sea, are also reasonable in

their charges.

The Hotel-Pensions and Pensions in Nice are legion. Of these P. International, near the Scotch Church, P. de Genève, Rue Rossini, P. Anglaise at Cimiés, and P. Anglaise, 77, Prom. des Anglais, have been recom-

mended. Pension from 7fr.

For invalids and visitors who wish to avoid the bustle and excitement of Nice, the Hotel Villa Arson at St. Barthélemy can be strongly recommended. It is built on the mountainous slopes lying north of the town, about a mile and a half distant, well sheltered, in the midst of pretty scenery, and the gardens are extensive. Pension

from 8fr. to 14fr. It has recently changed hands, and the new proprietress is English. Billiards. Lawntennis.

The Hôtel Cimiés at Cimiés is also well suited for delicate persons.

A large hotel (Prince de Galles) on modern principles is being built at Cimiés (where hotel accommodation is somewhat deficient) by the Credit Lyonnais. It is intended to rival the well-known Métropole hotels at Cannes and Monte Carlo, and special attention is to be paid to sanitary arrangements.

Apartments.—The price varies according to situation. They are let generally for the whole season, not by the month; It is important, therefore, to have all the details of the arrangement entered into in writing on papier timbré (i.e. paper sold with Government stamp at 50c. per sheet). In the district to the east of the Jardin Public, an apartment of four or five rooms would cost from 600fr. to 700fr. A flat of the same size in a more fashionable quarter would cost from 800fr. to 1000fr. A furnished villa could be rented in the Carabacel or Cimiés suburbs for from 6000fr. to 10,000fr., 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 command fancy prices—from 10,000fr. upwards.

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 National Theatre, 19, Rue Garnièri; the Théâtre de la Renaissance (formerly Opéra Comique), in the Rue St. Michael; and the pretty little theatre attached to the Casino.

To these must be added the recently-built Municipal Theatre on the site of the Opera House which was burnt down in 1881. Fauteuil d'orchestre 6fr. There is a theatre attached to the huge unsightly structure, looking like a colossal kiosk on stilts, known as the Jetée

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Promenade. Entrance Ifr. before 3 p.m., afterwards 2fr.; for the whole day (including admittance to the theatre), 3fr. Cimiés, too, has its own place of entertainment, in the form of a kind of summer garden, known as the Breton Village, where cock-fights, rat-fights, and other strange and questionable performances are given. Entrance Ifr. Break from Nice, 5oc.

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 Veglione, or masquerade fancy dress ball, is, 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 Théâtre National-very rarely taking any more active part in the entertainment. As a spectacle it is certainly worth attending. Casino is a 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 of Monte Carlo.

There are several clubs at Nice, but the only one which is much frequented by English and American visitors is the Cercle Mediterranée, on the Promenade des Anglais. This is a high-class and very select club, and in reputation and standing is equal to that of 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 6ofr. a month, or 24ofr. for the season. There is no entrance-fee, except for permanent members. who pay an annual subscription of 300fr. 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, but they are not so much frequented by the English colony as those of the Cercle Mediterranée.

There is a good lawn-tennis club, with three courts, of which Comte de Robiglio (11, Boulevard Victor Hugo) is the hon. secretary. The committee elect the members, and the subscription is 10fr. for a month, or 20fr. 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, leaving Nice at 11.15 a.m., and Beaulieu at 2 p.m. Fare 10fr. return: box seat, 5fr. extra. There is very good bathing. The beach is composed of shingle—not sand—and bathing-machines of the primitive English pattern are used. The usual charge is 50 to 75c. including costume. A dozen men's tickets can be obtained for 5fr. at the two

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leading establishments, Georges and 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 in inducing the boatman to accept it. 2fr. 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. Good saddlehorses can be hired for 10fr. the afternoon, or 15fr. for the day. A carriage and pair can be hired for a day's excursion for 30fr. Near the Jardin Public will be found some well-appointed pony carriages (pair), which can be hired for Monte Carlo and back for 25fr. or 3ofr., though the driver will ask 40fr. 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. Then at Easter there is a regatta, which is a most amusing spectacle. 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.

Excursions. - Full particulars will be found in the

local guide-books. There is one excursion which should never be omitted under any circumstances-namely, the ride or drive from Nice to Monte Carlo or Mentone by the Corniche route. From this road, which at an elevation of 1200ft, 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 will 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 in the Riviera where the fragrant Parma violet grows wild.

# 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

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during the winter, and somtimes lasts for two or three days together, but fogs are quite unknown, snow and frost exceeding-

ingly 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 \* for twenty years are as follows :-

# Mean Temperature.

November	 53.80	February	 46.20
December	 48.5	March	 51.8
January	 47'I	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

<sup>\*</sup> Taken with instruments placed outside a fourth floor window facing the N.N.E.

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 clothing 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. NICE. 51

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.

NICE, May 1892.

# PRACTICAL INFORMATION.

English Church Services.—Holy Trinity Church, Rue de France (Chaplain, Rev. W. Frere Langford, M.A.); Sunday services, II a.m. and 3 p.m.; H. C., 8.30 a.m. and 12 noon. The charge for a sitting is 30fr. for the season. In the church-yard is the grave of the Rev. H. Lyte, author of the hymn, "Abide with me." Christ Church, Carabacel (Rev. J. E. Denison, 15, Bd. Desambrois): daily prayer; Sunday services, II a.m. and 3 p.m.; H. C. every Sunday, at 8.30 a.m. and 12.15 p.m. St. Michael's, Rue Bergère: H. C. daily at 8.15 a.m.; Sunday services at II a.m. and 3.30 p.m. The new

American Episcopal Church is in the Boulevard Victor Hugo; Rector, Rev. J. Cornell. Sunday services II a.m. and 3 p.m. H. C. 8.30 a.m. The Scotch Church is in the Boulevard Longchamps; Sunday services II a.m. and 3 p.m.; Minister, Rev. Dr. Murray Mitchell, 18, Boulevard Victor Hugo.

English Consul.—J. C. Harris, Esq., 4, Place Bellevue, near the Port. Hours 9-12. U.S. Consul. Vacant. The late Consul, Mr. Harrison Bradley, has recently been transferred to Copenhagen. Consulate, 2, Rue d'Angleterre. 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), 29, Bd. Victor Hugo; Dr. A. W. Gilchrist, 26, Bd. Dubouchage; Dr. A. Sturge, 29, Bd. Dubouchage; Dr. Thomas Linn (American), 16, Quai Masséna.

English Nurses .- Holland Institution, 18, Rue Paganini. Principal, Miss Woodcock.

English Solicitor.—Arthur S. Browne, Esq., II, Rue de la Buffa, Solicitor to H.B.M.'s Consulate.

English Dentists.—Mr. E. Shillcock, 22, Avenue de la Gare; Mr. R. S. Ash, 4, Quai Masséna (Tuesdays and Fridays only); Dr. N. W. Williams (American), 10, Quai Masséna.

English Chemists.—Messrs. Nicholls and Passeron, 3, Quai Masséna.

Postal Arrangements.—There are two posts to England from all towns of the Riviera, the mails leaving Nice by the 12.37 p.m. (during the season only) and 5.5 p.m. trains. Local time is discontinued in 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, 7 a.m. to 9 p.m. Telegraph office always open.

Banks.—Credit Lyonnais, 15, Avenue de la Gare; A. Lacroix et Cie., I, Jardin Public; Messrs. Thos. Cook & Son, 15, Quai 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 Macarani, 6, Rue Macarani; Turkish, Ham-

mam de Nice, 2, Rue de la Buffa.

Cafés .- De la Renaissance and Taverne Russe at the Casino; de la Paix and de la Regence, Avenue de la Gare. For afterNICE. 53

noon teas, ices, etc., Vogade, Escofier, 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; Maison Dorée, opposite the National Theatre; de la Reserve (for Bouillabaisse), near the Port; Garden House, Avenue de la Gare. All good, but decidedly expensive. London House has a great reputation, but the prices are exorbitant. There are several good restaurants with moderate prices in Avenue de la Gare. The National and Français are perhaps the best. Dinner at

prix fixe, 3fr. including wine.

Conveyances .- Cabs: 75c. 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. 2fr. by the hour. After 7 p.m., Ifr. 25c. the course, and 2fr. 50c. 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, the highest being but 30c. There are diligences once or twice a day to the most interesting towns situated among the Maritime Alps within forty miles of Nice. A carriage and pair can be hired for 750fr. 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 500fr. a month might be arranged for.

Cook's Office.—15, Quai Masséna.

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, &c., are, however, not dear. The most expensive shops are along the Quai Masséna and Quai St. Jean Baptiste.

Newspaper.—The Anglo-American (formerly The Nice Gazette) 30c. Saturday. Offices, 3, Rue Garnier. Contains a reliable

list of visitors and a good deal of society information.

Reading Rooms and Libraries.—Galignani's, 48, Quai St. Jean Baptiste, and Visconti's, 2, Rue du Cours. An English

Circulating Library, called "The Nice Library," has recently been established at 2, Rue Alphonse Karr. Sub. for 3 months 15fr., season 25fr. There are also Reading-rooms at the Casino, 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, 2, Place Masséna.

Jeweller-F. Gast, I, Quai Masséna.

Photographers—Numa Blanc, Av. de la Gare, ; Eastman Co., Place Grimaldi (Photographic materials).

Tailor—F. MacGowan, 19, Av. de la Gare. Ladies' Tailor—Redfern, 26, Bd. Victor Hugo.

Wine Merchants-Claude and Metivet, 29, Rue Masséna.

Guide-books.—"The English Guide to Nice," published by Messrs. Galignani, 3s. 6d. 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. There is also Dr. Barety's "Nice and its Climate," which is considered trustworthy. Of the numerous French guide-books the "Guide Touriste: Nice et ses Environs," 3fr. is the best. It contains several excellent maps.

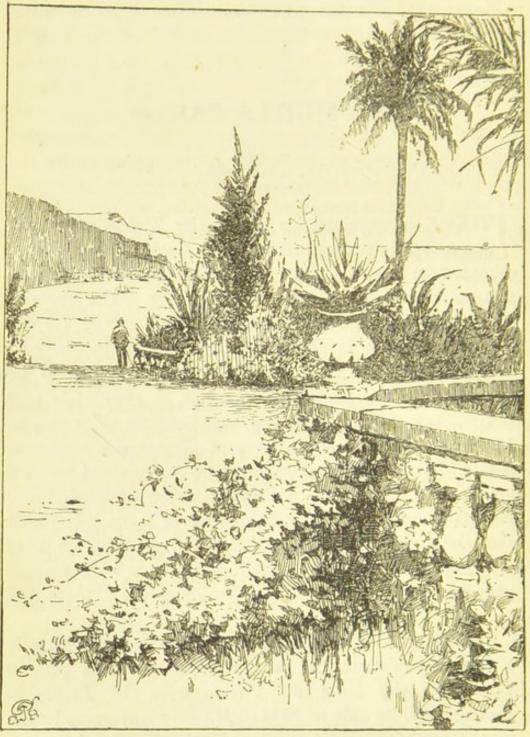
# IV.-MONTE CARLO.

"A shelf between the mountains and the sea."-Carlyle.

THERE is no winter station on the Riviera more picturesquely situated than Monte Carlo. 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 Etrangers," 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 rospect pleases, and only man is vile." It is beginning, however, to be resorted to by a good many visitors who are not attracted by its facilities for play, and even mildy 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



THE CASINO GARDENS, MONTE CARLO.

Baden, Homburg, and other fashionable watering places have attained since the suppression of gambling there, 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 the exceptionally severe winter of 1870-71, when at Cannes and at 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. In spite of all these natural advantages, many medical men hesitate to recommend this winter station for invalids, though there is no doubt that, in future years, when the gambling tables are suppressed, it will rival Mentone or San Remo as a health resort.

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.—There are several good ones. A little more care should be exercised than at Nice 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 Hotel de Paris is frequented chiefly by habitués of the Casino, and for that and other reasons cannot be recommended. Its cuisine, too, which once had a European reputation, has fallen off very much. The table d'hôte is interesting, perhaps, on account of the cosmopolitan character and variety of the guests. A feature of the Hotels Métropole, Continental and Paris is the excellent table d'hôte dinners at the price of 7fr. 5oc., 6fr. and 5fr. respectively.

The daily charges at the above hotels, during the season (December 15th to end of April) would amount to about 20 or 25fr.

Slightly more moderate in their charges are the high-class hotels Victoria, Prince de Galles and St. James, Pension from 15fr. All the above are furnished with a lift, and several are lit with electric light. The following have a lower tariff:—Windsor, de les Terrasse, Beau Rivage (Cook's coupons) des Princes, Monte Carlo, Londres, Splendid and Europe. The latter has an excellent 4fr. table d'hôte much patronised by those visiting Monte Carlo for the day. Pension from 12fr. The Hotels de Paris and Royal are open all the year.

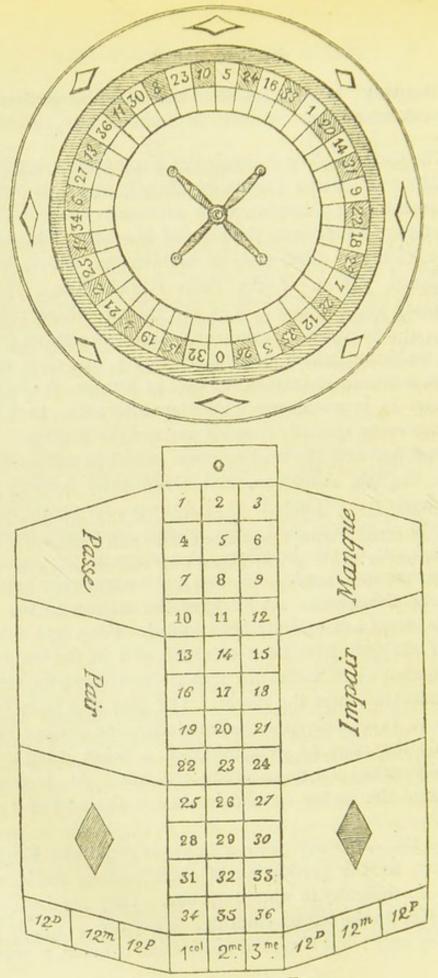
The following Pensions have been recommended:—Villa Ravel, Chateau de Plaisance, Villa du Midi, and Villa Victoria. Pension from 8fr. The Monaco hotels are rather cheaper (from 12fr. to 20fr.); but the splendid situation of the hotels at Monte Carlo fully compensates for the higher prices. The Hotel des Bains, at Monaco, is as good as any. Of the cheaper hotels, the Hotel des Etrangers can be recommended. It must be remembered that Monaco is not so good for invalids as Monte Carlo.

Villas and apartments are rather scarce, and the prices are even higher than at Nice (except the villas on the Promenade

des Anglais). Most of the villas have extensive gardens, laid out with much taste.

The Casino.—The "Cercle des Etrangers et des Bains de Monaco," as the Casino is officially styled, is built in a commanding situation, on a promontory about threequarters of a mile from the town of Monaco. The building is of a very florid style of architecture, and is like a miniature replica of the Paris Grand Opera House. 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. A classical concert is given every Thursday afternoon, to which visitors come specially from all parts of the Riviera. 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. 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, 25c. 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 II o'clock, and the administration enforce more strictly the rules as to admittance, a ticket being occasionally asked for even from habitués. At trente et quarante the stakes can be insured at the rate of I per cent.

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



PLAN OF A ROULETTE TABLE

ticket (white) is given, which is good for three months. The salles des jeux consist of four saloons, profusely decorated in the Moorish style. The first two and the fourth are devoted to roulette, and the third 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 5fr. to 6000fr., but at the trente et quarante table nothing less than a louis is accepted, the limit being 12,000fr., and all stakes must be divisible by 20. Each roulette table is virtually divided into two, one on either side of the roulette wheels. Visitors can stake their money on the numbers from one to thirty-six, and the maximum for a number is 18ofr. 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 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"—perhaps some ruddled and rouged harridan from some obscure *tripot* of Paris or Marseilles—is a spectacle as incongruous as it is unpleasing.

Of other amusements, theatrical representations take place occasionally during the season, for which the leading actors and actresses from Paris are engaged. There is a uniform charge of 10fr. 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. 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 season's 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° Fah. and the lowest 35° Fah.

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 princi-

pality 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 at 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 this 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 establishment at the Hotel 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 19s. 6d.; by train de luxe, £5 4s. 1d. in addition. Time, thirty-one and a half hours; or by the latter service, twenty-nine hours only. The first-class fare by the Dieppe route is £6 13s. 1od. Registered luggage from France examined at Monaco station.

Church.—A small Episcopal Chapel has recently been built near the Hotel Victoria, but outside the Principality. Chaplain, (S. P. G.) Rev. J. Thurlow, M.A.; Sunday services at 11.30 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 Roqueville; Dr. Fitzgerald, Villa Picciola; Dr. Hutchinson, Villa Mai; Dr. R. Pryce Mitchell, Villa Henri.

American Dentist .- Mr. Ash, Rue Grimaldi.

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.

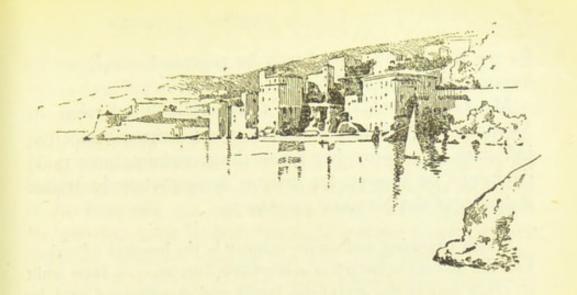
Cafés and Restaurants.—Riche, Paris, Metropole, Ciro's Anglo-American Bar. Restaurants are also attached to the hotels Continental, Victoria, Prince de Galles and Europe.

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

House Agents .- Messrs. Roustan, Grand Hotel; Messrs.

Smith and Co.

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



## V.-MENTONE.

"There lies a valley in dear Paradise,
Where all the loved on earth are wandering,
Stricken with sorrows and weighed down with sighs,
Burden'd with tears that from remembrance spring."

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. It is naturally the favourite winter residence of invalids in general, and of the unfortunate victims of pulmonary consumption in particular. 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 that the character of Mentone has changed a great deal of late years. Compared to many of the smaller stations on the Mediterranean littoral, 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 license 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. And all those who lie here were but sixteen, eighteen, or twenty years of age. One wanders on from tomb to tomb, reading the names of those youthful victims, killed by the implacable disease. 'Tis a children's cemetery, a cemetery similar to the young girls' balls, where no married couples are admitted."

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 over-worked 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 and Pensions.—There is a very wide choice. There are more hotels, in proportions 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: On the West Bay, the hotels du Pavillon, Splendide, Littoral, and Russie; in a more central position are the Hotels Victoria, Westminster, Mentone (Cook's coupons) and Paris; inland, and higher up, but well-sheltered, are the Hotels des Iles Britanniques, National, du Louvre (P. from 9 fr.) and Orient.

The hotels along the shore of the East Bay, being more sheltered, are visited a good deal by invalids; they are, besides, much quieter. The best are des Anglais and Beau-Rivage.

The Hotel 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 pensions at all these hotels is from 10fr. to 15fr., except the Iles Britanniques, which is more expensive, the charges for pension being from 11fr. to 16fr. The Hotel d'Anglais and Bosshart's Hotel d'Italie (also in the East Bay), accept Messrs. Cook's coupons. The latter hotel is an oldestablished house, under English management, and has a large garden.

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

Of the cheap hotels, the following hotel-pensions can be recommended: Londres, Anglo-American, Sta. Maria ("chiefly for ladies," Baed.) and Condamine. They are pleasantly situated on the Promenade du Midi. The charges are from 8fr. to 12fr. a day. It must be remembered, that though Mentone is, next to Hyères, the least expensive of the more frequented winter resorts in the Riviera, prices have risen of late years, and the hotels suited to English visitors with pension at 6 to 7fr., which some guide-books say can be obtained, are unknown to me. The compilers have probably confounded the prices of the branch houses of some of these hotels at St. Martin Lantosque, in the mountains, where visitors who remain all the year in the South take refuge during the summer.

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

Villas and Apartments.—Furnished villas are plentiful, and, as a rule, the rents are more moderate than at Cannes or Nice.

3000 to 4000fr. for the season would be about the average rent in a good situation, but there are few to be let at 1500 to 2000fr. Lists with full information can be obtained from Mr. Willoughby at the English stores, the principal houseagent. Private apartments are not so plentiful, but a few can be obtained in the principal streets at rents from 700fr. upwards,

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 2fr. an hour, or 12fr. for the whole day. There is a good club, to which the subscription is only 6ofr. for the season. It possesses a fairly good ball-room, in which dances are given occasionally during the season. Attached to the club is a circulating library in connection with Mudie's. Concerts and dances are occasionally given by the Cercle Philharmonique. There is a pretty little theatre attached to the New Casino, for operettas, etc.

Mentone is a capital head-quarters 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 7000ft.-the most glorious views can be counted upon, as the summits are generally free from clouds, so clear is the atmosphere. There is no shooting near Mentone, though an enterprising Gaul certainly advertises "pheasant-shooting" (!) at Cap St. Martin; but it is not likely that Messieurs les sportsmen Anglais will respond to his advances. This property formerly belonged to the Monte Carlo Administration, but is now part of the grounds of the Grand Hotel, Cap Martin. Woodcocks are plentiful here, but the shooting is strictly preserved.

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 everbeautiful 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 out 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 5fr. for the day. Of longer excursions, the following are interesting: Roquebrune (three miles) and Monte Carlo (seven miles); Bordighera (eight miles), across the Italian frontier; Castellar, an interesting mountain excursion, which would take about two hours and a half (carriage-road lately constructed); 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 30fr. 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.

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# 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, southeast, 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.
October. November December January. February March April May.				deg. 49'4 42'6 39'5 38'8 40'7 41'1 48'8 52'5	deg. 65.5 54.9 50.5 49.7 50.8 54.0 58.8 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, who 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 Feb. 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 amongst them is phthisis or pulmonary consumption. All consumptive cases do not do equally well, and often it is difficult to define those that 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 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 biased 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 45 amongst the natives was due to consumption. Dr. Farina in 25 years in hospital experience, with 3189 cases of all sorts admitted during that time, found only one case in 70.

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 but 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 other 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.

Anamia.—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 Boulogne, Paris, and Marseilles. Time, thirty-two hours. Fare: first class, £8. If the route viâ Dieppe is taken, the fare is 27s. less.

Church Services.—Christ Church, adjoining the Hotel de la Paix (East Bay). Chaplain, Rev. A. M. Topp, (C. and C. S.). Services, 8.30 a.m., II a.m., and 3 p.m., H. C. In the West Bay is St. John's Church. The church and parsonage are vested in the S. P. G. Society. The church is open from September to June, and the hours of service are: Sundays, at 8 a.m., II a.m., and 3 p.m.; week-days, Wednesday and Friday, at II a.m., H. C. 8 a.m. The chaplain is the Rev. Canon Sidebotham. The Presbyterian Church is near the Hotel d'Italie. Services II a.m. and 3 p.m.

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, Pavillon Ferrairom; Dr. Stanley Rendall, Villa Biovés; Dr. J. L. Siordet, Villa Cabrolles.

English Dentists .- Messrs. S. Mordaunt, 4, Avenue Victor

Emmanuel; and G. Mount, Maison Dorée, Avenue Victor Emmanuel.

English Chemists.—Messrs. Odde, Avenue de la Gare; Gibson & Co., Rue St. Michel; and Bezos, Rue St. Michel.

English Stores .- G. Willoughby.

Post Office.—Rue Gavini; hours, 8 a.m. to 7 p.m. Telegraph Office, 19, Rue Victor Emmanuel; hours 8 a.m. to 9 p.m.

Banks. — Credit Lyonnais, Av. Victor Emmanuel; and Messrs. Palmaro.

Baths.-Rue Partonneaux.

Cafés and Restaurants.—Maison Dorée, Rue Partonneaux; du Nord, Av. de la Gare; Paris, Av. de la Gare. The best restaurant is R. du Cercle. Also at hotels, Parc, Menton, and Littoral.

Conveyances.—Cabs: For two persons, Ifr. 25c., and for four, Ifr. 75c., for the course; by the hour, 2fr. 5oc.; for the whole day, a carriage with two horses costs 25fr. There is a regular service of trams running from one end of the Bay to the other; fare, 3oc.

Cook's Office. - 10, Av. Victor Emmanuel.

House Agent.-Mr. Willoughby.

Shops-

Bookseller-Bertrand, 3, Rue St. Michel.

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

Photographer-Numa Blanc, Rue Partonneaux.

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 half way between Hyères and Cannes, and is a sea-bathing station as well as a winter resort. 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 Kurhaus, 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 seabathing. 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 Hotel St. Raphael, Grand Hotel des Bains (Cook's coupons), and Hotel Beaurivage. Pension at the two former from 10fr., including wine, lights, and attendance. The latter is a little cheaper. Pension, 8 to 9fr.

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 hills.

Invalids and others requiring absolute repose and seclusion will find Valescure, situated in the pine-woods two miles inland, a most suitable residence. There are two good hotels, des Anglais and Valescure. Pension from ofr.

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, recently constructed, 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. Pensions from 12fr. There are two other hotels, Muraour (pen. from 9fr.) and the old-established Hotel de la Poste. This hotel is moderate in its charges (pen. from 7fr.), 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.

Climatically, Grasse has some claims 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 church of the hospital, where are three pictures, believed by some judges to be by Rubens Interesting accounts of Grasse will be found in the *Graphic* of March 14th, 1891, and the *Saturday Review* of March 7th, 1891.

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 experi-

<sup>\*</sup> See Longman's Magazine, March, 1890.

mental stage, and I have not been able to obtain meteorological details or statistics. Owing to its position at the end of a peninsula, it possesses a climate more nearly approaching to a marine type than that of any other wintering place along the Riviera. Cap d'Antibes is fairly easy of access, as all trains stop at Antibes station, which is about a couple of miles from the Grand Hotel du Cap d'Antibes. The last of the newer winter stations demanding some notice is

Beaulieu.—Half way between Nice and Monte Carlo. It has lately come into favour as an invalid residence on account of its admirably sheltered position, and its mild climate. The name of this district—la Petite Afrique, from the tropical luxuriance of the vegetation—is alone enticing to the invalid in search of sunshine. There is very good sea-bathing, and there are numerous pretty walks. The leading hotels are des Anglais and the new Metropole, the latter finely situated on the sea front with grounds extending to the shore. Pension at these two hotels from 11fr. There is a good restaurant (Réserve) where bouillabaisse is a specialty. English church service from December to April. Chaplain, Rev. J. O. Stephens, M.A. English Doctor.—Dr. Wakefield.

# 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 mor important winter resorts 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 em-

ployed 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 on level ground 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.—There is not much choice, but the few there are are well-managed and comfortable. English tastes are consulted, as nearly all the visitors are English or Americans. The following can be recommended: Angst (late Bordighera). A large garden, in which are many fine palm-trees, is attached to this hotel. Angleterre. This hotel is nearer the sea; it is the

oldest, and has a good reputation. Messrs. Cook's coupons are available here and at the following hotel. The charges at these two hotels are the same—Iofr. to 12fr. Windsor. Comfortable, and cheaper than the two former, the charge for pension being from 8fr. to 10fr. There are also two new hotels, H. des Iles Britanniques, with large garden; and H. Belvedere. Pension at the latter from 8fr. There are, besides, two hotel-pensions which are well spoken of—the Beau-Rivage, in the English quarter, and the Anglaise, which is situated on higher ground. The charges at both these pensions are from 7fr. to 10fr. There are a few villas, which can be rented for the season, but apartments are scarce.

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 amusement being sea-fishing and lawn-tennis. A club has recently been founded by the English colony. The tennis grounds are near the H. Belvedere.

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 accout of its proximity to the Casino, and the comparative cheapness of living. Bordighera, however, though lacking in "distractions" 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 who are fond of walking, without being dependent on the trains, as an omnibus runs from Bordighera to Ventimille at frequent intervals, and Mentone is only five miles by road from the latter place.

Excursions and Objects of Interest.—The neighbour-hood 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 aqueduct. (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. 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 northeast 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) Vellée 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 J. 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 healthresorts 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 2 to 5 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, such as those possessed by the Hotel Angst and the Hotel Belvedere. Both these houses are admirably sheltered and command fine views.

CASA ELDREDA, BORDIGHERA, May 1892.

#### PRACTICAL INFORMATION.

Routes.—Viâ Marseilles, or Turin and Savona. By the former route Bordighera is only thirty-three and a quarter hours distant from London. Fare, first-class, £7 19s. 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 Hotel Angst. Chaplain, Rev. A. T. Barnett, M.A, 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, Villa Carlotta.

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

English Consul.—None at Bordighera, the nearest consulate being at San Remo (seven miles).

Banks.-Messrs. Bolognini, Via Vittorio Emmanuele.

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

House Agents .- Messrs. Bolognini.

English Stores .- Kept by Madame Esarco.

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

Cook's Office. Messrs. Bolognini.

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. 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.-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 16,000, which, in winter, is increased to nearly 18,000.

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 (though it has no pretentions 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 smaller than Cannes, and without the peculiar attractions of Monte Carlo and Nice, society,

both English and foreign, is always well represented here. The place has been frequently selected by Royalty for a winter sojourn, and amongst others, the late Empress of Russia, the Emperor and Empress Frederick of Germany, the Queen of Sweden, and the ex-Empress Eugenie have passed a season 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 Amedeo. A small but well appointed English Club has been established since 1889, where dances are occasionally given. It has recently been moved to a central position in the town. It possesses an English billiard table. Subscriptions, 30fr. for one month and 100fr. for the season. Hon. Sec., Colonel W. Freeman. There is also a Lawn-Tennis Club, subscriptions, 5fr. a week, 10fr. a month, and 30fr. for the season. The courts are in the grounds of the Hotel des Iles Britanniques.

Hotels and Pensions.—Hotel accommodation is very good. The hotels mostly visited by English people are the following: On the west side, which is more elevated, the Royal (large garden), Belle Vue, des Anglais, Londres and West End; the latter boasts of a passenger-lift. All these hotels are in a cluster on a slope of the hill fronting the sea. Most have large gardens. Charge about 12fr. a day. Nearer the sea is the Hotel des Iles Britanniques, with large garden and two tenniscourts. Pension from 11fr.

Of the cheaper hotels in this quarter, the following are good: Hotel de l'Europe, opposite the station, Hotel Berigo and Villa Flora. P. from 9fr.

The hotels east of the station are not quite so much frequented by English visitors as those at the West End. Of these the Hotel Victoria and Mediterranée (Cook's coupons) are well spoken of. Both of these have very fine gardens, and are delightfully situated. The terms for pension at these hotels are from Iofr. to 15fr., according to the position of bedroom. On the Corso Garibaldi is the Grand Hotel de Nice, 10fr. to 14fr. This hotel, as well as the Hotel des Iles Britanniques, accepts Messrs. Cook's coupons. The hotels in the town itself which can be recommended are Beau Sejour and San Remo. Pension from 9fr. to 12fr. There are also several pensions, of which Suisse and Anglaise are perhaps the best. Behind the West End Hotel is the Villa Emily, a pension for ladies of limited means. It is a similar institution to the one at Mentone. The weekly charge, which includes wine and doctor's fees, is 25s. Particulars may be obtained from the secretary, Miss Macdonald Lockhart, at San Remo (or during summer at The Lee, Lanark), or from Dr. Freeman, or Dr. Kay-Shuttleworth, the hon. medical officer.

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 the 15th Oct. to 15th May. 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 40fr. a month is the usual charge for one room, or 75fr. for two. The water in the hotels is usually good and pure, but that of the wells in the country, and those attached to the villas, is not always safe, and should be filtered and boiled.

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 25fr., in addition to 1fr. for each occupant; charge for the season, 500fr. The seats in the dress circle cost 4fr. 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 in the Circo Internazionale. This club is open to English visitors, and has good reading, smoking and billiard rooms; the subscription is 12fr. a month. Good boating and sailing can be had at a very moderate charge; the price per hour is 3fr., and this sometimes includes the services of two men. A new and very fine Casino is about to be erected 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, pic-nics 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 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 temperature, 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-two 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 overbuilt 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 he 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, probably 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 regulated 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 ndoors, 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 treacherous. 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 (southeast) 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, Capo Nero (800 feet) westwards, and Capo 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 hills 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 pyramida

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 degrees 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 degrees 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 lungs which have been lying 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 rain-fall, 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° F., 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:—

I. 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 kilometres from San Remo, and consist of a great number of springs from the rock, 700 metres 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 metres of the piping is a cistern one square metre deeper than the pipes, to allow of the deposit of gravel, etc. The town takes as much as 1000 to 3000 metres 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.

II. 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.

III. 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, May 1892.

## PRACTICAL INFORMATION.

Routes .- San Remo can be reached viâ Marseilles or viâ 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 7.50 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. Fare, £8 13s. 3d. first class (no second class by express train). There is a special service (train de luxe) every Thursday during the winter season, the train leaving Victoria at 3 p.m., and reaching San Remo the next afternoon at 4.17. The sleeping-car fare is very high, viz., £5 4s. Id. to Ventimille, as the train de luxe does not run beyond. The charges of the train de luxe are almost prohibitive and are nearly double those of the ordinary sleepingcar. Travellers who intend to break the journey will probably prefer the Turin route. It will be advisable to stop the night at Genoa-the train leaving Victoria at II a.m., arriving at the convenient time of 6.45 the next evening-and go on to San Remo by the 9.35 train the next morning, arriving at 2.42 in the afternoon.\*

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 17s. 9d. first, and £5 10s. 3d. second class, and for a sleeping-car ticket between Paris and Genoa, 42fr. 50c. 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, November and December, but the homeward ones call at Marseilles fortnightly regularly throughout the year. The single fare is £13. The average time occupied is seven or eight days.

Church Services.—St. John Baptist's, Via Carli. Hours, II and 3. Chaplain, Rev. A. P. Cox.—All Saints, Corso dell' Imperatrice. Hours, 8, II, 3, and 8 o'clock. H. C. 8 a.m. every Sunday. All sittings free. Chaplain, The Rev. Canon

<sup>\*</sup> The hours of these trains are seldom altered.

the Marquis of Normanby.—Presbyterian Church, Corso dell' Imperatrice. Minister, Rev. D. W. Forrest, M.A., Hotel de Londres.

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

English Doctors.—Dr. A. J. Freeman; Dr. A. H. Hassall; Dr. L. E. Kay-Shuttleworth; Dr. Foster (formerly of Alassio), who has recently started practice at San Remo, should also be added to the list.

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, or through Mr. F. R. Squire, The English Pharmacy.

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 20 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, 3d. per word; to France, 2d. a word, plus 10d.; to any part of Italy, 10d. for fifteen words. Parcels under 7lb., 2s. 1d. 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.

Bank.—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, Ifr. by day; after gaslamps are lit, 1.50fr. To theatre, 2fr.; return 5fr. To Poggio, 7fr.; Madonna de la Garde, 7fr.; Taggia, 8fr.; Ospedaletti, 5fr.; Ceriana, 14fr.; Bordighera, 8fr.; Dolce Acqua, 15fr.; Ventimille, 14fr.

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

Trams and Omnibuses.—Taggia, 5oc.; Ceriana, Ifr.; Ospedaletti, 3oc.; Bordighera, 6oc.; Dolce Acqua, Ifr. 5oc. A

carriage and pair can be hired for £20 a month, or £14 with one horse.

Messrs. Cook's Agency .- 15, Via Vittorio Emanuele.

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

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.

Money.—Italy having joined the Latin Monetary Union, the coinage is a decimal one. The coins in use are centesimi and lire (equivalent to centimes and francs). Visitors should take care to get rid of paper money before leaving Italy. The notes are from 5 lire upwards.

Newspaper.—L'Indicateur de San Remo. Weekly. There is also a weekly Visitors' List published on Tuesdays, 25c., 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.

## III.—ALASSIO AND MINOR RESORTS.

ALASSIO is twenty-eight miles east of San Remo, and fifty-six west of Genoa, and is rapidly 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 Malle 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 Dean Alford must be given the credit of first calling attention to the merits of this sheltered spot as an invalid resort.

Hotels.—The Grand Hotel d'Alassio has an open and healthy situation on the beach, near the station. Pension &fr. to 12fr. The Hotel de la Mediterranée is a comfortable and well-appointed house, but its situation is not quite so convenient.

Some distance from the station. Room, 2fr. 5oc.; lunch 3fr. and dinner 4fr. (wine included). Pension by arrangement from 8fr. Both these hotels are frequented chiefly by English and American visitors. Hotel Suisse, opposite the station. Comfortable, and prices moderate. Pension from 6fr. The two latter hotels are open all the year. Pension des Anglais is a new house. The Hotels de Londres and de Rome no longer exist.

Villas.—There are a few villas to be let for the season, at rents varying from 1500fr. to 4000fr. 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 little sport is also obtainable. Rabbits plentiful on Gallinara Island. A lawn-tennis club has recently been started. Subscriptions for the season, 10fr. (family 20fr.); for one month, 5fr. The courts are near the church. A band plays on the parade every Thursday from 2 to 4 p.m.

Objects of Interest.—In the neighbourhood are the three interesting villas: Rothschild, 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 has not 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 N. and the N.W., in fact the mistral may be said to never blow there. On the other hand, owing to its exposed condition towards the E., 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 degs.	Average rainfal
October November December January February March April May	deg. Fahr. 61'9 54'3 49'7 47'3 48'2 52'3 56'4 64'3	7 8.6 5.6 4.3 4.8 6.6 10.8	deg. Milms. 93'1 163'7 43'3 60 70'9 50'7 111'9 46'4

Fog has been recorded on fourteen days during these six winters, 1883-89.

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. 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.

MALOJA, ENGADINE. August 1892.

#### PRACTICAL INFORMATION.

Routes.—Viâ Calais, Paris, Turin, and Savona. Fares: first-class, £7 17s. 6d.; second class, £5 10s. 1d. The fares for the same route, except to Paris, viâ Dieppe, are £6 11s. 6d. and £4 12s. There is also the alternative route viâ Marseilles, for which the first-class fare is £8 15s. (viâ Dover and Calais). The extra charge for sleeping-car by the weekly train de luxe is £5 4s. 6d. to Ventimille, beyond which station this train does not run.

Church Services.—The church is close to the station. Hours: 10.30 a.m. and 3 p.m. Chaplain for the season 1892-93 Rev. H. Spencer, Villa San Giovanni. A circulating library is connected with the church. Subscription for the season, 10fr.; three months, 7fr.

Doctor .- 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.

All the Riviera winter stations of any importance have now been noticed. There are, of course, several other winter resorts lying along the pleasant strip of coast from Ventimille to Genoa, but these are yet in their infancy. The most promising are Ospedaletti—which seems, from its name at least (little hospital), well suited for an invalid resort—exactly halfway between Bordighera and San Remo.

Ospedaletti is not so well known as it deserves, but its remarkably sheltered and salubrious situation marks it out as one of the chief winter resorts on this part of the Riviera in the future. It has lately suffered reverses owing to the refusal of the Italian Government to grant a concession to the syndicate who own the Casino which has been recently built—an establishment intended to rival Monte Carlo. This unexpected action on the part of the Government does not, however, distress the frequenters of this pretty little watering-place, as they alone benefit by the beautiful gardens of this ill-fated Casino. There are two good hotels (Hotel de la Reine, Pen., from 9fr., and Hotel Suisse, Pen., from 7fr.). Church services every Sunday during the season at the Hotel de la Reine; chaplain, Rev. Christopher Morgan, D.D. There is a resident physician (Dr. Enderlin), who speaks English.

Pegli, only five miles west of Genoa, is a small but old-established winter resort, more frequented by Italian than English families. Its chief merit is that it has frequent communication with Genoa. This place and Sestri Ponente are also popular summer bathing stations. 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, Ifr. or 2fr. for a party. There is a small English Episcopal Chapel where services are held every Sunday at 10.30 a.m. and 3 p.m. Holy Communion at 8 a.m. Chaplain, Rev. A. Antenbring. The best hotel is Hotel de la Mediterranee, Pen., from 9fr.

Sestri Ponente is more of a summer than a winter station and may be looked upon as a suburb of Genoa. It seems lately to have fallen upon evil times, as in 1891 the principal hotel (Grand Hotel Sestri) was closed.

## IV.-FLORENCE.

"Of all the fairest cities of the earth, None is as fair as Florence."

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 hand-book.

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 drawback to Florence, as a winter residence, is 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 snowclad 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. 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 extreme of winter and summer temperature. Situated in the midst of the fertile plain of the Arno, immediately surrounded by a series of low-lying hills, these in turn fenced round on three sides by out-lying 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.

The merits and demerits of Florence as an invalid resort are, however, exhaustibly analysed below by Dr. St. Clair Thomson, 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 town 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 city, 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 four, two

by the St. Gotthard, and two by the Mt. Cenis.

1. Viâ Calais, Laon, Basle, St. Gotthard, and Bologna (1048 miles).—There are two through expresses a day, leaving Victoria at 11.0 a.m. and 8.15 p.m., and reaching Florence at 6.11 a.m. and 6.40 p.m. in the morning and evening respectively of the second day after leaving London. Fares, first, £9 4s., and second £6 15s. Luggage cannot be registered beyond Chiasso, where the Customs examination takes place. Berth in sleeping carriage, Calais to Basle, 20fr. 60c. in addition to the first-class fare.

2. Viâ Calais, Brussels, Metz, St. Gotthard, and Bologna.— Trains leave Charing Cross or Victoria at 8 a.m. (10 a.m. viâ Ostend). Passengers by these trains reach Brussels in time for the St. Gotthard express leaving 6.41 p.m. From Basle same train as by route 1. This route is slightly longer (1063 miles). Fare,

first, £9 4s. 9d., second, £6 16s.

3. The mail route, viâ Calais, Paris, Mt. Cenis and Bologna.—
The train (Rome express) leaves Charing Cross at 11 a.m., and reaches Turin at 1.58 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 p.m., reaching its destination at 6.11 the next morning. Fare, first, £9, second, £6 6s. 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 12.40. 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 8.25, 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 14s., second, £6 1s. 9d.

4. The popular cheap route viâ Dieppe, Paris, Mt. Cenis, Turin, Bologna (or Turin, Genoa, and Pisa).—Passengers leave Victoria at 9 a.m., and arrive at Paris 6.50 p.m. Beyond Paris, same train and route as No. 3. Fare, first, £7 14s. 1d., second, £5 7s. 9d. If viâ Genoa, there is a saving of 5s. 1od., and 4s. 1d. in the first and second-class ticket respectively. By the Mt. Cenis route luggage cannot be registered beyond Modane, where the Customs examination takes place. Charge for berth in sleeping-car from Paris to Turin, £1 3s. 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 I fr. Rugs (couvertures) are also supplied for the same price.

In comparing the merits of these routes, the one viâ St. Gotthard is undoubtedly the most interesting, and it is advisable to leave London by the morning express so as to pass through the magnificent scenery at daylight. Travellers going by any of the above-mentioned routes, 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 would reach Florence in the early morning, and thus losing all the scenery.

Bologna has good hotel accommodation. H. Brun, R.\* from 3fr.; B. Ifr. 5oc.; L. 3fr.; D. 5fr.; A. Ifr.; Lts. 75; P. 10 to 12fr.; C.; H. d'Italie, same charges except D. 4fr. and P. 9 to 12fr. C.

The Customs examination at all the frontier stations between

<sup>\*</sup> For explanation of abbreviations, see list at end of the Table of Contents,

France and Italy is exceedingly stringent, and passengers will find it good policy to declare the smallest quantity of dutiable articles.

Florence can also be reached by sea viâ Naples (for steamer, see Naples), and then viâ Genoa and Leghorn by the steamer of the Florio-Rubattino Company. Another pleasant sea route is by North German Lloyd Steamer from Southampton to Genoa, thence by rail viâ Pisa.

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. Social relations among the English residents are said to be a little hampered by a spirit of cliqueism; but of what English colony on the Continent is that complaint not made by new comers?

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, Hyères, 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. Nearly all the high-class, and more expensive hotels are situated along the Lungarno in the right (north) bank of the river, between the Piazza Manin at the western end, and the Lungarno They all have a southern aspect. It della Zecca Vecchia. 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 a dozen Lungarnos in Florence. The Lungarno hotels are noticed below in geographical order, starting from the Piazza Manin. Royal de

la Paix, Piazza Manin (the largest in Florence). Like many of the Florence hotels it is open all the year. R.\* from 5fr.; B. Ifr. 50c; D. 6fr.; A. Ifr.; Lts. Ifr.; smoking, billiard, and reading-rooms, ladies' drawing-room, lift, baths (3fr.), electric light. Florence and Washington, 6, Lungarno Amerigo Vespucci (a favourite American house). R. 3 to 5fr.; B. Ifr. 50c.; L. 3fr.; D. 5fr.; A. Ifr.; Lts. 75c.; P. 10 to 14fr.; Grande Bretagne et de l'Arno, 8, Lungarno Acciajoli. R. 5fr.; B. Ifr. 50c.; L. 4fr.; D. 5fr. (6.30 p.m.); A. Ifr.; Lts. 50c.; P. 15fr., smoking, billiard, reading-rooms; ladies' drawing-room, lift, baths. C. Considered one of the most fashionable hotels in Florence. Hotel de la Ville, † I, Piazza Manin. H. d'Italie (Krafts), a well-managed house. R. 3 to 6fr.; B. 1fr. 5oc.; L. 3f. 50c.; D. 5fr. (Win. 6.30 p.m., Spr. 7.0 p.m.) A. Ifr.; Lts. 75c.; P. from 10fr., smoking, billiard, reading-rooms, ladies' drawing-room, lift, baths. New York, I, Piazza Ponte alla Carraja. R. from 3fr. 5oc.; B. 1fr. 5oc.; L. 3fr. (12.30 p.m.); D. 5fr. (6.30 p.m.); A. Ifr.; Lts. Ifr.; P. 10 to 14fr. C. Smoking, billiard, reading-room, ladies' drawingroom, lift, baths. Du Sud, near Ponte alla Carraja, P. from 10fr., D. 4fr. (6.30 p.m. Winter, 7.0 Spr.), reading-room, baths (3fr.). De Russie, 10, Lungarno Acciajoli. R. 3 to 4fr.; B. Ifr. 50c.; L. 3fr.; D. 5fr.; A. 75c.; Lts. 75c.; P. 10fr. C. Paoli, 12, Lungarno della Zecca Vecchia. The leading private hotel. Very well managed. Good sanitary arrangements. P. from 12fr. Open Sept. 1st to June 30th. Several suites of apartments from 20 to 50fr. Garden, smoking, billiard, reading-room, bath (3fr.). Of these the Florence, Sud and Russie are slightly more moderate in their charges than the others. Each of the above hotels, except Paoli's, send an omnibus to the station (Ifr. to Ifr. 50c.).

Below are the more moderate-priced hotels and hotel-pensions. Victoria, 44, Lungarno Amerigo Vespucci. P. 8 to 10fr. Anglo-American, 7, Via Garibaldi. Lelli des Etats-Unis, 380, Via Montebello.

<sup>\*</sup> For explanation of abbreviations, see list at end of Table of Contents.

† No particulars of this hotel can be given, as the proprietor, for reasons best known to himself, refused point-blank to give any information to the representative of this handbook. This is the only instance in which he met with any discourtesy at the hands of hotel proprietors.

The above are near the Cascine (the public gardens at the end of the Lungarno), and the charge for pension varies from 7 to 10fr.

In a more central position are :-

D'Europe, Piazza Sta. Trinita. P., 10 to 12fr. C., smoking, billiard, reading-rooms, lift. De Londres, 13, Via Tornabuoni R. (incl. Lts. and A.), 3fr. 5oc.; B. Ifr. 25c; D. 4f.; P. 8 to 9 fr. Helvetia, Piazza S. Firenze (behind the Palazzo Vecchio) R. 2fr.; B. 1fr. 25c.; L. 3fr.; D. 4fr. (6.30 Win. 7.0 Spring); A. 50c; Lts. 50c.; P. from 8fr.; smoking, billiard, reading-rooms, baths (2fr.). Very good sanitary arrangements (Jennings). Its clientèle chiefly Swiss, but it can be recommended to English visitors. Cavour, 5, Via Proconsolo, R. 2 to 3 fr. 50c.; B. 1fr. 25c.; L. 3fr.; D. (including wine) 4fr. 5oc.; A. 5oc.; Lts. 5oc.; P. 8fr. 5oc. Citta di Milano, 12, Via Cerretani (near the station), R. 2fr. 50c.; B. Ifr. 50c.; L. 2fr. 50c.; D. 4fr. 50c.; A. 75c.; P. 8 to 12fr. Minerva, Piazza Sta. Maria Novella. P. 9 to 10fr.; smoking and reading-rooms, baths (3fr.). Good sanitary arrangements. Close to station, and convenient for those making a short stay. Most of above-mentioned hotels meet the trains; usual charge for omnibus, Ifr. Private pensions abound in Florence, and by visitors spending several weeks in the City are usually preferred to hotels, though the difference in prices is not very marked. The number and popularity of these establishments seem to have checked the enterprise of local hotel proprietors, and we do not find at Florence (with the exception perhaps of the Hotel de la Paix) any hotels approaching in size or splendour to the colossal establishments at Nice, Cannes, or Monte Carlo. The most important of these pensions are :-

Bellini, 22, Lungarno Nuovo. P. 8 to 12fr; L. 2fr. 5oc. (1.0 p.m.); D. 3fr. 5oc. (7.0 p.m.). Open all the year. Heated with calorifères. On Saturday evening concerts and dances are given to guests and their friends. Piccioli, Lungarno and I, Via Tornabuoni. P. 8 to 10 fr. Open 1st Sept. to 1st June. 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 10fr; L. 2fr. 5oc. (1.0 p.m.); D. 4fr. (7.0 p.m.). Open all the year. Macnamee, [Villa Trollope, Piazza dell' Indipendenza. P. 9fr.

Clientèle mainly American. Chapman, 21 Via Pandolfini. Most of the visitors Americans.

Ponciani, 22, Via Galileo, in a beautiful and elevated situation near the Piazzale Galileo. Some distance from the town.

At all these establishments wine is included in the pension charges.

Villas and Apartments.—The rent of a furnished villa would be anything from 300fr. 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 good and central position a couple of rooms can be obtained for 50fr. a month, or, if taken by the year, from 40fr. 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 to 5fr. The performance usually begins at 8.30.

There are numerous Variety Theatres, Cirques and Cafe-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, 1fr. Alhambra, Piazza Beccaria. Winter garden. Cafe-chantant. The most frequented Café-chantant is the Trianon, 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, I, 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. Good saddle-horses can be obtained at Bianchi, 10, Via Oricellari, and Papucci, Lungarno Guicciardini. Usual charge 8fr. for the afternoon, and 15fr. for the day.

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 visit Florence at all thoroughly would require a couple of seasons at least. Sufficient information will be found in Bædeker'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, &c.—Uffizi Galleries. 10 to 4, Ifr. (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. Ifr. Sunday free. New arrangements of exhibits in progress since 1890. Academy, 52, Via Ricasoli (Michel Angelo's famous David), 10 to 4, 1fr. Sunday free. Palazzo Vecchio. 10 to 3, 50c. to custodian Galleria Buonarotti (Michel Angelo's House), 64, Via Ghibellina. 9 to 3, 50c. Monday and Thursday free. Museo di S. Marco in the Piazza di S. Marco. 10 to 4. 1fr. Sunday free. Closed on fête days. Biblioteca Laurenziana, S. Lorenzo 9 to 3, 50c. to custodian. Closed on fête days. Museo Archeologico (Egyptian and Etruscan collections, and Galleria degli Arazzi), 26, Via Colonna. 10 to 4, 1fr. Sunday free.

All the above are open daily, except on the following, among other, public holidays:—Jan. 1st, Jan. 6th, Mar. 14th, Easter Day, Ascension Day, Nov. 1st, Nov. 20th, Dec. 8th and 25th.

(2.) The four famous Cenacole (Last Supper).—Di Foligno, 58, Via Faenza; d'Andrea del Sarto, S. Salvi, 12, Via S. Salvi; del Ghirlandaio in the Ognissanti Convent, Borgognissanti; d'Andrea del Castagno, S. Appollonia, 27, Via Aprile (leading out of the Via S. Gallo). 25c. 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; 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 (Michel Angelo's famous monuments, Day and Night, and the Medici Chapel); Sta. Maria Novella, Piazza St. 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 St. Trinita on the left bank of the Arno (Madonna by Filippino Lippi). The churches usually remain open all day till an hour before sunset, except from noon till 2 or 3 o'clock. 5oc. is ample to the custodian for a single visitor.

- (4.) Private Galleries and Palaces.—Corsini, 7, Via Parione. Tuesday, Thursday and Saturday, 10 to 3, 5oc.; catalogue (faulty) 1fr. 5oc. (Good examples of Tintoretto, Andrea del Sarto, and Boticelli.) Strozzi, Via Tornabuoni (fine example of Florentine domestic architecture. Pictures have recently been sold). Wednesday 11 to 1. Riccardi (famous library), 9 to 5. 5oc. Torrigiani, near Ponte alle Grazie (pictures by Filippino Lippi, Tintoretto, and Paolo Veronese), special permesso required.
- (5.) Park, Gardens, and Points of View.— The Cascine (the Hyde Park of Florence). This beautiful park is skirted by the Arno along its whole length (1½ miles). It is a fashionable afternoon promenade. Band on most afternoons. Boboli Gardens, open on Sunday and Thursday, from noon till an hour before sunset. In other days a permesso, which can be obtained at the office, central entrance, Pitti Palace, is required. Fine views from the terraces. Torrigiani Gardens. Entrance from Via dei Serragli. Special permesso necessary. Can sometimes be obtained by applying at the Palazzo Torrigiani.

The best views are to be obtained from Bello Sguardo beyond Porta San Frediano; S. Miniato and the Viale dei Colli; Mount Oliveto (half a mile beyond the Porta S. Frediano); and from Fiesole. Much of the benefit which invalids might derive from these beautiful public gardens, especially those bordering the Viale dei Colli,

is wasted through the strange lack of enterprise on the part of the municipal authorities in providing seats.

(6.) Historical Houses.—Alfieri, 2, Lungarno Corsini; Amerigo Vespucci, 20, Via Borgognissanti; Andrea del Sarto, 24, Via Gino Capponi; Benvenuto Cellini, 56, Via della Pergola; Cimabue, 83, Via Borgo Allegri; Cherubini, 22, Via Fiesolana; Dante, 2, Piazza S. Martino; Galileo, 13, Via della Costa S. Giorgio; Machiavelli, 16, Via Guicciardini; Michel Angelo, 5, Via Bentaccordi; Raphael, 15, Via Ginori; Rossini, 11, Via Cavour; Mrs. Browning, Via Maggio. these houses are marked with a commemorative tablet. The number of these historic dwellings must bring home to the most unobservant tourist the large number of famous men which Florence has either produced, or to whom she has proved a kind of foster-mother. The names of the streets also bear striking witness to the vast array of eminent persons connected with Florence of the past.

Before beginning any systematic course of sight-seeing, the visitor to Florence will find it a good plan to devote, say, a couple of mornings to a comprehensive and well-chosen "circular cab tour," in order to familiarise himself a little with the topography of the city, and to obtain a general idea of its principal architectural features.

Drives and Excursions.—The most interesting drives practicable in the course of an afternoon are:—

Viale dei Colli, San Miniato, Poggio Imperiale, Torre del Gallo, Villa di Galileo, returning by the Porta Romana, 2 to 3 hours. This pretty circular tour can also be conveniently and economically managed by taking the trams which leave the Piazza della Signoria every half hour for Poggio Imperiale and Gelsomino by way of Ponte di Ferro \* and Viale Michel-angelo. At Gelsomino

<sup>\*</sup> In Bædeker's (last ed. 1892), at p. 346, an error has crept into this usually accurate handbook. The trams are said to run viâ Ponte Sospeso, near the Cascine.

the trains to Porta Romana and Piazza della Signoria can be taken, thus completing the circuit. Certosa d'Ema, 6fr. allowing I hour's stay at the monastery. If the prettier route by the Viale dei Colli be taken, the charge will be higher. This excursion can also be done very comfortably by the steam trams which leave the P. Beccaria every hour for Certosa viâ Viale dei Colli. Fare 55 and 50c. 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 2 hours. Fiesole. Without exception the most beautiful drive near Florence. A very convenient electric tram service leaves the Piazza S. Marco every twenty minutes beginning from the hour, 70c., return, Ifr. For a cab 8fr. 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, 3 hours there and back. Of the more distant excursions, the Vallombrosa Monastery, and Camaldoli are by far the most interesting. Vallombrosa can be managed in one day if the early morning train from Florence (Santa Croce Stat.) to Pontassieve (12 kil. from Vallombrosa) be taken, but such a hurried visit is not recommended. Time, 50 min.; fares, first, 2fr. 40c., second, Ifr. 7oc. A diligence in connection with the Croce di Savoia hotel (Pens. without wine 7fr.) meets the morning and evening trains. Fare, 5fr. return (but if passengers return next day, 8fr.).

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), 11 hour's journey. Here a carriage can be obtained for Camaldoli (12 kil.). Charge, 8fr. Camaldoli is becoming a favourite summer station as well, and consequently there is good hotel accommodation (Grand Hotel, a succursale of Grand Hotel Bretagne, Florence. Pen. 12 fr.). A far more interesting route, passing through the finest and boldest scenery to be found within 50 miles of Florence, is via Pontassieve and the Monte Consuma Pass. A carriage to Poppi can be had for 15fr., or with two horses (necessary for four persons or more) 24fr. During the spring a diligence, in connection with the Hotel at Camaldoli, meets the morning train at Poppi.

# SOME MEDICAL NOTES ON FLORENCE.

By St. Clair Thomson, M.D. Lond. : M.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 anyone can live in Florence in winter, or die there in summer. Like most epigrams, this overstates the case, and by no means embraces the whole truth. 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 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. latter point must be borne in mind, viz., that however severely the cold is felt, it does not last long. Two months at mostfrom the middle of December to the middle of February-see the worst of it over. At the same fime 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-ofdoors, 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 further 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° Fah., with a maximum of 130° and minimum of 12°; the mean temperature of January

being 41° and of July 77°. It is therefore a very variable climate, and the sudden changes 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 even seen an open fire-place, 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 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 sewerage 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.

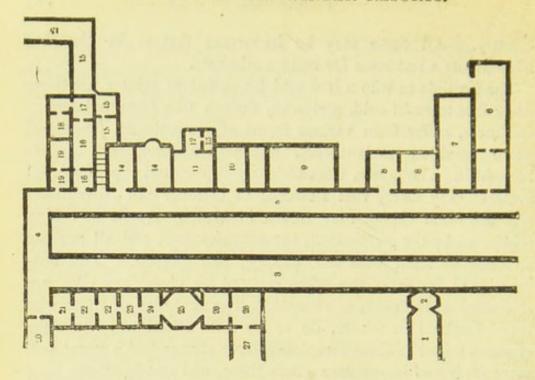
Some years ago, an excellent dairy, under English management, and conducted on the most approved sanitary principles, was founded in a healthy situation outside the town. A pure supply of milk, as well as cream, eggs, and poultry, is sent into town morning and evening.

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 who, 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 lastmentioned 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.



#### GALLERIA DEGLI UFFIZI.

r. Primo vestibolo.	15. Corridore o passaggio che con-
2. Secondo ,,	duce alla Galleria Pitti.
3. Primo corridore.	16.) Corridore e sala di Lorenzo
4. Secondo ,,	17.5 Monaco.
5. Terzo ,,	18. Gabinetto delle Medaglie.
6.	19. Scuola Veneziana.
7. Galleria Feroni.	20. Gemme.
8. Bronzi antichi.	21. Scuola Francese.
9. Sala della Niobe.	22. ,, Tedesca e Fiamminga.
10. ,, del Baroccio.	23. ,, Olandese.
τι, ,, delle Iscrizioni.	24. ,, Italiana. 25. Tribuna.
12. ,, dell' Ermafrodito.	25. Tribuna.
13. ,, dei Cammei.	26. Scuola Toscana.
14. Ritratti dei Pittori.	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 largest, and contains a far larger proportion of comparatively indifferent pictures than does the Pitti collection, which boasts of "a relatively greater array of master-pieces 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 the most recent

date, and taken from the latest edition of the official catalogue, will be found to be inaccurate. None of the innumerable Florentine guides and books of reference 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.

III2. Andrea del Sarto . . Madonna with St. John.

III3. Guido . . . . Madonna.

1114. Guercino . . . Sibyl.

III7. Titian . . . . Venus.

1118. Correggio . . . Rest in Egypt.

II22. Perugino . . . Madonna.

1125. Raphael. . . . Madonna del Pozzo.

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 Antæus.
1162. Lorenzi 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. Ghirlandaio Annunciation.
1290. Fra Angelico {Coronation of the Virgin. (On an easel.)
0131. A. del Pollainolo {SS. Eustace, James, and Vincent.
1307. Fra Filippo Lippi Virgin and Child.
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 interest.
Room 19. Venetian School (Prima Sala).
592. Moretto Death of Adonis.
592. Moretto Death of Adonis.  599. Titian
00/3./

601.	Tintore	etto					Portrait of Admiral Veniero.
Ro	om 19.	Ven	etia	n S	cho	ol	(Seconda Sala).
609.	Titian		•		٠		Portrait of a battle-piece. (Portrait of a Lady (La Flora).
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.
	The Adoration of the Magi.
	The Adoration of the Virgin.
1310. Gentile du Fabriano	Mary Magdalene and three Saints.

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

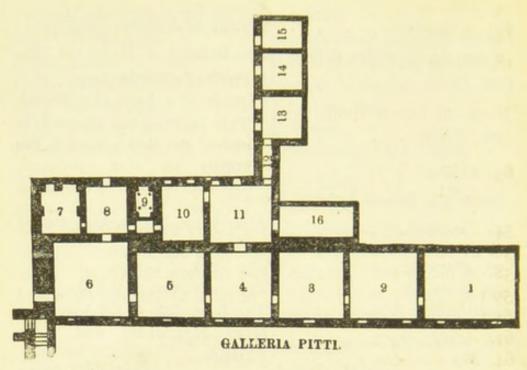
287. Perugino; 286. Filippini Lippi; 262. Dolci; 282. Sodoma; 451-2. Rembrandt; 228. Rubens; 232. Holbein; 224. Cronach; are considered the best executed portraits.

In Room 14 (Seconda Sala) are portraits of modern painters, of which Nos. 471, Angelico 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.



- Sala di Venere.
   , d'Apollo.
   , di Marte.
   , Giove.
   , Saturno.
   , dell' Iliade.
   Stanza della Stufa.
   , 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 I (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 I. Sala di Venere.

3. Tintoretto . . . . {Venus, Vulcan, and Cupid. "For colouring unequalled by any Venetian examples."

9. Rubens		Ulysses and Nausicaa.  Haymaking near Malines.  La Bella. Portrait of the painter's mistress.
Room 2. Sala d'A <sub>I</sub>	oollo.	
63. Raphael		Portrait of Leo X. "No master has ever produced, or will produce, anything better."
54. Titian		Portrait of Pietro Aretino.
56. Murillo		Portrait of Pietro Aretino. Madonna del Rosario.
58. A. del Sarto .		Descent from the Cross.  {Portraits of Angelo Doni and his wife, Maddalena Strozzi.
59. Raphael		Portraits of Angelo Doni and
62. A. del Sarto.		
		Descent from the Cross.
67. Titian		Magdalene.
Room 3. Sala di M		
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.  The Evils of War.
So. Kuvens		. The Evils of War.
88. \ A. del Sarto .		. Scene from the Life of Joseph.
94. Raphael		Madonna dell' Impannata.
96. Cr. Allori .		Scene from the Life of Joseph.  Madonna dell' Impannata.  Judith with the Head of Holophernes
Room 4. Sala di C	Giove.	
113. Michel Angelo		The Three Fates — Clotho, Lachesis, and Atropos. Madonna and Four Saints. The Annunciation.  St. Mark. (Colossal Dimensions.)
200 1 110 1		. Madonna and Four Saints
123. A. del Sarto .		The second second
123. A. del Sarto.		. The Annunciation.

Room 5. Sala di Saturno.

(Madonna della Seggiola, or
Sedia. Perhaps the most
popular of Raphael's Ma-
151. Raphael donnas. N.B.—This occu-
pies 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.
The Descent from the Cross.
Raphael took the figures of
164. Perugino St. John for his celebrated
Crucifixion (now in Lord
Dudley's collection).
(Madonna del Baldacchino, Un-
165. Raphael
172. A. del Sarto Dispute about the Trinity.
174. Raphael Vision of Ezekiel.
(Madonna del Granduca.
Formerly in the Sala dell'
178. Raphael educazione di Jove. Guido
Reni's Cleopatra now takes
its place.
179. Sebastiano del Piombo . Martyrdom of St. Agatha.
1/9. Debustion are 2 tomor . I marry a on or our righting
Room 6. Sala dell' Iliade.
185. Giorgione A Concert.  191. A. del Sarto Two Assumptions. 225.
191.) 4 Jel Cauta Tura Assumptions
225.) A. del Sarto I wo Assumptions.
200. Titian Portrait of Philip II. of Spain.
200. Titian Portrait of Philip II. of Spain.  201. Titian
201. Ituan Medici.
208. Fra Bartolomeo {Marriage of St. Catherine. Bad light.
256. Pra Bartotomeo light.
230. Parmigianino Madonna. 235. Rubens Holy Family.
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. Portrait of Philip IV. St. John the Baptist.					
Room II. Stanza di Prometeo.						
343. Filippo Lippi	Madonna and Child. The Common in the next three					
377. Fra Bartolomeo	saloons there is little of special interest, except Canova's celebrated Venus in Room 14 (Stanza di Flora).					

## PRACTICAL INFORMATION.

Church Services.—Holy Trinity, Via Larmarmora. Chaplain, Rev. R. B. Harrison, M.A., Sunday II and 5. H. C. 8.30. and I2.15. St. Mark, I8, Via Maggio. Chaplain, Rev. H. Tanner, M.A., Sunday II and 5. H. C. 8.30 and I2. St. James (American Church) II, Piazza del Carmine. Rector, Rev. G. Monroe Royce, M.A., II and 4. Presbyterian Church, II, Lungarno Guicciardini. Rev. John MacDougal, M.A.

Private Hospital.—Villa Betania, Via Poggio Imperiale. A convalescent home for paying patients, 12fr. a day. Apply for admission to Dr. Bottari, 6, Via de Serragli.

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, J. Verner Long, Esq., Consulate, 10, Via Tornabuoni.

English Doctors.—Dr. A. R. Coldstream, 24, Lungarno Nuovo. Dr. St. Clair Thomson, 10, Via Panzani. Dr. Wilson, 9, Via Tornabuoni. Dr. W. W. Baldwin (American), Villa Rubino, 10, Via Palestro. Hours of consultation usually 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.

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 6.25 p.m. and 12.40 a.m., but only one delivery at 9 a.m. Letters, however, arriving by 6.25 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. Head office, 9 p.m., station. Four local deliveries daily. Postage. Town ("città") 5c.; Italy, 20c.; foreign countries in Postal Union, 25c. Parcel Post not exceeding 7lbs., 2s. Id.

Telegraphs.—Head office, 12, Via del Proconsolo, always open; S. Onofrio, 26, Via Borgognissanti; 2, Viale Principe Eugenio, 9 to 6.

Rates in addition to 1fr., England, 39c., France, 14c., and Germany 20c. a word.

Italy, Ifr. not exceeding 15 words, each additional word 5c: Urgent telegrams (telegrammi urgenti) thrice above rates. These take precedence of ordinary telegrams.

English Bankers.—Maquay, Hooker and Co., 5, Via Tornabuoni. French and Co., 14, Via Tornabuoni. Thos. Cook and Son, 10, Via Tornabuoni. Haskard and Son, 10, Via Tornabuoni.

Money.—Italy being in the Latin Monetary Union, gold and silver coins of France, Switzerland, Italy, Belgium, and Greece are current. Italian bank-notes are for 5, 10, 25, 50, 100fr. and upwards. 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, 1fr. Francestri, 19, Via Vigna Nuova, 1fr. Medical Baths, Via S. Gallo (new).

Cafés.—Capitani, II, Via Tornabuoni. Much frequented for afternoon tea. Doney, 16, Via Tornabuoni. (The Gunter of Florence.) Giacosa, Via Tornabuoni, also a confectioner. These can be recommended to ladies. Antico Bottegone, Piazza del Duomo. Delle Colonne, 14, Via Tornabuoni. Caffe nero, 15c. Waiter, 5–10c. For open-air cafés and caféconcerts, see under "Amusements."

Restaurants.—Doney. Table d'hôte at 6 to 8 p.m., 7fr. Central (Capitani) dinner same hours, 5fr. Waiter, 25c. to 5oc. Both good but expensive. Generally close about 8 or 8.3o. Dinners from 3fr. to 3fr. 5oc., could be obtained at Mellini, 13, Via Calzaiuoli. Bonciani, 23, Via Panzani. Alhambra, Piazza Beccaria. Toscana, 3, Via Calzaiuoli. Good dinner for 3fr. 5oc. 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 is a fairly cheap place for foreign residents, though prices have risen in the last few years. 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, distinctly cheap, 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. Public amusements (theatres, café-chantants, concerts, etc.) are very cheap. Sight-seeing is not costly, and means of communication are plentiful at moderate rates. Provisions and wines are very cheap. 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, 20c., smokable), tobacco, matches, etc., cost little.

Clubs.—The Florence Club, 5, Borgognissanti. Subscription, one month, 40fr., three months, 90fr., six months, 120fr., whole year, 150fr. Honorary members admitted by committee for two days gratis, or one week for 10fr. 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, Iofr., four months, 30fr., season (November 1st to June 1st), 50fr. 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), Ifr., night (one hour after sunset to sunrise), Ifr. 30c. First half-hour, Ifr. 20c. Night, Ifr. 50c. Each subsequent half-hour, 80c., and Ifr. at night. Outside the Octroi, first half-hour, 2fr., subsequent half-hours, Ifr. But for a whole day or for afternoon excursions it is advisable to bargain. Very good omnibus services run every 10 or 15 minutes from the Piazza della Signoria to the different Gates. 10c. Sunday and Fêtes 15c. 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 10c.

Messrs. Thos. Cook and Son's Agency.—10, Via Tornabuoni. 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; Bizzarri, 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, &c.—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 Cook's office for about 1fr. the hour, or 6 fr. the day. For Commissionaires (facchini) the tariff is 25c. for a course, or 70c. 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 Florence Gazette—Saturdays, from November to May—50c., a readable and well-edited little journal. La Nazione, 10c.; Corriere Italiano, 5c. Both daily.

Passports.—Not necessary in Italy, except for obtaining registered letters from the Poste Restante (Ferma in Posta).

Reading-Rooms and Libraries.—Vieusseux, 2, Via Tornabuoni. Subs. to reading-rooms; admission, 5oc.; one week, 3fr.; fortnight, 5fr.; month, 7fr.; three months, 14fr.; six months, 23fr. Open 8.0 a.m. to 10.0 p.m. Plentifully supplied with English newspapers. Subs. to circulating library: one week, 1fr.; fortnight, 2fr.; one month, 3fr.; three months, 7fr.; six months, 13fr. Open 9 to 5. Circolo Filologico, Palazzo Ferrari, Via Tornabuoni. Subs., one month, 4fr. Vanni, 12, Via Tornabuoni. French and Italian literature.

Shops .-

English baker—Mueller and Balboni, 5, Via della Vigna Nuova.

Booksellers—James Crichton, 19, Via dei Fossi; Flor and Findel, 24, Lungarno Acciajoli; G. Barbéra, 66, Via Faenza; Paggi, 15, Via Tornabuoni; Paravia, 9, 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. Thursday, 8 to 12.

Ladies' outfitters and dress-makers—Mme. Cassi, 22, Borgognissanti; Bellomi, 3, Via Tornabuoni.

Perfumer-Rimmel, 20, Via Tornabuoni.

Photographers—Montabone, 3, Via dei Banchi (portraits); Alinari, 20, Via Tornabuoni; Brogi, Lungarno delle Grazie. English tailor-Galiberti, 5, Via Calzajoli.

Tobacconist—Parenti, 15, Via Tornabuoni. Havanna cigars. Best "natives" are Minghetti, 18c. Trabucos, 20c.

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 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.

Maps—Maps of Tuscany, corresponding to our Reduced Ordnance Survey maps, can be obtained at Loescher and Sceber, 20, Via Tornabuoni, at Ifr. per sheet. Maps prepared by the Istituto Militare can be procured at 6, Via Cavour.

Guide-books, Books of Reference, etc .- Bædeker's "North Italy," 9th ed., 1892, 8s. Devotes about 100 pp. to Florence. Murray's "North Italy," 10s. Barbéra's "Guide-Souvenir de Florence," by Dr. J. Marcotti, 1892, 7fr., 408 pp. Gives a great deal of information. Perhaps the best guide published devoted solely to Florence. Treves' "Firenze e Dintorni," 1892, 2fr. Fratelli Treves, Milan, 121 pp. The best pocket guide in Pineider's "Manual of Florence," Is., 142 pp. Italian. Published annually in English, French and Italian. A useful little handbook. Black's "Florence," 1891, Is. (bound 2s. 6d.) The most interesting pocket guide-book published in English. Cook's "Handbook of Florence," Is. Hare's "Florence," 3s. 6d. 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." "The Tuscan Republics" (Story of the Nations' Series, 5s. Fisher Unwin, 1892).



# Part III.—SOUTH ITALY AND SICILY.

# 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.

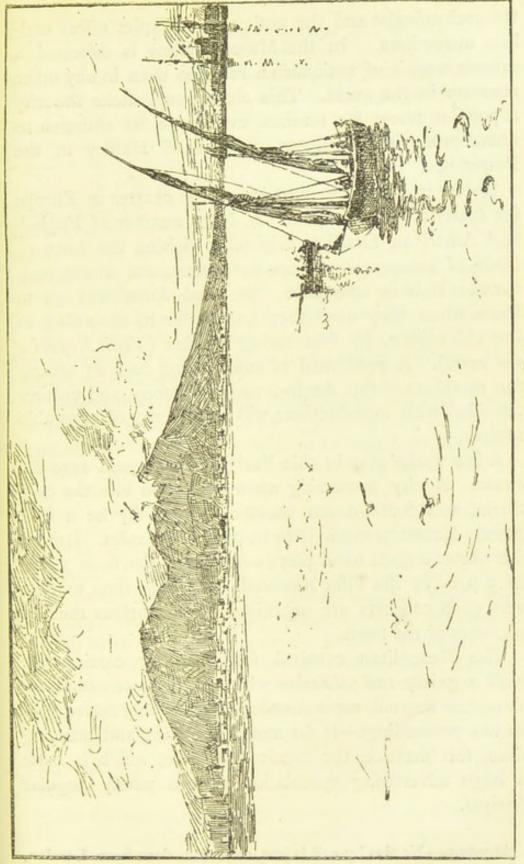
As the ship enters the Gulf, passing between the beautiful isles of Ischia and Capri, which seem placed liked twin outposts to guard the entrance of this watery paradise, the scene is one which will not soon fade from the memory. All around stretches the bay in its azure immensity, its sweeping curves 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. Further 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 miniature replica of the parent gulf with the volcano of Monte Nuevo 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 then 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 traveller as little more than a huge bustling sea-port, 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 entertainments and amusements, or so many varied and delightful excursions in its neighbourhood. Then, to

<sup>\* &</sup>quot;Naples," by E. A. Reynolds Ball, in "The Picturesque Mediterranean."



VESUVIUS FROM THE BAY.

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 is 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, 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, and will arrive at Naples the next afternoon at 1.32. Second-class passengers are taken, and the fares are £11 5s. 3d. first-class and £7 17s. 6d. second. The charge for a berth in the sleeping-car from Paris to Rome is £2 os. 2d. in addition to the first-class fare. Luggage can be registered from Victoria to Naples, but will be examined at Turin. As all registered luggage is charged for on Italian railways, the charges made at Victoria are so much for luggage over 66lb. to Modane, and so much for all luggage registered beyond; e.g., a traveller booking for Turin has to pay 6s. for every 20lb. beyond 66lb. to Modane, and 5d. for every 20lb. of luggage between Modane and Turin. Naples can also be reached viâ the St. Gothard Tunnel, Milan, and Bologna, and vià 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 30fr. Time in transit would be about three weeks.

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 steamers, which call at Naples once a fortnight throughout the year; they leave London every alternate Friday. Fare, £13 13s. single, and £21 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. P. and O. steamers also leave Genoa for Naples every alternate Sunday at 9 p.m. The journey occupies about thirty-six hours.

Naples can also be reached viâ Marseilles. There is a weekly service of the Cie. Générale Transatlantique. A steamer leaves on Thursday at noon, and Naples is reached on Saturday morning about eight or nine. The first-class fare is expensive (100fr.),

but these steamers are most luxuriously fitted up, and the cuisine is excellent. The route taken, too, is very interesting, as instead of taking the short cut through the Straits of Bonifacio, the steamers go round by Corsica, doubling Cape Corse. Formerly the direct course was taken, but since the P. and O. steamer, the "Tasmania," was wrecked in the Straits in the spring of 1887, the Transatlantique Company has fought shy of the passage through the Straits. This change is not, as a rule, objected to by tourists, as it gives them an opportunity of getting delightful views of the lovely coast scenery between Marseilles and the Iles d'Hyères—perhaps the most beautiful strip of coast along the whole Mediterranean littoral.

There is also the weekly service from London of the British India S.S.C. Fares; first, twelve, and second, eight guineas.

Hotels, &c.-In a healthy and picturesque situation on the Corso Vittorio Emanuele are the hotels Parker, Bristol, and lower down the West End (formerly Nobile). The charges for pension are from 10 lire to 15 lire a day. Messrs. Cook's coupons are available at the Bristol, Vesuvio and West End Hotels. At Parker's Hotel (late Tramontano) special attention has been paid to the sanitary arrangements. Its clientèle is almost exclusively English and American. In the Riviera di Chiaia is another excellent hotel, the Grand; this has only recently been opened, and is an extremely well-appointed house; pension, 12 lire a day. This hotel is under the same management as the Hotel West End. All these hotels are admirably adapted for invalids, and are much more suitable for delicate persons than the hotels mentioned below. In a cluster near the Quai Sta. Lucia are the hotels Vesuvio (directly facing the Volcano, hence its name), Royal, des Etrangers, Washington (pretty garden), Métropole. The Hotel de Rome is closed. The pension charges at these hotels are from 12 lire to 14 lire a day.

In a convenient position opposite the Villa Nazionale is the Hotel Grande Bretagne. Pension, II to 14 lire. Many of the Naples hotels are open all the year.

In the centre of the city are several good hotels, where the prices are moderate—usually 10 lire or 12 lire a day. They are not, however, so much frequented by English people, as their position is not so good. Of these, the hotels Vittoria and Geneve are, perhaps, the best.

There are several good hotel-pensions. The best are Pension de la Ville and Pension de la Riviera, opposite the beautiful Villa Nazionale (public gardens), and in an elevated position, on the Corso, the Pension Britannique, and the Pension Bellevue, in the Rione Amedeo. These establishments can be recommended to invalids on account of their healthy situation. The charges for pension vary from 8 to 12l. a day. There are several English boarding-houses which would be found more economical for a long stay. The following have been recommended; Mme. 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 Cappella, kept by Miss Baker, and on the Posilippo Road, the Pension Sabelli. On the Partenope No. 3, Mmes. Duhany, &c.

Furnished apartments are very 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 Chiaia 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 Bædeker and Murray also devote a good deal of space to this subject in their handbooks for South 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 way up is by the funicular railway, the property of Messrs. Cook & Son. Return tickets, including carriage-drive, railway journey, guide, and gratuities, are issued at 25fr., and for night excursions, in order to see the sunrise, at 29fr. These latter 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 come by rail. Farther down is an observatory, which is scarcely worth visiting; it was built in 1843, but is now greatly neglected. Over the entrance is a plate commemorative of the victims. 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 it the visitor can make up a party of at least three the carriage will call at the hotel any time up to II 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 to four hours by taking the path across the lava beds. By judicious bargaining, a guide can be obtained for 3fr. 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 extremely long

and uninteresting, 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 2fr. each person is charged, and each party is

accompanied by a Government guide (gratis), who is civil and well-informed; on Sundays 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; the road winds along the coast, disclosing



NEAR POZZUOLI.

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. There is an hotel under English management (Miss Welton) pen. 7 to 9fr. From the hotel garden there is a charming view of the Bay of Pozzuoli, studded with islands (see illustration). The Hotel Grande Bretagne, however, is now closed. The chief object of interest at Pozzuoli is the Greek amphitheatre. Fee, I lira.

Ischia too makes a very interesting day's excursion, now made practicable by the new Cumæan Railway, which was opened for traffic in 1891. It runs from Naples to Torre Gaveta, the port of departure for Ischia. Steamers run in connection with the trains. The railway starts from Monte Santo, and as there are stations at Pozzuoli, Baiæ, and Fusaro (for Cumæ), this interesting district is now easily accessible.

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, &c. Of these the boatmen are the most truculent and rapacious. Perhaps that charming writer, Mr. W. D. Howells, is perpetrating 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, Ifr. per person is paid, and 2c. each package. If the landing be from one of the local boats, the tariff is only 30 centimes per head, and ten centimes 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.

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 legally passes, most of the commoner classes refuse them or want a commission for taking them, and will spend 10fr. of time discussing whether a French or a rather worn franc is good or not.

# PRACTICAL INFORMATION.

Church Services.—English church, Strada San Pasquale, near the Riviera di Chiaia. Chaplain, Rev. 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.

Consuls.—English Consul, Capt. E. H. B. Hartwell, R.A., 4, Monte di Dio; U.S. Consul, J. Tivells, Esq., 64, Strada Sta. Lucia.

English Doctors.—Dr. C. W. Barringer, 267, Riviera di Chiaia; Dr. W. W. Gairdner, Palazzo Fraja, Rione Amedeo; Dr. Johnston-Lavis, 7, Chiatamone. (Harrogate in the summer.)

English Dentists.—Dr. Atkinson, Via Roma; Dr. Middleton (American), Hotel Vittoria.

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 centesimi. In the town, 5c.

English Stores. - Smith & Co., next Cook's Office.

English Banks.—W. J. Turner & Co., 64, Strada Sta. Lucia; Holme & Co., 2, Strada Flavio Gioia; Meuricoffre & Co., Via Municipio; Thos. Cook and Son, Piazza dei Martiri.

Baths. - Bains du Chiatamone. Also Turkish and Russian.

Cafés and Restaurants.—Birreria Gambrinus, opposite the Royal Palace; Caffe d'Europa, corner of Strada di Chiaja. These two are the most fashionable; they are first-class establishments, but so are the prices (ices, 60 to 80 cent., coffee, 25 to 30 cent.). In the new Galleria—a magnificent arcade, rivalling the more famous one at Milan—Caffé-Restaurant Starace. 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 Posilippo, 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.

Conveyances.—Cab fares: The regular tariff is not much observed by strangers. In the small one-horse vehicles (carrozzelle) the usual payment is 70c. for the course, and Il. 50c. 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 Chiaia) 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 15c. to 30c. first-class, and from 10c. to 25c. second-class. The trams run every ten minutes or so. There is also a steam tramway to Pozzuoli, passing through the Grotta di Posilippo. But since the new railway to Pozzuoli this tram is not much used by visitors. Fares: 75c. first-class. and 50c. 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 I 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.

Cook's Office.-Piazza dei Martiri.

Goods Agent.-F. H. Humbert, 7, Via Vittoria.

House Agent.—F. Donzelli, opposite the San Carlo Opera House.

Language.—At all the principal hotels and shops English is spoken, and most of the guides, drivers, porters, &c., 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, &c., 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

<sup>\*</sup> 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.

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.—There are several newspapers published daily, the best being the Corriere di Napoli and Roma. It is strange that a town of the size of Naples, with so many English and American residents and visitors, cannot support a good newspaper in English. The Naples Echo, containing a visitor's list, which for a long time remained an obscure sheet, has, however, of late

much improved.

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—Caffisch, 253-5, Strada Toledo (the principal street \*).

Photographers—G. Sommer, Largo Vittoria; G. Brogi, 19, Strada Chiatamone.

English Tailor—Lennon and Murray, 2, Strada Calabritto. Tobacconist—Spaccio Normale, 248, Strada Toledo. 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,

<sup>\*</sup> Now officially called Via Roma, but in practice this street is called indifferently by either title.

tobacco can generally be purchased of the bar-keeper. Duty on passing the Custom House is about 9l. 3oc. a pound.

At all these shops English and French are spoken.

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, and Sanazzaro, Strada Chiaia. At these two opera bouffes and comedies are usually given. At the other theatres, of which the Mercadante and Politeama are the most flourishing, the plays are in the Neapolitan dialect.

Guide-books, Books of Reference, &c .- There is an excellent little English handbook to Naples and its environs published by Messrs. Detken & Rocholl, Piazza del Plebiscito, price 2s. There is also a guide-book in French published in the town; the price is Ifr. 50c. (Eng. trans., 2fr.) and it is provided with a good map. Naples is also dealt with at great length in the following guide-books: Bædeker's "South Italy," 1890, 6s.; Murray's "South Italy," 1891, 12s.; Joanne's "Italie du Sud," 7fr. 5oc., and "Italie et Sicilie," 6fr. (Guide Diamant); Cook's "South Italy," 4s.; and Bradshaw's "Italy," 7s. 6d. Charmingly written descriptions of Naples will be found in W. D. Howells' "Italian Journeys," and in A. J. C. Hare's "Cities of South Italy and Sicily." 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, 6s.); "Naples in 1888," by Neville Rolfe; "The Orient Guide," 2s. 6d. by W. J. Loftie; "Rambles in Naples," by Russell Forbes (Furcheim, Piazza del Martiri); and the article on Naples in "The Picturesque Mediterranean" (Cassell and Co., 1891), by the present writer. Social life at Naples is well described in an article ("Society at Naples") in the National Review of February 1892.

# 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 West.

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 Posilippo 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 tuff 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 m. the situation is very healthy, but when lower

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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-seascape, 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 hills 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 Hotel 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, 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 approach 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 "Scirocco" 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 for an hour or more, about 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.

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The Scirocco 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 N. wind and its exposure to the S. 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 rather common in the summertime.

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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 out-door 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 crowd-

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ing 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 un-

restrained 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 steadily 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 me 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 mountainvalley about 50 kilometres 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 metre (40 inches) in diameter, and 20 kilometres 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 I 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 everyone 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

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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, 1891–1892, I have treated five cases from Cairo and Alexandria, two from Palermo, one from the N. 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 sightseer 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 weeks require, 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 exorbitant 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 is 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: Hotel del Sole, Hotel Diomede, which are simple, but very comfortable considering the small charge for pension (5fr.); they are much resorted to by archeological, 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 (11 hours). The town is closely backed by the group of 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 (4,700 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 15fr. The Hotel Royal, and the Pension Belvedere, from 61 to 10fr. 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 dryer 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 perchered 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 fire-places, which are often required after the sun sets.

Sorrento is reached from Naples by railway to Castellamare 1½ hours, and then drive 1½ h. 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 eleven. 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 3 hr. by foot, or on mule back, by carriage in 13 h.

A high mountain station has lately been opened up on the northern flank of the Sant' Angelo, at an altitude of 4000 feet, 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 h. 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



MOUNTAIN PATH NEAR AMALFI.

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 chesnut woods, but is, from its enclosed position, very hot during the day in the summertime, and the hotel Scapolatiello (pension 6 to 9fr.) 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.

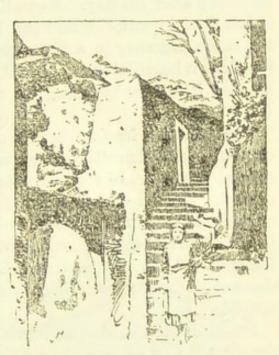
On the southern side of the Sorrentine Peninsula, occupying little triangular spaces on the alluvium filling the lower extremity of the ravines where they empty their torrents into the sea, are several towns and villages. The drive from the station of Vietri along the road that connects these places, 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 13fr. Another charm-



STREET IN AMALFI.

ingly 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 2½h. Then take carriages and drive. Amalfi is reached in about three 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.

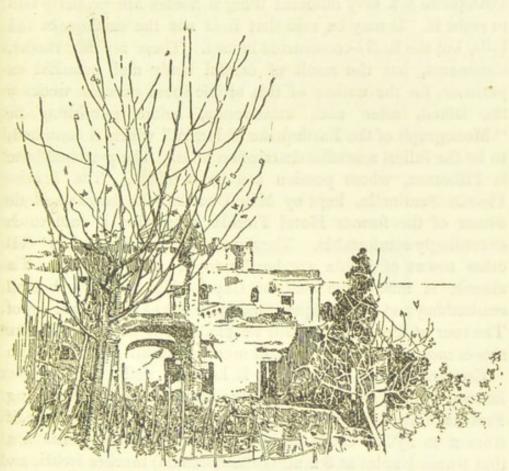
There are now nearly a dozen thermo-mineral bathing establishments, which are crowded during the summer months by the provincial and by the Romans, who come here to take the baths. Unfortunately most of Bagnoli is exposed to the full violence of the Tramontano. The only exception is the establishment 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 tuff 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 wells 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.

The only other place that calls for note is Ischia, one of the most beautiful islands of the Mediterranean, and possessor of an abundance of incomparable thermo-mineral waters, with at least one first-class and one second-class bathing-establishment and



Ruins caused by Earthquake at Casamicciola.\*

several good hotels and pensions. Before 1881 the island of Ischia bid fair to become the great health resort of the Gulf of Naples. It possessed several first-class hotels and bathing establishments, but the earthquake of that year, and 1883, destroyed the whole of Casamicciola, which was the town most frequented by visitors. Unfortunately, the houses were badly

<sup>\*</sup> This photograph and most of the following ones were taken by the Editor, with an instantaneous Kodak Camera.

built of thick heavy rubble walls, so that the whole collapsed and buried many of the inhabitants beneath them. Since then, pressure was brought by the writer and others on the Government to pass a special law compelling the survivors to build their houses of a reasonable height only, and with a framework of wood and iron arranged in such a way as to be earthquake proof. The hotels and pensions are thus quite safe, and visitors can feel quite comfortable. It must be remembered that an earthquake is a very innocent thing if houses are properly built to resist it. It may be said that it is not the earthquake that kills, but the badly-constructed houses. These are not random statements, but the result of careful study and practical experience, for the author of this article spent over six weeks in the island, after each catastrophe, before publishing his "Monograph of the Earthquake of Ischia," which is considered to be the fullest scientific description of it. The principal hotel is Pithecusa, where pension can be obtained. The Pension Piccola Sentinella, kept by Miss Dombré, the daughter of the owner of the former Hotel Piccola Sentinella, is said to be exceedingly comfortable. They are both very reasonable. The other towns of Ischia are hardly to be recommended. climate is much like that of Capri. The geology, botany, sea-bathing and picturesque scenery are all of a very fine order. The tour of the island should be made in a boat. The south side is more romantic, the north more beautiful.

Communication with Ischia is kept up daily by a steamer leaving Naples at I p.m. from the Immacolatella, touching at Procida, Ischia (town) or (Porto), Casamicciola, and Forio, in from 2 to 2½ h. On Mondays and Thursdays the Ponza boat that leaves Naples at 8 a.m. (Immacolatella) touches Ischia, and returning the next day, reaching Ischia early in the afternoon. During the height of the winter season steamers leave at 9 a.m. daily from Santa Lucia. In the summer, Ischia is quickly reached several times daily by the Ferrovia Cumana to Torre Gavetta, and by the railway steamer to Porto d'Ischia. If fine, the journey can be made backwards and forward from Miniscola to Misenum in fishing-boats. This method of access is usually adopted by those who admire the picturesque and can afford the time.

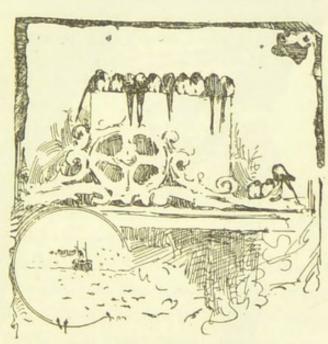
It will thus be seen that Naples and its gulf afford a great

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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.

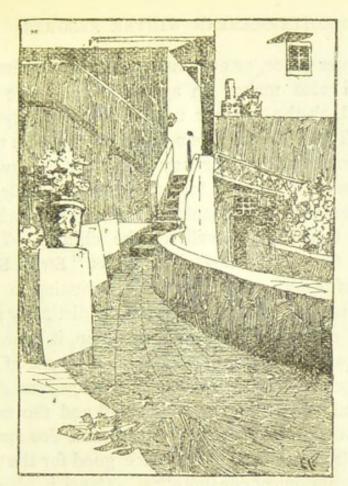
May 1892.



"ANY PORT IN A STORM."



CAPRI.



A COURTYARD IN CAPRI.

# II.-CAPRI.

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 Hotel Quisisana (lit., "where one gains health," a favourite name for hotels at Italian health resorts). The terms for pension at this hotel are from 8fr. to 10fr. 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 Angleterre, just outside the town, Pagano, and France. The pension of these three houses is very moderate, only 6fr. a day. All these hotels have a southern aspect. The Hotel d'Angleterre is well-spoken of, but its situation (north aspect) renders it an unsuitable residence for invalids. The Hotel 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

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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 Hotel de France is pleasantly situated and has a small garden. Two houses even more moderate in their charges are the Villa di Capri and Hotel Tiberio. Both unpretending but fairly comfortable.

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 Hotel du Louvre, which is the succursale of the Hotel Quisisana. Messrs. Cook's coupons are taken here. 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 150fr. a month.

Furnished apartments are numerous and cheap, if taken by the month. The usual charge for two rooms (bed and sitting-room) is 35fr. to 40fr.

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 3ft. high and 2ft. 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 Vitareto (the promontory at the N.W. corner of the island) is doubled, and soon after the Grotte Verte (water of a deep emerald colour) and the Grotte 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

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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 down his victims—a sheer fall of 500 or 600ft. 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



ANACAPRI.

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, and 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 performance. 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 at 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 at the Hotel Quisisana. Chaplain (1892-3), Rev. W. E. Scott.

Doctors.—There is no English doctor on the island, Dr.

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Green, formerly of Anacapri, is dead. Italian doctor, Dr. G. Mononico. (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 three to 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 The fare from the Marina is Il. 50c., return, hotel by porters. 21. 50c. From Capri to Anacapri the fare is 31. Donkeys can be easily hired, and the usual charge for the day is 51., with a gratuity of Il. to the donkey-boy (or girl); to the Marina the tariff is 11. 25c. The tariff for landing in boat from steamer (for there is no quay) is 30c., and for the following boating-trips these are the usual charges: To the Blue Grotto, the official tariff is 21. 25c. for one person, 31. 75c. for two passengers, and Il. 50c. for each additional passenger; to Sorrento and back in a boat with two rowers, 8l. (10l. is, however, usually paid); and for a row round the island, with two rowers, occupying about four hours if all the grottoes are visited, 10l. Bargaining is necessary, however, and the boatmen are a rapacious crew. In an emergency, a hint at a complaint to the Syndic will be found very efficacious.

Guides.—For these there is no regular tariff, but an intelligent small boy can be hired for the day for two or three francs. As a rule the natives speak only 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 moderate in price.

English Library .- Circulating library at the Marina, kept by

Miss de Fabech. Subscription, 2l. a month.

Guide-book. - 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." 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."



A FOUNTAIN IN THE GIARDINO INGLESE, PALERMO.

# III.-PALERMO.

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. This has, however, mainly owing to increased facilities of communication, almost completely disappeared during the last ten years, and is only very rarely heard of in feeble and spasmodic bursts at the south of the island, where roads are scarce. In any case, it is the resident merchant and the rich natives who run the most risk. As a rule, tourists and artists are not considered by brigands—who

are thoroughly imbued with the commercial spirit of the

age-a sufficiently valuable quarry.

There are two important winter stations in the island, Palermo and Catania. The latter offers fewer attractions to tourists, though it serves as a convenient centre for excursions to Mount Etna, Taormina, and Syracuse. It seems specially intended by nature for an invalid resort, possessing as it does one of the mildest and most equable climates of all the Mediterranean resorts, but there is little accommodation for invalids, and no English doctor. Palermo, however, is both well adapted as a health resort and as a very agreeable residence for ordinary visitors.

Situation.—Palermo, called La Felice, is generally allowed to be one of the most picturesque cities of the South of Europe. It is beautifully situated 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 farfamed Neapolitan gulf. Palermo has for many years been a popular resort of artists, and has of late come much 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, 40fr., which includes dinner on board). Passengers by the train leaving Victoria at II a.m. can travel from Calais to Turin 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 10.30. The train from Naples in connection with this steamer leaves at 2.5 p.m. The fare, firstclass, is 79 lire, and for a berth in the sleeping-car 23 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 twenty-one hours' journey to Reggio, there is a tedious nine hours' railway journey through Sicily, and the traveller will not reach Palermo till late in the evening—some twelve hours later than the passengers who have braved the sea passage from Naples.

The route from Marseilles to Palermo by sea by the steamers of the Florio-Rubattino Co. 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 Florio-Rubattino is now the only company running a passenger service from Marseilles to Palermo, the Transatlantique Co. having, since 1887, discontinued their Sicilian service.

There was 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.

<sup>\*</sup> The hours of meals are most inconveniently arranged, however; breakfast at 10.30 and dinner at 5 p.m. No lunch is provided.

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 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 degs., and of the three winter months, 53 degs. The annual mean average is not more than 64 degs. 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 any of the large cities of the South of Europe. 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 affections of the respiratory organs might visit Palermo with advantage; 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—all affections of the larynx and the bronchial system, also secondary bronchitis in heart diseases and arteriasolerasis, reconvalescents

of pneumonia and pleuritis and other reconvalescents.

Whenever the humidity of the air in some single case will not suit—and we may name here emphysema, bronchial asthma, bronchicotasia 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 and Pensions.—The principal hotel is des Palmes, Via Stabile, near the English Church. A well-appointed and high-class house, but expensive. 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. R.\* 3 to 8fr.; B. 1fr. 5oc.; L. 3fr. 5oc. (12.30); D. 5fr. (7.0); A. 1fr.; L. 1fr.; P. 10 to 15fr. C. Large gardens. Lift. Electric light. On a fine position on the Marina is the Hotel Trinacria. Better adapted

<sup>\*</sup> For explanation of abbreviations, see list at end of Table of Contents.

for invalids than the former. R. from 3fr.; B. 1fr. 50c.; L. 3fr.; A. 1fr.; L. 1fr. Open all the year. The Hotel de France is well spoken of, and is cheaper than the two former; it is in a healthy and central position on the Marina. Open from October to May. R. 3 to 5fr.; B. 1fr. 50c.; L. 3fr.; D. 4fr. 50c. (6.30); A. 75c.; L. 75c. Electric light. P. 10 to 12fr. There are several Hotel-Pensions, of which Italia, 60, Piazza Marina, and Suisse, 187, Via Vittorio Emanuele are the best. Pension from 6fr. There is a private Pension under English management in the Via Principe Scordia. Proprietress, Mrs. Artand. Pension from 8fr.

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."—(Bæd.) Furnished apartments (case mobigliate) are numerous; they are mostly in the Corso Vittorio Emanuele. The charges vary from 35fr. or 40fr. for a single room, to 100fr. or 120fr. a month for a suite of four or five 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 Hotel 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.

English Consul.—W. Stigand, Esq., 49, Via Stabile. U.S. Consul, J. Pugh, Esq., 61, Via Vittorio Emanuele. (12 to 4.)

Doctor. - Dr. Berlin, 12, Via Patuano. Speaks English.

English Chemist .- 27, Via Vittorio Emanuele.

Postal Arrangements.—The chief office is in the Piazza Bologna. Letters to England, 2½d. per ½oz.; to any part of the island and to Italy, 2d. Letters for the continent can be posted at the Florio Rubattino Steamship Co.'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 2s. Id. for any weight not exceeding 7lb. 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, 3oc. a word, plus Ifr. for the whole telegram; to Italy, Ifr. for fifteen words. Urgent telegrams to Italy can also be sent at thrice the ordinary rates.

Banks.—Ingham and Whitaker, Via Lampedusa; Morrison and Co, Piazza Marina; Wedekind and Co., 48, Via Cintorinai.

Baths.—7, Via Quattro Aprile, near Piazza Marina. Cold, Ifr.; warm, Ifr. 25c.

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, 10fr. a month. Well supplied with English periodicals.

Conveyances.—Cabs: For the course, 6oc.; to the station, 1fr.; by the hour, 1fr. 8oc. for one, and 2fr. 2oc. 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. Fares, 15c. irrespective of distance.

Guides and Interpreters.—A guide for the day can be obtained from 5 to 10fr. 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 4s., in addition to the Foreign-Office fee of 2s. 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—Caffisch, 180, Via Vittorio Emanuele. Photographer—G. Sommer, Via Vittorio Emanuele.

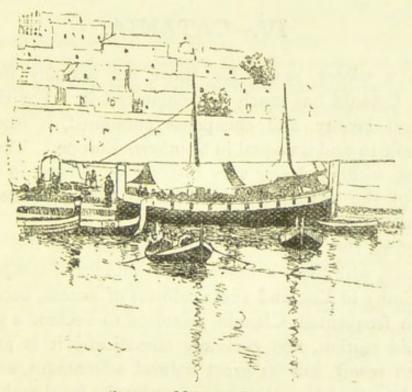
Map.—The best map of Sicily is the Carta Generale della Sicilia, published by the Istituto Cartografico, Rome, 1891.

Scale, I in 500,000.

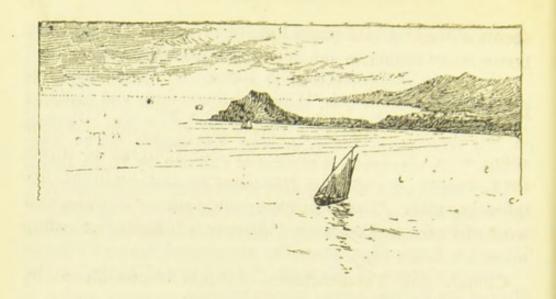
Guide-books and Books of Reference.—"Guida di Palermo,"

lire, Treves, Milan 1891. There is no English guide-book dealing exclusively with Sicily, as Murray's excellent handbook to Sicily has long been out of print. Bædeker's "South Italy" (6s., 1890) 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," 20s.; 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. The most important work of reference for Sicily is Professor Freeman's "History of Sicily," 2 vols., Clarendon Press, 1891, 42s. 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.



SICILIAN MARKET BOATS.



### IV.—CATANIA.

As a winter resort for those not actually invalids, Catania has much to recommend it. For climate, natural beauty, and cheapness combined, it would be difficult to find its equal in Southern Europe. Then too, Sicily, without being very difficult of access, is a little out of the beaten track, which to many persons is a recommendation.

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 climatically it is an ideal health resort, 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, and very little suitable accommodation for invalids, and it is not surprising that Catania never succeeded in becoming a popular or well-established health resort. Taormina

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, &c.), and is not at all dull. 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 10 o'clock it would be rare to find a *café*, or even a tobacconist's shop open.

Climate and Temperature.—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 degs. 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 gives 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."

But a perfect climate exists nowhere in Europe, and

even Catania has its drawbacks. It is not well sheltered from the east wind, which is an extremely disagreeable one; and the Sirocco 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 very 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.—The Oriental Hotel is the leading hotel and the one most frequented by English visitors. It is situated between the station and the harbour, with good views of the bay. Comfortable house but rather expensive. Cook's coupons accepted. It is open all the year. Pension, 12fr. to 15fr. The Grand Hotel is closed. Of the cheaper hotels, Centrale, Piazza del Duomo, and Grande Bretagne (formerly Musumeci), Via Lincoln, are the best. Pension from 9fr.

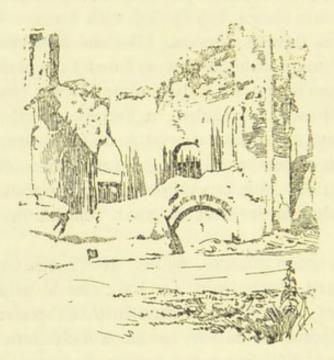
No villas to be let, but furnished apartments can be obtained in the principal streets. Rents moderate.

Sport.—Very little shooting obtainable by visitors in the vicinity of Catania, but at Lentini Lake, 18 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 10fr. 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. Here is a refuge hut, called Casa Inglese, built by English officers in 1811. Mules must be left here.

On the same plateau, 9500ft. 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 1000ft, to 3000ft, 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 1000ft.), rising out of an extensive plateau. Mount Etna (called by the Arabs Djebel, thence Mongibello) is the highest volcano in Europe (10,875ft. 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 a 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.



LATOMIA (DIONYSIUS' EAR), SYRACUSE.

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 ascent.

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. This 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 morning 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. The Hotel Vittoria is a large high-class hotel, and, considering the accommodation, the charges are moderate Open from December to May. Pension 7 to 10fr. Baths, electric light. The Casa Politi is an unpretending but comfortable house with a good reputation. Pension from 6fr.

A favourite day's excursion is to Taormina, which is situated half-way between Catania and Messina. There is a station (Giardini Taormina) within three miles of the town. Taormina is very picturesquely situated on a rock some 500ft. above the sea, and reminds the visitor of Monaco. South of the promontory is the famous Greek theatre, one of the most interesting ruins in the island. 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. withstanding 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 when enlarging the theatre.

There are very good hotels here, and the prices are more moderate than at Catania or Syracuse. The best are Hotel Bellevue, close to the theatre, New Hotel Timeo near the theatre (much better than the older hotel with same name in the town), and Grand Hotel Taormina. Pension at these 8 to 9fr. There are several Pensions. The best is Pension Caterina, English proprietor. Pension, 10fr. A high-class establishment.

Taormina is one of the S. P. G. Chaplaincies, and church services are held in one of the hotels from November to the end of May. Chaplain, Rev. M. J. Rice, M.A.

#### 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 three services a week leaving Naples—on Thursday at 7.30 p.m., and on Monday and Friday at 5.0 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 is 101. 75c. first-class.

For the route to Catania overland, the particulars given for the Palermo service will serve, as passengers for that city would have to pass Catania.

Consuls.—English Vice-Consul, R. O. Franck, Esq., 97, Via Garibaldi. U.S. Consul, Vincent Lamantia, 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.

Cafes.—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 30c. The tariff is even less, but it is not often observed by English visitors; by the hour the fare is 11. 30c. As in all Silician towns, on holidays the fares are doubled. The boat fares for landing from the steamer are 50c. for each person, and with luggage, 11.

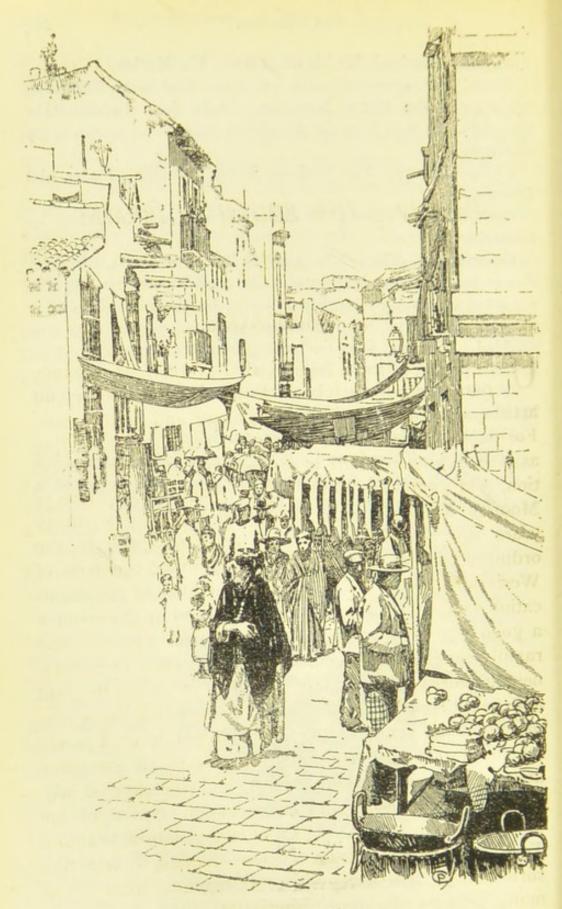
Living Expenses.—Catania will be found one of the cheapest Mediterranean winter stations.

Newspaper. - Gazzetta di Catania, 5c. 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.")



GREEK THEATRE AT TAORMINA.



A STREET IN MALAGA.

# Part IV .- THE SOUTH OF SPAIN.

### 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 reaching what are in many respects the most interesting cities in Europe, seems as desirable a winter quarters as any resort in the South. As a health resort for invalids, however, there are several objections to Malaga, which will be noticed in the paragraph on climate.

Situation.—Malaga is situated on a small bay of the Mediterranean, at the foot of a fertile plain thickly covered with orange and lemon groves, which extend as far as the Alhama Hills, an off-lying range of the Sierra Nevada.

\*Routes.-The journey by rail is tedious and expensive. Railway travelling in Spain is most wearisome, the speed of the trains being so slow; even in the express trains the pace never exceeds 25 miles an hour. The direct route is via Paris, Irun, Madrid, and Cordova. The traveller has no perplexing choice of trains, as there is only one express service from Paris to Madrid, which leaves Paris at 10.22 p.m., arriving at Madrid thirty-two hours later-at 6.55 a.m. The ordinary sleeping-car fare is 54fr. in addition to the first-class fare. It is necessary to remain nearly twelve hours here, as the only express to Malaga leaves at 6.20 the same evening, arriving next day at noon, the whole journey occupying a little over three days.† The through fare (first-class) from London is £12 13s. 7d., but there is no through booking except by means of Messrs. Cook's tickets. From Madrid second-class passengers are taken, but the saving would not be more than 13s. There is, of course, the train de luxe service as far as Madrid, leaving Paris on Monday, Wednesday, and Saturday, but very little is gained by using it (unless the passenger wishes to spend the night at Madrid), as the service is intended chiefly for passengers to Lisbon, and the charge is more than double that of the ordinary sleeping-car. Three times a week (Monday, Wednesday, and Friday), a wagon-lits train leaves Madrid at 6.20 p.m. for Cordova and Seville. The extra charge is 18fr. One advantage, however,

spective companies.

† One reason of the railway communication in Spain being so deficient is that there are not many double lines of rail.

<sup>\*</sup> Most of the continental railway routes in this guide-book have been kindly revised by Messrs. Thos. Cook & Son; and for the correction of the principal steamship services I am indebted to the courtesy of the respective companies.

of travelling by this train is that luggage can be registered through from London to Madrid, while by the ordinary express it has to be registered to Paris in the first instance, and then to Madrid. In any case, the luggage is examined at Irun, unless the traveller takes the trouble to have each packet sealed by the Customs officers, when, on payment of 50c. for each article, the examination is deferred till the arrival of the train at Madrid. The amount of luggage that can be taken free is the same as on French lines—viz., 66lb.

The railway from Algeciras to Bobadilla is now open as far as Gimena on one side, and Ronda on the other.\* It will probably be completed in the course of 1893, when Malaga will be reached from Gibraltar by rail all the way, with the exception of

the passage across the Bay to Algeciras.

Sea Routes.—There are plenty of facilities for reaching the town by sea, and the expense is much less than by rail. There are three steamship companies running a service to Malaga-Messrs. Hall, and Messrs. Forwood Brothers, who dispatch a steamer weekly from London, and Messrs. Andrews, about every ten days from Liverpool. The fare by Hall's line is £8 8s. first-class, and first-class return tickets are issued, price £12 12s., and available for six months. The time occupied on the voyage is from ten to thirteen days, as the steamer calls at Lisbon, Cadiz, and Gibraltar en route. The accommodation is comfortable, but passengers must not, of course, expect the luxurious appointments of the P. and O. steamers. Those who prefer a quicker passage could travel to Gibraltar in four days, either by the fortnightly service of the Orient line (fare, £,9 9s.), or by the weekly service of the P. and O. (fare, £10), and from that port to Malaga by sea or by diligence. The Cunard Mediterranean Service has been discontinued. There is frequent communication by steamer between these two ports. The small steamers of the Thomas Haynes line leave Gibraltar for Malaga every Friday at 7 a.m., the Transatlantique Company's steamer every Thursday at 7 p.m. (arriving at Malaga early the next morning-fare, 18fr. first-class), and once a fortnight a steamer of the Cie. Havraise Péninsulaire is available. The accommodation afforded by this line, however, is not very good,

<sup>\*</sup> The line has now (Nov.) been completed, and will be open for traffic in Dec. of the present year.

and the dates of sailing are rather uncertain. Malaga can be easily reached from the Riviera, the General Transatlantic Company having a weekly service, leaving Marseilles on Tuesday, at 4 p.m., calling at Oran, and reaching Malaga on Sunday morning.

The carriage road between Malaga and Gibraltar has only been completed within the last few years. The distance is about seventy miles. There is a regular service of diligences. The fares are higher than in French or Swiss diligences, and the usual rate is 1½ pesestas a league (5 kilomètres). The drive is 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. A railway is now in progress between these two towns (see above).

Climate and Temperature.—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 degs., and the thermometer during this period rarely falls below 50 degs., 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 12ft, or 15ft, 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 remarkably equable, the mean daily range during the winter months being only 4 degs., which compares favourably with the 9 degs. range of Nice. To compare Malaga with other

winter stations, it is 7 degs. warmer than Nice, and 13 degs. than Pau, but it is 4 degs. colder than Cairo, and 3 degs. than Malta. For the three spring months the mean temperature is  $62^{\frac{1}{2}}$  degs. 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.

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 10 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 and Pensions.—Considering the size of the town, it is badly off in hotel accommodation, as there are hardly more than half a dozen suitable for English visitors. The prices, however, are very moderate. The best and most fashionable is the old-established Hotel de Roma, (formerly de la Alameda), but it is more expensive than the others, and the charge for pension is 10 to 20 pesetas per day. Lift to all floors. The central portico is roofed in with glass, forming a comfortable lounge or smoking-room, free from draughts. The Nuevo Hotel Victoria, Calle Marques de

Larios, is a new hotel with excellent situation. These two may be considered the leading ones. The other hotels that have been recommended are La Perla (formerly de Londres) and Ingleterra, Calle Carneceria, and Hotel-Pension Nuevo in the Cortina del Muelle. These are cheaper houses, the charges being 10 pesetas a day for a stay not exceeding a week, and 71 pesetas per day for a longer period. The Hotel Nuevo is a very quiet house, and can be recommended to families. At the Hotel La Perla 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, Victoria, and La Perla. The hours for meals at Spanish hotels are, usually, déjeuner (generally à la carte), II a.m. to I 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 often 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.

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 Socièdad Filarmonica and other musical societies, and there are occasional bull-fights. Entrance, I pes. 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 can easily get admitted into the principal clubs, and if they have only a slight acquaintance with the Spanish language will probably enjoy themselves there, as the hospitality of the Spaniard is proverbial. 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, 15fr.

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, &c .- 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.

### PRACTICAL INFORMATION.

Church Services.—In the church at the English cemetery. Trams every fifteen minutes from the Alameda. II a.m. and 3.30 p.m. Chaplain, Rev. J. D. Tovey, M.A.

Consuls. — H.B.M. Consul, Alexander Finn, Esq., Vice-Consul, J. Dunn, Esq., 93, Muelle, 11 a.m. to 3 p.m. U.S. Consul, Major Newsome, 28, Martinez.

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: 25c. per ½oz. to countries in the Postal Union; within the town, 10c.; to any part of Spain, 15c. Telegrams: To any part of Spain, 1 peseta for fifteen words; to the United Kingdom, 4d.; France, 2d.; and Gibraltar, 1½d. per word. The parcel post is now in operation, at the rate of 2s. 1d. for parcels not exceeding 6½lb., but, as in France and Belgium, is not undertaken by the Post Office. Post and Telegraph Office, Calle Cister, facing north door of Cathedral. 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., 10c.

English Bankers.-Messrs. J. Clemens, Peter and Son.

Cafés and Restaurants.—Loba, in the Plaza de la Constitucion; Ingles, Calle Marques de Larios; Hernan Costes, in the Caleta, are the best. At the two latter one can dine well.

Clubs.—Circulo Mercantil, Marques de Larios; Liceo, Plaza de San Francisco. These are handsomely appointed establishments. Monthly subscription, 20 reals. 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 readingrooms, and every comfort.

Conveyances.—Cabs: By the course, I peseta; by the hour, 2 pesetas. 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, 5oc. for each person and each package. Omnibus: To or from station, I peseta for a passenger with luggage. Trams leave the Alameda for the Palo (the residential suburb) every 15 minutes. There is also a service of trams from the railway station to Palo every 10 minutes, joining the former line at the Mole. A good saddle-horse can be hired for the day for 4 pesetas or 5 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, &c .- 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 that 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 phrasebooks in English and Spanish are Bradshaw's little shilling conversation book and the "English-Spanish Conversation Book," published by Walter Scott, same price. The list of phrases given in "The Tourist's Pocket Book," price 1s., published by Mr. Edward Stanford, Charing Cross, 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, &c., 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 pupillos (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. 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 Espāna 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 1s. 8d. is charged.

Shops .- The following are a few representative shops :-

Curios, etc.—Léon, Calle Sta. Lucia.

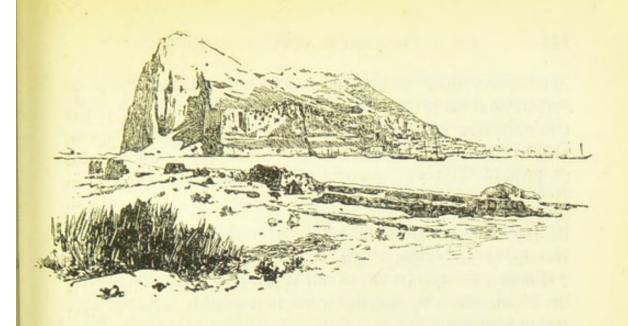
Grocer-Atena, facing the Hotel de Roma.

Photographer—Oses, Calle Nueva.

Saddler-Meza, Calle Alcazabilla.

Tailor—Beffa, Puerta del Mar.

Guide-books, Books of Reference, &c .- Murray's "Handbook to Spain" is indisputably the best, and 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). "Guide to Spain" (9th ed., 1892, 15s.) is also very good, but Murray's gives the latest information. There is also a description of the town in Black's "South France," 7s. 6d. There are also Bradshaw's "Spain" (7s. 6d.), Joanne's "Espagne et Portugal" (18fr.), and the "Guide Diamant" (5fr.), 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 A. J. Symond and A. J. C. Hare have done for Italy. Mr. Hare has also written a book of Spanish travel called "Wanderings in Spain" (7s. 6d.). Of other books of reference, mention should be made of O'Shea's "Romantic Spain," Lomas' "Sketches in Spain" (ICS. 6d.), Mrs. Elliott's "Diary of an Idle Woman in Spain" (3s.6d.), "Spain," by E. de Amicis; "Spain of To-day," by W. R. Lawson, 1890; "Spain," by Rev. W. Webster (Low's Foreign Countries Series); and McClintock's "Holidays in Spain" (6s.). 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 is distinctly a health resort, as, 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 salubrious, 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 very prevalent in the months of January and February. 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 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.

Routes.—The usual route is by sea, and this is certainly preferable for delicate persons. There are half-a-dozen 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, £18 and £10. The Orient steamers leave London every alternate Friday from November 4th. Fares, £9 9s. There is also the Hall line of steamers every other week. This is a cheaper line, the fares being £7 7s. single ticket, and £12 12s. return (available for six months): but the voyage takes longer, as the vessels call at Lisbon. From Liverpool there is a choice of two lines—the Moss and Papayanni. (See routes to Malaga).

From Marseilles there is a choice of three routes: the P. and O. fortnightly service (from March to June only), £9 and £5 (50 to 52 hours): General Transatlantic Company, viâ Oran (see Malaga), £6 16s. and £5 4s.; and Gibraltar direct by Messrs. Paquet's steamers twice a month, £4 8s.

The overland route would occupy almost as much time as the

sea route, and the journey is extremely wearisome. This route might, however, be preferred by tourists, as it would give them opportunities of visiting Madrid, Toledo, Cordova, and Seville. For the journey as far as Cordova, see under "Malaga." Travellers for Gibraltar leave the train at San Fernando, the last station before Cadiz. From this place a diligence runs daily in connection with the trains to Algeciras—time, twelve to thirteen hours. From the latter town there are steamers every day to Gibraltar. The through fare to San Fernando, viâ Calais, Paris, Madrid, is £14 first class, and the time taken is three days and a half. Passengers may, however, prefer to go on by train to Cadiz, from which port there is frequent communication with Gibraltar by steamer. Gibraltar will shortly be brought into direct railway communication with Spain, as the new railway connecting Algerias with the main line at Bobadilla is now almost completed. Trains are already running between Bobadilla and Ronda, and between Jimena (or Ximena) and Algeciras. It is expected that the section between Ronda and Jimena will be ready for traffic in the course of the winter 1892-93. (See foot-note, p. 211.)

Climate.—The climate is very 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 Cannes, and it is, besides, far more prevalent at Gibraltar than the latter winds are at Algiers and Cannes. The temperature is about the same as that of Malaga, the mean average in January, the coldest month, being 56 degs. 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 the end of December to the end of May, but the hotels are open all the year.

Hotels, &c.—The two most fashionable hotels are Hotel Royal, in Main Street (opposite The Exchange), and Hotel Europa, in New Mole Parade. The prices at the Royal are 12s. to 14s. a day during March, April, May, and for the rest of the year 10s. to 12s. Cook's coupons are accepted. The Hotel Europa is the quietest, and the most suitable for invalids. Pension, 12s. 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 Grand Calpe, but its situation is not good. It has been recommended for its cuisine. Cook's coupons. English billiard table. Pen., 10s. The Hotel Victoria has been closed, and the King's Arms is now an annexe of the Hotel Royal.

The Spanish Hotel (late Parker's) is very cheap (6s. 6d. a day), and would suit bachelors wishing to economise. It would be difficult to get a furnished villa in Gibraltar at a moderate price; but at San Roque (just over the Spanish lines) villas can be rented for the winter at very reasonable rates. There is quite a little English colony in this frontier town, which might almost be considered as a suburb of Gibraltar.

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 8s. to 10s. a day.

Amusements.—A band plays on the Alameda every Thursday afternoon. 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. Subscriptions, 15fr. for three months. Visitors admitted free for one month on recommendation of a member. Open 9 a.m. to 8 p.m.

Gibraltar Club: subscriptions, 10fr. a month. There is 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. Subscriptions, 26fr. a month. Meets, Tuesday and Friday. Strangers pay 2s. 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 general 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, II and 6. Bishop, Right Rev. Dr. Sandford (4, Hyde Park Square, London, W.). Chaplain, Archdeacon Govett; Scotch Presbyterian Church (St. Andrews), II and 3.

Governor .- Gen. Sir Lothian Nicholson, K.C.B.

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. Turner, Castle Road; Dr. Wheeler.

English Dentists .- Messrs. Ward and Downes.

English Chemists.—Dr. Patron's Pharmacy, next door to Royal Hotel.

Postal Arrangements.—All letters must have English postage stamps. London mails go viâ Madrid. Rates: For Gibraltar (local), Spain, Morocco and Canary Islands, Id. under ½oz, 2d. under 1oz.; for England and all countries in the Postal Union, 2½d. the ½oz. English postal orders can be cashed at Gibraltar, and also at Malta. Parcels: under 1lb. 8d., and 6d. for every additional pound. Telegrams: To England, viâ Spain, or viâ submarine cable, 4½d. per word. Telegraphic communication with Tangier is irregular, as the cable is occasionally cut by the Moors.

The English mail leaves daily at 10.30 a.m., and is delivered at 1.30 p.m. Post Office in main street. Letters in 4½ days from London.

English Banks .- T. Mosley & Co., and A. L. Galliano.

Café. Café Universal, near Post Office. Coffee, 20c.

Conveyances.—Cab fares: By time, Is. 6d. the hour, and 9d. for every additional hour; from steamer to hotel with a reasonable amount of luggage, 2s. is usually asked; by the course, Is. Saddle-horses: fairly good mounts can be had for 5s. the afternoon, or 8s. for the day. Boat fares: Landing with luggage, Is. a head, and Is. for any reasonable amount of luggage, but bargaining is advisable. Omnibuses from exchange to the New Mole, 20c.

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 and 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,  $5\frac{1}{2}$  dollars being the average exchange for an English sovereign.

Newspaper.—The Gibraltar Chronicle. The organ of the Government. Published daily.

Shops, &c .-

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.

Wine Merchants—James Speed and 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

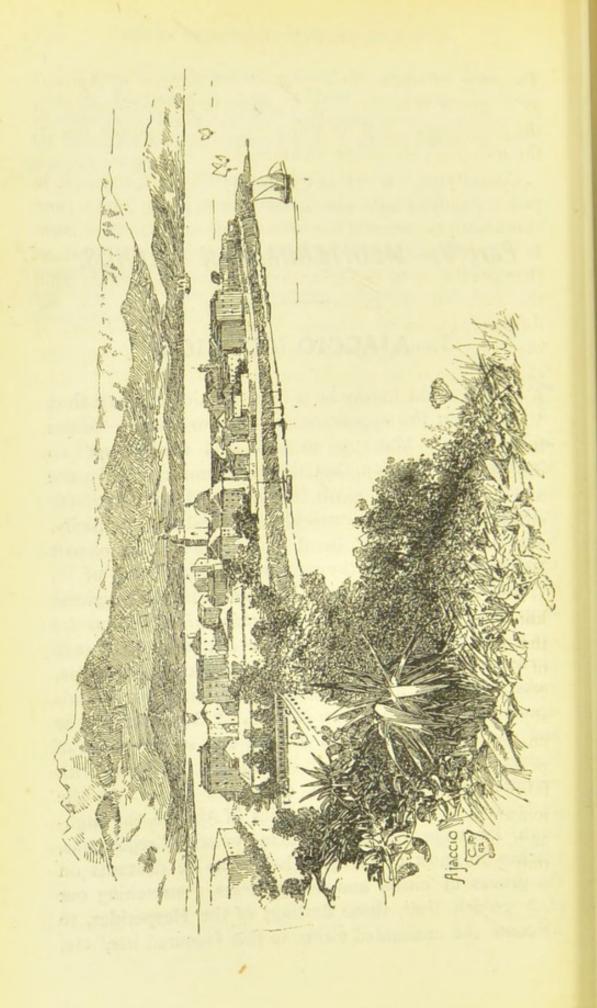
to 6.15 a.m. in December for opening the gates, and from 5.20 p.m. in December to 7.55 in June for closing. Amateur photographers should note that trespassing in neighbourhood of the forts, sketching or photographing, is strictly forbidden under a penalty of 500fr.

Guide-books, &c.,—"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, 3s., 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."

## Part V.-MEDITERRANEAN ISLANDS.

## I.—AJACCIO (CORSICA).

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 highflown 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.



To come to some more prosaic advantages of Ajaccio as a winter residence, its freedom from dust (owing to the granite soil), and its immunity from the odious insect, the mosquito, should be mentioned.

Considering the numerous attractions of Corsica, it is rather curious that it should have been for so long a time comparatively neglected by winter sojourners in the South. It is, perhaps, partly owing to the exaggerated notions that obtain as to the unsettled state of the country, and the want of communication between Ajaccio and the different places of interest in the island. The second objection cannot now be urged, as the long-projected railway is now, to a great extent, a fait accompli.\* The Ajaccio-Corte Railway is now open for traffic as far as Vizzavona. The twenty miles of mountainous country between Vizzavona and Corte has to be crossed by a diligence. Fare 5fr. (coupé). The scenery is very grand, and the journey is worth taking for that alone. It is continued to Calvi and Ile Rousse on the west coast, and will eventually be extended along the eastern coast to Bonifacio.

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 100 miles from their nearest snows, he was in

<sup>\*</sup> A very amusing account of the difficulties encountered by the projectors of this railway will be found in Daudet's well-known novel, "Le Nabab."

a different continent" (D. W. Freshfield, Alpine Club Journal).

Routes .- The communication between the Continent and Corsica has much improved of late years, and the island is now more easily accessible than any other extra-Continental winter station. There are four steamship companies running a service to Corsica, either from Marseilles, Nice, or Leghorn, viz., Cie. Générale Transatlantique, Cie. Morelli, Cie. Fraissinet, and the Cie. Florio-Rubattino. So that by one or other of these lines there is a departure for some port of Corsica nearly every day. The quickest and most direct route from London is via Marseilles, and by the Transatlantique Company's steamer, leaving at 5 p.m. on Monday, and arriving at Ajaccio the next morning at 10. The fare is 38fr., first class, and the accommodation is excellent. This route is recommended to invalids, as these steamers are faster than those of the other lines, and in this way Ajaccio can be reached in a little over two days after leaving London. If the 8 a.m. train from Victoria be taken, there is no change between Calais and Marseilles. The departures of the other lines to Corsica are as follows: (1) To Ajaccio-Morelli et Cie. despatch a steamer from Marseilles every Friday at 5.0 p.m., arriving the next morning at 10; and one from Nice every Saturday at 6 p.m., arriving the next day at I p.m.; fare, 38fr. (2) To Bastia-The Fraissinet Cie. have a bi-weekly service to this port, the steamer leaving Marseilles every Sunday and Thursday, at 9 a.m. Passage, twenty hours; fare, 32fr. A steamer of the same company leaves Nice every Wednesday at 5 p.m. for Bastia direct. But this service is not very regular or certain. The fare is also 24fr. The drawback to this service is that the railway between this port and Ajaccio is not yet completed, and travellers will have to use the diligence for some part of the journey. 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 France.) From Leghorn to Bastia there is a service twice a week-on Thursdays at 10 a.m. Fare, 20fr., leaving at 8 a.m. (Florio-Rubattino line), and on Wednesday leaving at noon (Fraissinet et Cie.). The fare by both lines is 20fr. In

addition to these services, there are weekly steamers to Calvi, Ile de Rousse, and other Corsican ports, which need not be noticed, as they are not convenient for English travellers.

Climate and Temperature.—The climate is delightfully mild and equable, and the atmosphere very clear and sunny. Ajaccio is well sheltered from the winds; its sanitary conditions are very good; the water is pure, and altogether the town is well adapted as a wintering place for invalids. The climate of Corsica is very similar to that of Algiers, but is a few degrees cooler, and the atmosphere has a greater amount of humidity. The observations taken within the last few years show that Ajaccio has a mean average temperature for the three winter months of 53 degs., which is 2 degs. or 3 degs. higher than the Riviera. 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 degs. 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 degs., or falls below 50 degs. With regard to rainfall, the average number of rainy days during the three rainy months (Dec., Jan., and Feb.) is not more than fourteen. 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.

Hotels,—The leading hotel, and the one most frequented by English visitors, is the Continental, Cours Grandval (Cook's coupons accepted). Extensive grounds with tennis court. Situation healthy and convenient. Large garden. Pension,

8fr. to 10fr. There are two other good hotels—Belle Vue, close to English church (pension 7fr. to 10fr.), and Suisse, near the sea (pension 9fr. to 11fr.). These three hotels are closed from the 15th May to 15th October. The only hotel which remains open all the year is the Hotel de France (commercial), in the Place du Diamant (pension from 7fr.). There is also the Pension des Étrangers, in the Cours Grandval, which is cheap, but its clientèle is mainly French. Apartments are to be had, but they are scarce. The Maison Dietz, near the Hotel Belle Vue, is the best situated maison meublée.

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.

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 shooting and fishing. Snipe and quail are plentiful, and big game are to be had in the shape of wild boar and moufflon (really a species of deer, though often called wild sheep). 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 about 25fr. La chasse aux moufflons 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 the mountains, 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. 63, pp. 500 and 605.

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 graphically described by Pierre Loti:

"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 around. 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—face 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 bed-room 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 "interesting feature" that Murray bids 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 Collége 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 the 21st July, 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 almost completed between Ajaccio and Bastia, the facilities for reaching the mountainous district in the western 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 7fr. or 8fr. 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.

#### PRACTICAL INFORMATION.

Church Services.—The English Church is near the Hotel 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.

English Consul.—Captain Malcolm Drummond, R.N., 32, Cours Grandval.

English Doctor .- Dr. G. J. E. Trotter, La Maisonette.

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 27 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, 50c. Café.—Grand Café Napoleon.

Club. — Cercle Buonaparte, Rue du Marché. Visitors admitted.

Conveyances.—Cabs: la course, Ifr. 50; the hour, 2fr; whole day (pair of horses), 20fr. Excursions: Barbicaja, 3fr.; Scudo, 4fr.; Fontaine des Calanques, 5fr.; Vignola, 6fr.; Les Sanguinaires, Iofr.; Salario, 3fr.; Castelluccio, 4fr.; Lisa-Lisa, 12fr.; Carosaccia, 2fr.; Jardins des Prêtres, 4fr.; Alata (village) 12fr.; Mezzavia, 3fr.; Caldaniccia, 6fr.; Pontebonelli, 8fr.; Pont de Campo dell'oro, 3fr.; Bastelicaccia, 6fr.; Vignola (route de Bastia) 6fr. Usual gratuity (pourboire) to driver for a day's excursion, 3fr.

Diligence Services.—Sartene (85 kil.); coupé, 9fr. Leave 10.15 a.m.; Vico (53 kil.); coupé, 5fr. Leave 11 a.m.; Pila Canale (34 kil.) 2fr. Leave 11 a.m.; Santa Maria (34 kil.); coupé, 3fr. 5oc. Leave 10.30 a.m.

Riding Horses.—Usual charge for an afternoon, 5fr., or 8 to 10fr. for the day. They are usually small, but good goers.

Boats.—To or from steamer, Ifr., portmanteau, 40c. Excursions: Scoglietti, 4fr.; Portecchio, 5fr.; Isobella, 8fr.; whole day, 10fr.

A small steamer leaves daily during the winter at 7.30 for Chiavari (a favourite excursion) leaving for the return trip at 11 a.m. Fare, 75c. 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, 7fr. 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, 5c.

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).

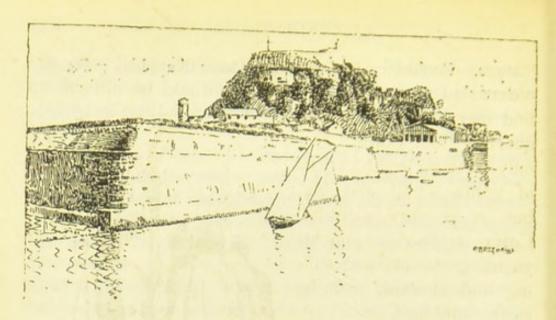
Outfitters.-Messrs. Lanzi Frères.

Strangers' Syndicate.—An office where all information is given to visitors to the island is established in the Mairie. A register of meteorological observations, etc., is kept here.

Maps.—Cartes de l'etat Major. Several sheets at 60c. for Corsica.

Guide-books, Books of References, etc.—Black's excellent little "Guide-book for Corsica" (Is.) is as good as any, and gives the most recent information. Joanne's "La Corse" (5fr.) 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, 2fr. 5oc. Messrs. Füssli, of Zurich, have lately added Corsica to their "Illustrated Europe" series. The title is "Ajaccio als Winterkurort" (Is. 6d.). Notices of Corsica will also be found in Murray's "Mediterranean Islands" (20s.), Baedeker's "North Italy" (6s.), 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 5oc., 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 of February 1890. 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.



FORT ST. GEORGE.

## II.—CORFU.

"This precious stone set in a silver sea." - Shakespeare.

THIS island is charmingly situated at the foot of the Adriatic Sea, in latitude 40 degs. N., longitude 20 degs. 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 graphically expressed by Bishop Wordsworth, "it is a sort of geographical mosaic, to which many countries of Europe have contributed colours."

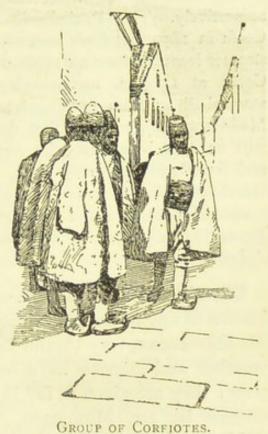
It is the only one of the Ionian Islands which is used as a winter station. It is now beginning to be known as an excellent health resort, especially for those not actually ill, who wish to spend the winter in a warm climate, and who desire a rather less conventionalised and more interesting country than the overcrowded Riviera. For the

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"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. Not only is there great variety of game, small and big, but it is very plentiful. Corfu is also a popular vachting 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 it.

Routes.-The quickest and most direct route is overland to Brindisi (see Cairo), from which port there is a service to Corfu four times a week, the Florio-Rubattino steamer sailing every Sunday, Wednesday and Thursday at 12 p.m. (Time, 12 hours. Fare, first class, 38fr. 25c.); and the Austrian Lloyd's Co.'s steamer sailing every Monday at 2 a.m., and reaching Corfu the same day at 3.30 p.m. Another route is by the P. and O. steamer (leaving London every Thursday or Friday at noon) to Brindisi. Fares, £17 first class, £10 second class. The voyage takes 9 or 10 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 via Basle and the St. Gotthard Tunnel, 69 10s. 6d. first class, and 66 17s. 6d. second; time, Wednesday at 4 p.m. viâ Fiume or viâ Albania on alternate weeks, reaching Corfu on Saturday at 10.30 and midnight respectively. The Panhellenic S. S. Co. ceased calling at Corfu in 1890, but have recently resumed this service. Now a steamer leaves Trieste on alternate Thursdays at noon, reaching Corfu at 11 p.m. on Saturday. Formerly Corfu could be reached direct from Liverpool by the Cunard steamer, but the Mediterranean 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 and Temperature.—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, "Greichische 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 degs. January is the coldest month, with an average range of from 49.5 degs. to 52 degs. In March there is a rapid rise in the temperature, and in April its average range is from 57 degs. to 62 degs. 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

<sup>\*</sup> The route viâ Paris and Mont Cenis is more expensive, and takes the same time.

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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 (centigrade) for the season 1889–1890; October, 18 deg.; November, 13 deg.; December, 9 deg.; January, 9 deg.; February, 9 deg.; March, 13 deg.

To compare the climate with that of other winter stations. It is warmer than the Riviera, and not nearly so stimulating; in fact, some consider that the climate has rather a relaxing effect. The statistics of rainfall show, of course, that there is a good deal of humidity in the atmosphere. The large amount of rain brings the flowers to maturity very early in the season, and at the end of January, or beginning of February, hyacinths, roses, and almond-trees are in blossom.

A residence at Corfu 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 winter the heavy rains prevent invalids taking much exercise.

Hotels.—St. George's is the leading hotel. Pension for a period of not less than three days, 12fr. 5oc. to 15fr. according to position of bedroom. Lunch, 3fr. 5oc.; dinner, 5fr. (wine included). The proprietor is interested in photography, and a dark room is at the disposal of visitors. Next door is the Hotel D'Angleterre. It is a little cheaper (Pen. from 10fr.), and though not so luxurious in its appointments as the former hotel, it is a comfortable establishment. Lunch, 3fr. 5oc.; dinner, 4fr. 5oc. (wine included). Both hotels are open all the year. There are no furnished apartments to be had, but a villa, usually very scantily furnished, can sometimes be rented for about £6 a month.

Amusements.—Though Corfu is not wanting in

attractions, owing to its beautiful scenery, interesting excursions in the island, the excellent fishing and shooting, &c., yet, in the way of entertainments and urban amusements, Corfu has very little to attract the visitor. There is, however, a theatre, in which operatic performances are occasionally given during the winter season.

Sport.—There is excellent shooting and fishing, both in the island and on the mainland of Albania. Wild duck and teal swarm around the coast, and a bag can always be made. Quails are plentiful in the spring, and snipe and woodcock all through the season. Sport on the island is limited, as there is not much cover, and 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 hunting 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 on the Albanian coast. The charge would be about £10 a month, and food would have to be provided. A shooting permit must be obtained from the Turkish Consul. See A. G. Bagot'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 sailingboat, 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. There is CORFU. 245

plenty of sea-fishing, 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.-R. Reade, Esq. Consulate near the

Harbour.

Doctor.—Signor Politi. There is no English doctor, but Signor Politi speaks English.

English Chemist.—The English Pharmacy.

Postal Arrangements.—There is a mail arriving and departing three 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 75c. a word. Corfu is four to six days' post from London. There is now a Parcel Post to England. Rates: Not exceeding 3lb., 2s. 7d.; not exceeding 7lb., 3s. 3d.

Bank. - The Ionian Bank.

Cafés.—Best on the Esplanade. Turkish coffee, 15c.

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 I or 11 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 ( $1\frac{3}{4}$ ) 8fr.; S. Stephano ( $4\frac{1}{2}$ ) 14fr.; S. Decca (4) 12fr.; Kiniopastes (3) 10fr.; Potamo and the Tour ( $2\frac{3}{4}$ ) 10fr.; Concouritza ( $3\frac{1}{2}$ ) 12fr.; Govino and the Venetian Arsenal ( $3\frac{1}{2}$ ) 12fr.; Triclino (2) 8fr.; Pelleca ( $4\frac{1}{2}$ ) 15fr.; S. Pantaleone and Paleocastrizza (all day) 20 and 25fr.

Guides and Interpreters. - Usual charge 5fr. 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 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 edibles in Corfu, is fixed by law. There is a very high protective tariff, and the duties on tea and wine are virtually prohibitive.



NEAR CORFU.

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 of 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 equivalent to 32fr. in notes. At hotels all bills must be paid in gold.

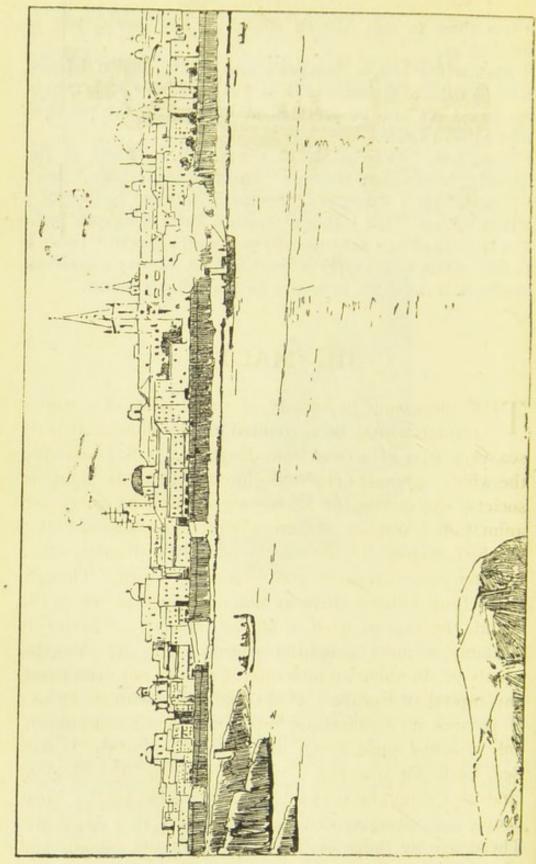
Passport.—This is still liable to be asked for, and it must have the visa of the Greek Consul-General in London, 19, Great Winchester Street, E.C.; the charge for the visa is 2s. 6d.

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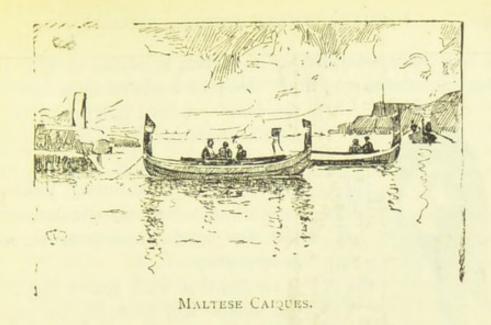
Those about to visit Albania should get the Turkish visa as well, fee 4s.

Maps.—The best is Stanford's map of the Ionian Islands, scale  $6\frac{1}{2}$  miles to an inch; price 5s. 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," 20s.; "Greece," 24s.; Baedeker's "Southern Italy and Sicily," 6s.; "Greece," 10s.; and Joanne's "Guide à Malte et Egypte," 30fr. The last-named firm 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.



VALETTA FROM SLIEMA.



## III.-MALTA.

THE increasing popularity of this island as a winter residence may be accounted for as follows: It is by sea very easy of access from England; it has-barring the winds-a most delightful climate; 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, 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



MALTESE GIRL.

the view" proves a fallacy, for on a nearer approach the beauties of the varied coast outline become apparent. The chief town,\* Valetta, is most picturesquely situated, and the view of the town from the sea is very fine.

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, 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 (see illustration) 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 100 years, dress in black, and wear a distinctive hood (faldetta), which is called the "hood of shame."

Routes.—There is a very wide choice of routes, which may be classified as follows: (I) Overland and (2) sea routes.

(1) Overland Routes.—Those who prefer a land journey can shorten the voyage to Malta, by joining the mail steamers at Reggio, where the English mails are put on board, or Syracuse. Naples can be reached from London viâ Calais, Mont Cenis, and Turin (fare, first class, £11 5s. 3d.; extra charge for sleeping-car from Paris to Rome, £2 os. 2d.), viâ Bâle and the

<sup>\*</sup> Malta is often used both for the name of the island and the name of the chief town.

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St. Gothard (fare, £11 17s.), or by the longer but prettier route, through the French and Italian Riviera, viâ Marseilles and Genoa. 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 9 a.m. Those who wish to avoid the sea as much as possible, should go overland to Syracuse, viâ Reggio and Messina, and join the steamer at that port. The Transatlantique Company's boat leaves Marseilles every Friday at 4 p.m., reaching Malta viâ Tunis, the following Tuesday morning. The fare is £7 12s. The accommodation is excellent, and much better than that afforded by the rival line.\*

(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, but their fares are high. The passage by the P. and O. boats occupies seven or eight days, as they only make a very short stay at Gibraltar. These boats leave the Tilbury Docks every Thursday or Friday. The fare is £17. No return tickets issued, but an abatement of 20 per cent. is allowed to passengers returning within four The P. and O. homeward steamers now touch at months. Brindisi before Malta. The Cunard service is discontinued. The time occupied by the cheaper lines—Hall, Papayanni, and Moss—is about ten to twelve days. The fare is £10, except by the Moss Company, which is £ 12, though the accommodation is by no means superior to that of the other boats. The steamers of the Moss and Papayanni lines call weekly, but the Hall steamers are irregular. The Marseilles service is most convenient for passengers from the Riviera, but those arriving from Algiers can reach Malta most conveniently, viâ Tunis, by the weekly Transatlantique steamers (see above). 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.

<sup>\*</sup> The Malta service of the Transatlantique viâ Naples, is at present (Oct. 1892) suspended.

Climate and Temperature.—The climate is equable, and very mild; but not perhaps so dry as that of Algiers or Tangier. 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. Malta is warmer than the Riviera, and not so stimulating as Cannes cr 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 degs. December and January are the coldest months (average mean temperature, 53 degs.) There is great uniformity in the temperature. If the four summer months are excluded, there is only a difference of 20 degs. between the extremes of heat and cold at any period of of the day or night. In this respect Malta compares favourably with Cairo, where there is sometimes a difference of 40 degs. between the day and night temperatures. The great 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. 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. It is well adapted for persons who are not suffering from any specific complaint, but from over-work or general

debility, and to whom a winter in the South has been recommended as a complete change or rest.

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 visitor's 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 1s. 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, &c.—The hotels in Valetta mentioned below are all good, and the prices are reasonable. The most fashionable is the Grand (late Dunsford's),\* which is chiefly patronised by the officers of the two services. Here, as well as at the Imperial Hotel, Cook's coupons are taken. It is more expensive than

<sup>\*</sup> In "Bradshaw" (Continental edition), by an oversight the Grand and Dunsford's are incorrectly mentioned separately.

the others, the terms being from 10s. to 15s. a day. Of the others, the most frequented by English visitors are Angleterre, Strada Stretta; Great Britain, Strada Mezzodi; and Imperial, Strada S. Lucia. The last-mentioned has a branch house, with the same name, at Sliema. The situation is good and very 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 terms at these hotels are from 8s. to 12s. 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 (Morells, 150, Strada Forni), kept by an English lady. A high-class but somewhat expensive establishment. Pension from 12s.

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 four 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 a very fair Italian Opera Company gives performances from the 1st of November till the 3oth of 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 3s. 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 opera bouffe and amateur per-

formances. There are lawn-tennis (subscriptions very moderate), polo, and cricket clubs, and an annual race-meeting organised by the Malta Jockey Club, as it is rather grandiloquently styled by the officers. Then every fortnight the *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 5s. The library and the newspaper-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 at Pembroke Camp near Sliema. The sportsman will find Gozo more suitable for his purpose; some wildfowl 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 azure fish in summer."

Objects of Interest.-Valetta, which disputes with

Venice the title of "City of Palaces," contains so many features of interest that it would be difficult to deal with them in the short space at my disposal. 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. Visitors should try and find some of the curious little shells, 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, Ven. Archd. E. A. Hardy. Holy Trinity (Sliema): 11 a.m. and 5 p.m.; chaplain, Rev. H. I. Shaw. Then there are the military 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 General.-Lieut-Gen. Sir H. A. Smyth, K.C.M.G.

Lieut-Governor .- Count Strickland della Catena.

U.S. Consul.-J. Worthington, Esq.

English Doctors.—Dr. R. Samut, and Dr. C. Samut, 40, Strada Forni; Dr. G. B. Schembri, 35, Strada Mezzodi; Dr. G. Tabone-Eugerer, 66, Strada Britannica.

Nursing Institute. - The Mildmay. Nurses for private patients

obtainable.

English Dentist.—Mr. Thomas Jenkin, 32, Strada Reale. English Banks.—Anglo-Egyptian, Turnbull, Jr., and Somerville, 20, Strada Reale, and Thos. Cook & Son.

English Chemist .- Kingston, Strada Reale.

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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 Wednesday at 4.30 p.m.; viâ Marseilles on Thursday at 11.30 a.m.; and viâ Brindisi by outward bound P. and O. steamers on Friday. Letters are distributed in the morning. Telegrams, 6d. per word. Parcels: viâ P. and O., 8d. per lb. up to 11lb.; viâ Italy, 2s. 10d. for any weight up to 7lb. All letters must be stamped with Malta postage stamps. Inland post: ½d. for every ½oz.; newspapers pass free.

Conveyances, &c.—The cab fares are ludicrously cheap,

owing to the fact that no Maltese will walk a yard if he can help it. The tariff is: Under half-mile, 3d., under a mile, 6d.; but the driver will feel himself much aggrieved if an English visitor pays according to the legal tariff; by the hour the tariff is 2s. 3d., but an understanding should be arrived at before hiring. For boats from the steamer to the landing-stage the legal charge is 1s. for one passenger with a reasonable amount of luggage; for an hour's row in a boat the usual charge is 1s. 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 3d.

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. The usual charge for a day's drive in a two-horse carriage is 12s.

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 9d. or 10d. 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.

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, all published on Friday. The best is The Malta Chronicle, price 3d. This is the official organ. There are also The Malta Standard, 4d., and The Malta Times, 6d. All these papers are of purely local interest, and only give London telegrams at second or third hand.

Shops, &c.—The Valetta shops are good, and most of the articles cheap. The following are a few which can be recommended:

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," 20s., Baedeker's "South Italy and Sicily," 6s., Joanne's "Guide à Malte, Egypte et Nubie," 30fr., and Dr. Yeo's "Climate and Health Resorts." An interesting account of the island will also be found in Cassell and Co.'s "Picturesque Mediterranean," 1891.



GATE OF SOKO, TANGIER.

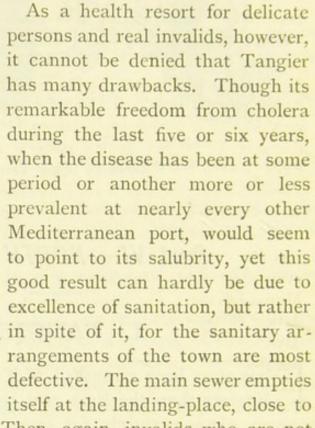
# Part VI.-NORTH AFRICA.

# I.-TANGIER.

Thas often been remarked of Tangier that it is more Eastern than the East, and this constitutes its great charm. It is certainly far more Oriental in character than Algiers, Tunis, Cairo, or Constantinople, owing to its comparative freedom from the vulgarising—artistically speaking—admixture of a foreign element. Of late years Tangier has become as favourite a haunt of artists as Venice, Rome, or Cairo, and the Academy walls at the last few exhibitions have been covered with Moorish subjects. As a resort for ordinary visitors, or even for those who are recommended to winter in the South, but

who do not consider themselves actual invalids, it possesses superior advantages to many of the more frequented Mediterranean winter resorts. Its climate is considered by many medical men as superior to that of Algiers or Mentone. Hotel expenses and living are very cheap; it is easy of access by sea from England, and can

be reached by this means at a less expense than Algiers or the Riviera.



the Custom House. 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 ex-

cellent 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. These drawbacks, in the opinion of some authorities, outweigh the indisputable climatic advantages of Tangier.

Routes.—There has lately been a great improvement in the communication between Tangier and England, which has resulted in a large increase in the number of winter residents and visitors during the last few seasons. The most direct way of reaching the town is by the weekly or fortnightly services of the P. and O. and Orient Lines respectively to Gibraltar. Here passengers change into one of the steamers sailing daily, except Friday and Sunday, between Gibraltar and Tangier. By this service Tangier can be reached in six, or sometimes five, days. Fare to Gibraltar, £9; return, £15. The Cunard Liverpool and Tangier service has been discontinued. A cheap way of reaching Tangier by sea is by one of the Morocco line of steamers of Forwood Brothers (3, Crosby Square, E.C.). A steamer of this old-established line leaves London regularly every three weeks for Tangier (calling at Gibraltar) and the Morocco coast. The fares are very moderate, and the accommodation comfortable. The time occupied is about six and a half days. For visitors who wish to avoid the sea as much as possible, a tedious and expensive land journey will have to be taken viâ Bayonne, Madrid, Cordova, and Malaga or viâ Cordova, Seville and Cadiz. As far as Madrid the luxurious service of the Sleeping-Car Company is available, but from this city to Malaga the train de luxe does not run, and one or two changes of carriage will be necessary. Between Calais and Madrid the only change of carriage is at Irun, where the train enters Spanish territory. The "Sud-express" leaves Victoria every Saturday at 10 a.m., and reaches Madrid on Sunday at 10.52 p.m., thus gaining twelve hours on the ordinary Paris express. The fare (railway and sleeping combined) is £15 16s. 4d., about £5 more than the ordinary first-class fare. A table d'hôte déjeuner and dinner are provided "on board" at a charge of 5fr, and 7fr, respectively.

From Malaga there is a fortnightly service of the Cie. Générale Transatlantique to Tangier, viâ Gibraltar, leaving Malaga at 8 p.m. on alternate Sundays and reaching Tangier the next day at 4 a.m. From Cadiz Tangier can be reached direct, as the Transatlantique steamers touch there before Gibraltar. They leave Cadiz on alternate Tuesdays at 10 p.m., reaching Tangier the next day at 4 a.m. There is another line of boats between Malaga and Tangier, touching at Gibraltar-viz., the Thomas Haynes line. These steamers, however, are small coasting vessels, and the accommodation is not luxurious. They run every week. This route will be the most convenient for travellers from the Pyrenean health resorts. Tangier will shortly be accessible from England almost all the way by rail, as the new railway connecting Algeciras (opposite Gibraltar) with the Cordova and Madrid main line is expected to be completed in December 1892. Visitors coming from the French or Italian Riviera have the choice of two services. From Marseilles there is a good weekly service by the General Transatlantic Company's steamers, leaving on Tuesdays at 4 p.m., and reaching Tangier on Monday at I p.m. The steamers call at Oran, Malaga and Gibraltar. Fare, £6 16s. and £5 4s. There is a direct service between Marseilles and Tangier, which will be found convenient, though the departure from London should be made to fit in with their times of sailing, as the service is only fortnightly, viz., on alternate Tuesdays. The fare is £6 16s. first-class, and £5 4s. second-class. The average duration of voyage is four days. Board is additional-5s. a day. Return tickets are available for three months, with 10 per cent. reduction.

There is a daily service (except Friday and Sunday) between Gibraltar and Tangier by Messrs. Bland & Co.'s steamers, leaving each port at noon. Fare, 8s.; return ticket (available for three months), 12s. Transit, four to five hours. Passengers should bring provisions, as no refreshments can be obtained on board.

Climate and Temperature.—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 degs.; and the difference between day and night temperature is very slight also. The average mean temperature for the winter months is 60 degs., and for the whole year, 67 degs. January is the coldest month, with a mean average of 54 degs. 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 degs. The rainfall is less than in Algeria, there being rarely more than 30 to 35 rainy days during the season. February and March are usually the rainiest months.

H. E. White, Esq., H.B.M. Consul at Tangier, has kindly furnished me with his meteorological observations for 1890.

		Barometer.	9 a.m. Thermometer.	-	Maximum.	Mean Max.	Minimum.	Mean Min.	Rainfall.
JANUARY .		30.79	53'4		50.0	57'0	46.2	21.1	1'95
FEBRUARY .		.49	51.0		63.0	56.2	46.2	490	3.54
MARCH		*50	55.0		65.0	58.4	42.8	52.5	6.38
APRIL		*44	59.8		74.6	64.2	52.4	56°1	7.74
MAY		*41	62.6		72'0	66.0	54.0	58.1	4.81
JUNE		*37	71.6	64.4	84.0	76.3	60.0	66.5	
JULY		.33	72.0	63.7	81.0	73'9	62.0	65.6	
August		*23	71'1	66.4	79.0	73'9	63.2	66.3	
SEPTEMBER		*33	70°I	65.8	78.6	74.8	61.0	64.7	.13
OCTOBER .		•44	66.5	63.4	69.8	69.8	51'2	61.1	1.84
NOVEMBER.		*50	58.7	56.6	66.0	61.2	37.0	54.2	1.47
DECEMBER.		'39	52.2	50.4	6.50	54.3	39.5	47'9	10.03

Tangier differs from most Mediterranean winter stations in being a fairly comfortable summer residence. 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.

Sanitary Conditions.—I am indebted to Dr. W. C. Greig, of Tangier, for the following notes:—

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 stcred in a clean tank this is a good and safe water. (c) From wells and socalled 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, &c.; 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.

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 ntroductions. The English quarter is at Mount Washington, a pleasant suburb two or three miles to the west of the town.

Hotels and Pensions.—The two leading hotels are the Villa de France, and Continental. The former is pleasantly situated, and has large gardens with a good tennis court. It is preferable for those making a long stay. Messrs. Cooks' coupons accepted. Pensions 12fr. 5oc. from December to May, 8fr. for the rest of the year. The sanitary arrangements are excellent. The Hotel Continental is very well spoken of; it makes a speciality of its cuisine. English billiard table. Pension from 12fr. 5oc. to 15fr. during the season. From July to October reduced terms. The New York Hotel on the beach is under the same management. Pen. from 10fr. This is a new house and has recently been fitted with electric light. The Hotels Universal (on the beach) and International (near the Villa de France) are more moderate in their charges. Pension 7fr. The Hotels Royal Victoria, English, and Central no longer exist.

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 2s. or £2 10s. a week. For further information on this

subject visitors should apply at the office of the Times of Morocco.

Amusements.—Visitors do not, of course, expect to find—and would probably be disgusted if they did find—in Tangier the entertainments and amusements of an ordinary European watering-place—bands, theatres, promenades, cafés, &c. 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 and attract 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 horse can be hired for about 10 or 15 fr. a day. Campingout 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. Of other big game, bears are plentiful in the interior.

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. A good hunter can be hired for the day for about 20fr. 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

<sup>\*</sup> A friend of mine one day in April killed seventy bass to one rod off Mogador.

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

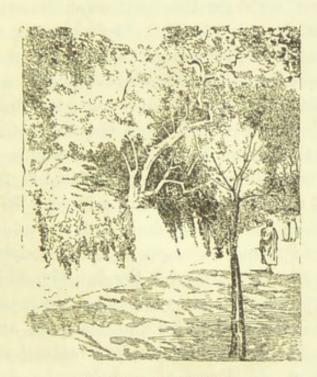


THE GATE OF THE KASBAH.

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 3s. or 4s. 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), the Spanish towns of Ceuta and Tetuan, and the coast towns



NEAR CAPE SPARTEL.

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 45 miles from Tangier, and as the only accommodation—and that of the roughest—on the road is at the Fondak, about 25

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 seven o'clock in the evening, 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 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 12 or 14 hours at least. On horseback the ride can be comfortably done in 8 or 10 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. Advisable to telegraph beforehand for rooms. 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 13gr. sulphate of zinc, in the form of a pillone to be taken three times a day; as a wash, 4grs. sulphate of zinc, with an equal quantity of acetate of lead, in 6oz. 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 3fr., 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 goodwill 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. An-



ENGLISH CHURCH, TANGIER.

other 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

<sup>\*</sup> A similar custom still obtains among the Italian peasantry, who invariably greet any one who sneezes with the word salute or felicità. It is said to derive its origin from the times when the plague was rife, a person who could sneeze being considered to be in good health,

with the Sultan. This privilege, however, entails considerable expense, as a handsome present is always expected. It is said that the tastes of the present Sultan (Muley Hassan) lean in the direction of firearms, and a good Colt's revolver with all the latest improvements, or a Winchester repeating rifle, is as good a present to give as any.

## 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. C. E. Lavender, M.A. The church is supported by the S. P. G., and is open all the year.

English Minister .- Col. Sir C. B. Euan-Smith, K.C.B.

English Consul.—H. E. White, Esq.; U.S. Consul, Col. Matthews.

English Doctor .- Dr. W. C. Greig.

Private Convalescent Home.—For information apply to Mrs. Jennings, Fez Road, Tangier.

Dentists.—Messrs. Ward and Downes, Casa di Onetto, Mountain Road.

Chemist. - Morillo.

English Stores .- Messrs. Macleod, Brash and 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) I to 3. Gibraltar stamps used. A mail arrives every day from Gibraltar, and letters usually take six days in transit from London. Postage, 2½d. the ½oz. Parcels by parcel post leave England on Wednesdays by P. and O. boats. Under Ilb., 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, 7d. a word, or if sent to Gibraltar by post, the charge is only 4½d. a word, plus Iod. Telephone office near the Marina Gate.

Bank.—Banque Transatlantique, opposite the English Post Office. Agent, Monsieur Benchimol.

Conveyances .- The tariff for |boats to and from steamer is, General Transatlantic Company's steamer, 1fr. 5oc.; Gibraltar local steamer, Ifr. 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. Minchin (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 2s. 6d. is charged.

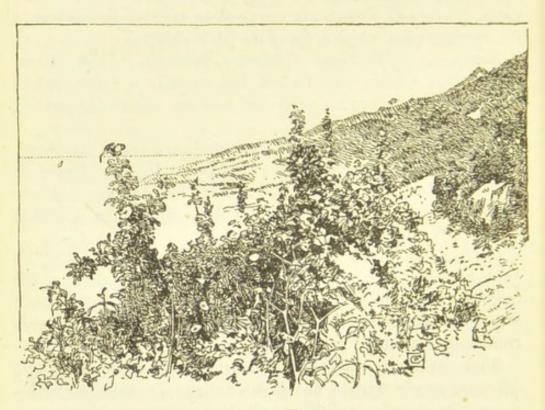
Newspaper .- The Times of Morocco, Saturday. Price-I real (25c.) Not a mere visitor's list, but contains a great deal of information on Morocco generally, and on matters interesting to tourists.

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 15s.; scale, twenty-three miles to an inch. It can be procured at Mr. Stanford's, Charing Cross, S.W.

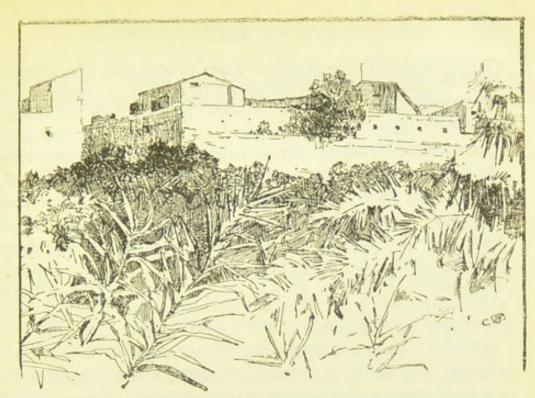
Guide-Books, Books of Reference, etc.-There is no English guide-book to Tangier or Morocco, though descriptions of the town are given in Murray's "Spain," last edition, 1892, 20s., Murray's "Mediterranean Islands," 20s., and O'Shea's "Hand-

book to Spain," 15s., 9th edition, 1892.

Books of travel dealing with Morocco are numerous. 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); Capt. 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, 2s. (Murray); "Morocco," by M. H. de la Martinière; "Sketches in Morocco," by R. Wake (Field and Tuer, 1890);
"Au Maroc," by Pierre Loti (C. Levy, 1890), 3fr. 5oc.;
"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, 4s. 6d.); "A Scamper through Spain
and Tangier," by Margaret Thomas (Hutchinson 1892);
"Morocco as it is," by Stephen Bonsal (W. H. Allen, 1892).
Of novels dealing with Moorish life the following are interesting;
"The Scapegoat," by Hall Caine; and "Mohammed Ben
Ani," by Ion Perdicaris.



VIEW NEAR TANGIER.



THE KASBAH (CITADEL), FROM THE JARDIN MARENGC.

## II.—ALGIERS.

THE popularity of Algiers as a winter residence has increased considerably during the last few years. As a pleasure resort merely, it does not come up to Nice, Cannes, or Monte Carlo, but for salubrity it has few equals. Its chief attractions are its equable and extremely mild climate and its richly-varied scenery.

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 Republique 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, and Saturday at 12.30 p.m. On Tuesday Port Vendres, near Perpignan, is the port of departure, and the steamer leaves at 6.30 p.m., in order to fit in with the Paris mail. This service would be useful for travellers from Pau, Biarritz, and other Pyrenean Winter

Resorts. By this service Algiers can be reached in two days and a quarter after leaving London. The steamers leave Algiers for Marseilles on Tuesday, Thursday, and Sunday at noon, and for Port Vendres, Tuesday at 6.30 p.m. The two other passenger lines, the Cie. de Navigation Mixte, and the Cie. de Transports Maritimes, are much cheaper and fairly comfortable. The first-class fare is 50fr (half that of the C. G. T.), and the average passage thirty-six hours. They are, however, generally crowded, and early application for a berth or state room is necessary. The service of the Navigation Mixte is not so convenient for English travellers. Their boats leave Marseilles for Algiers on Thursday at 5 p.m., arriving at Algiers on Saturday at 3 a.m. The steamer leaves Algiers for Marseilles on Thursday at 5 p.m., arriving at 5 a.m. Saturday. There is another service starting from Cette on Tuesdays, but this route is not recommended to travellers, except those from the Pyrenean health resorts, who wish to travel cheaply, as the boat calls at Marseilles, and the voyage to Algiers, consequently, occupies over forty hours. The Transports Maritimes boats leave Marseilles on Wednesday and Saturday at 5 p.m., on Tuesday and Saturday at 6 p.m. These two 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, 75c. (Hachette & Cie., King William Street, W.C.), as they are not 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). 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. A more expensive service by this route would be by the magnificent liners of the Pacific Steam Navigation, which call at Bordeaux fortnightly, leaving London on every alternate Wednesday, from Wednesday, Nov. 9th., 1892. There is, besides, a direct route by the fortnightly service 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. To those who dislike the sea, and do not mind a long overland journey, the following route might recommend itself: to Carthagena viâ Madrid or Barcelona, and from that port to Oran by the Transatlantique steamer which leaves every other Friday at 2 p.m. for Oran; fare, 40fr. From Oran to Algiers the journey by rail takes thirteen hours.

Climate and Temperature.—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 degs. Fahr., and ranges from 54 degs. in January to about 65 degs. 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.

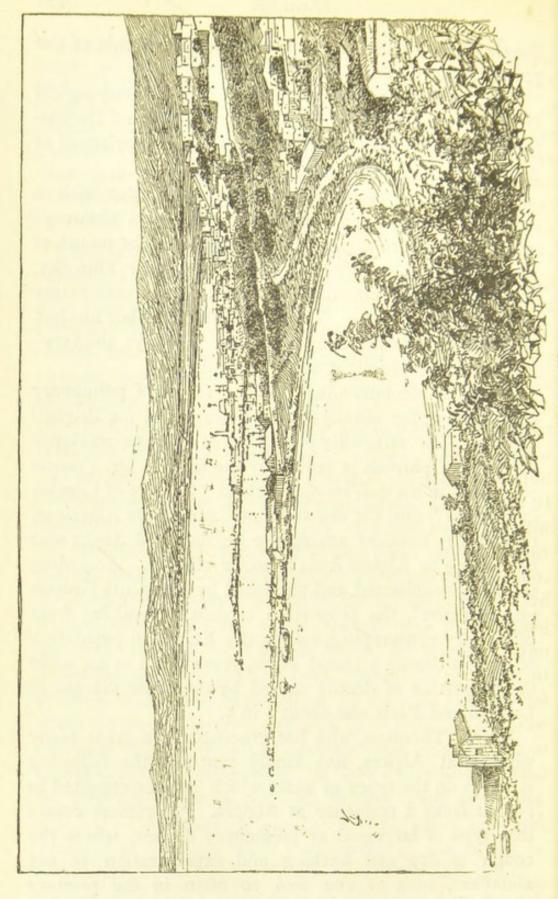
The following records of the Algiers Meteorological Office for the months of October, November and December, 1891, are fairly typical of the weather experienced at

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 deg. 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 deg. The month of December has had twenty-six days with clear blue sky; five days showery; mean temperature night and day, 59 deg.

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 types of cases which may be expected to benefit from a residence at Algiers. "Foremost comes that type of laryngeal or pulmonary disease, where the cough is dry and hacking and expectoration is not abundant, such as one sees so often in the primary



ALGIERS FROM THE NORTH WEST.

stages of consumption, and in various forms of bronchitis. 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, &c. The latest society institution of Algiers is the English Club, which was started in 1888. The club-house is at Mustapha Superieur, and W. Wigram, Esq., is the Hon. Secretary. It contains a smoking and reading-room well supplied with English papers, and a billiard room with an English table. The ground contains 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 is intended to model the club on somewhat similar lines to those of the English clubs at Pau, Cannes, Nice, and Gibraltar, &c. Shooting and boar-hunting excursions will be organised by the committee. If a visitor wishes to mix much in Algerian society, he should certainly become a member of this club. Subscriptions, 20fr. weekly, 40fr. monthly, and 125fr. for the season (November to May). Entrance fee, 10fr.

Hotels, Pensions, &c.—The terms at the hotels most frequented by the English, range from 12fr. to 16fr. a day, including room, pension, and service. Café au lait served in the bedroom

is an extra (1fr. 50c.). At Mustapha Superieur, which is the "English quarter," there are several high-class hotels. Hotel d'Orient, which has charming grounds, and is only fifteen minutes by tram from the town, and the Hotel Kirsch, are the oldest established, and have a good reputation. This latter is beautifully situated, and commands a fine view of the bay. At this hotel, as well as at the Hotel de l'Oasis, Cook's coupons are accepted. Several new hotels at Mustapha have been opened since 1888. They are situated as follows: Above the Hotel Kirsch is the Grand Hotel St. George. Pension from 12fr. 50c. Open from 10th November till 15th May. Good sanitary arrangements. The Hotel Continental, lower down the hill, was much enlarged in 1889. The situation is healthy, and yet within convenient distance from Algiers. It possesses a tennisground and a billiard-room with a table by Burroughes and Watts. The most recently opened hotel is the finely-situated Hotel Splendide. It commands grand views from all the windows. Pension from 12fr. Messrs. Thos. Cook and Son's coupons are accepted at the hotels St. George and Splendide. All the Mustapha hotels are closed in the summer, except the Hotel Splendide. An Hotel-Pension, the Anglo-Suisse, has recently been opened at Mustapha Inferieur. Pens. from 8fr. Open all the year.

In Algiers, the best hotels are De la Regence, in the Place du Gouvernement, De l'Europe, and De l'Oasis, on the Boulevard. The last-named is a comfortable house and the *cuisine* is good, but it is not so much frequented by the English as the others, and, perhaps in consequence, its terms are slightly lower. The prices at these hotels vary from 12fr. to 15fr.

Of the cheaper hotels, the Hotel de Paris and the Hotel de Geneve should be mentioned. At both the charges for pension are from 10fr. to 12fr. The former is in a very central position, and is much visited by representants de commerce.

There is an excellent private hotel at Mustapha Superieur—Villa de l'Olivage. It is under English management, and has a picturesque situation near the Bois de Boulogne, and is better adapted for invalids than an ordinary hotel. Terms from 12fr. a day. The only objection to this establishment is, that it is about three miles from the town, and communication is difficult. It is true that a ramshackle vehicle, called a corricolo, runs

hourly between Algiers and Colonne Voirol, which is within a couple of minutes' walk from the Villa des Palmiers; but this service ceases at an early hour of the evening.

In Algiers there are numerous Hotel-Pensions. The Victoria and Bellevue are perhaps the best. The charges are moderate,

varying from 8fr. to 12fr. a day.

Villas and Apartments.-Plentiful. They are nearly all built in the Moorish style; in fact, most 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 Superieur 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 Superieur, 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 120fr. to 150fr., and a groom or coachman (often an Arab) for about 100fr. 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 35fr. or 40fr., and for bed and sitting-rooms, 65fr. to 75fr. For bachelors, this would certainly be the cheapest and pleasantest 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 120fr. to 175fr. a month. Till last season there was a uniform charge of 120fr. at the principal hotels and restaurants, but prices have risen, and

150fr. is the usual charge. Two friends could, however, by arrangement, breakfast and dine at the same table for 120fr. 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 160fr. to 200fr. 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 5fr. 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, &c. 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 in the form of the centre-boards of the Norfolk Broads, but without the movable keel. They are broad

in the beam, carry a good deal of sail (felucca rig), and are good sea-boats. The charge is 2fr. an hour, or 15fr. for the day. The boatman (always an Arab) will ask 20fr.; but I have known them take 10fr.; 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 Malifou, 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 turn back; in fact, the Arabs are apt to be over-cautious.

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 28fr. 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.

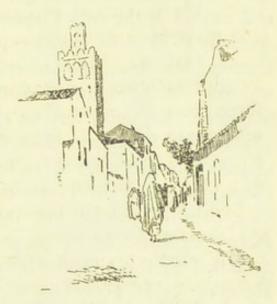
Shopping in the Bazaars.—Those who are fond of bargaining, and wish to collect (with an eye to cheapness) Arab curios and specimens of Moorish and Kabyle art, pottery, hardware, &c., should avoid the expensive

shops in the Boulevard de la Republique 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 saddlecloth 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 prac-



Rue de Tlemçen (Kasbah).

tised bargainers take care to avoid, such as Moorish jewellery, plâques, trays, haïks (made at Nîmes), burnouses (manufactured at Manchester), rugs, curtains, ostriches' eggs mounted in silver, Damascene tables, Arabic daggers and muskets, &c., which can be bought cheaper any day in Regent Street or the Avenue de l'Opera. 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 work-manship, 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.

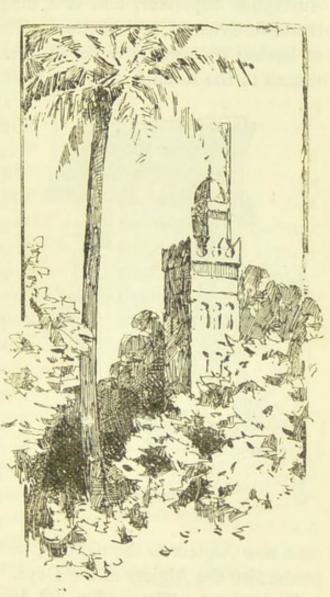
Objects of Interest. - Murray's "Handbook for Algeria and Tunis" covers too wide an area to enable much space to be devoted to Algiers and its neighbourhood, and as this is the only English guide-book,\* one devoted specially to Algiers (on the plan of those dealing with Cannes, Mentone, and other Riviera resorts) is much wanted. Miss Seguin's "Walks round Algiers" is good, but rather too bulky for the ordinary tourist, and better adapted for home use than for the pocket. I propose, therefore, to go rather more fully into this subject than I have done hitherto. 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. 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

Now, however, Mr. G. W. Harris' excellent little handbook is available.

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 revé 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



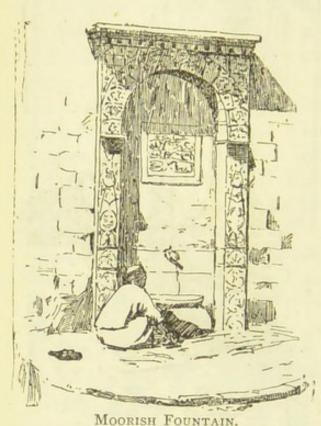
Mosque Sidi-Abd-er-Rahman, from the Jardin Marengo.

mosque—has been carefully preserved. The interior contains nothing of interest.

Near the Admiralty is an exquisitely-carved Moorish fountain, of which an illustration is given.

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 Superieur, 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. The best description of the drives within fifteen or twenty miles of the town will be found in the programmes of the personally-conducted excursions undertaken in past seasons by

the late Dr. Durando, a great authority on the flora and fauna of Algeria.

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



A Group of Biskris (Water-Carriers).

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-Ouzon. 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.

Tourists, and especially pedestrians, will find that a very slight smattering of Arabic is extremely useful, and occasionally almost necessary to comfort, as the natives in the interior seldom understand 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."

Makash. Măkăsh bono. Kaddesh? Bezeff. Ame she Rhoo or Balek. Ascot, in Kabyle dialect, Soussan. Kaddesh tzar? Issellemek. Rhani jiiäna bezzef. Făin teddi had ettrig? Khod ala imminek. Khŏd ala issarek. Nenjem tshe jouz men hena? Kane tshe gantra? Ma kane tshe. Dour ală tshemalek. Kaddesh men hena le-Kreeb bezeff. Th'abb tedeni leha?

No, and Not. Not at all good. How much? Too much. Go away. Let me alone. What o'clock is it? I thank you. I am very hungry. Where does this road or path lead? Go to the right. Go to the left. Can I pass this way? Is there a bridge? No, there isn't. Turn towards your left. How far is it from here to—? It is close by. Will you show me the way?

## 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, Rev. L. W. Jones, M.A. 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 5fr. a month, or 10fr. for the season. The Scotch Church is at Mustapha Superieur, near the Hotel d'Orient. Chaplain, the Rev. R. Maclean, M.A. Morning service 10.30.

English Consul-General.—Sir Lambert Playfair, K.C.M.G. The Consulate is in the Rue du Hamma, and the U.S. Consul, C. T. Grellett, Esq., has his office in the same building. 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 Dentist .- Mr. Frederick Clarke, Place Bresson.

English Chemists.—J. Obrecht, 28, Rue Bab-a-Zoun; G. Monnet, Place du Gouvernement.

English Stores. - Messrs. Dunlop and 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 15c. 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 3lb. 1s. 9d., between 3lb. and 7lb. (limit) 2s. 2d. Telegraph rates per word are: to any part of Algeria or Tunis, 5c. (minimum cost, 5oc.); France, 1oc. (minimum cost, 1fr.); and England, 3oc. It is not generally known, however, that a telegram can be sent to England at the same rate as to France, plus 1fr., 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 and 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 Hotel 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 specialties, can be had here.

Conveyances, etc.—Passengers landing in boats from steamers pay 30c. a head, with 20c. extra for each article of heavy luggage. Innumerable trams and omnibuses to all parts of the town and suburbs; fares from Ioc. to 50c. There is a tram every half hour to Mustapha Superieur (30c.), and one running every 10 minutes as far as the Hotel d'Orient (half way); the fare is 15c. For the trams and omnibuses to other suburbs of Algiers, see the "Guide-Poche Algerien," price 6oc. Published annually. Cab fares: la course (to or from any part of the town within the walls), Ifr.; other parts, Ifr. 50c.; and to Mustapha Superieur, 3fr. (for this journey 3fr. 50c. is, however, usually paid). After II p.m. fares are raised one-half. By the hour, the tariff, within the walls, 2fr.; other parts, 2fr. 50c. Drives in the country range from 3fr. to Jardin d'Essai, to 7fr. to Bouzareah. The charge for a carriage and pair for the day is 20fr. Half a day (six hours) 11fr. 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 600fr. For a saddle-horse the charge is 200fr. 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 Newspaper.—The Algerian Advertiser, 25c. Published on Saturday, at the Atlas office, Bd. de la République. A reliable visitors' list in each issue.

Shops.—English butchers, Dunlop and Tustes, 10, Rue d'Isly.

Booksellers.—Gavault St. Lager, Rue d'Isly; Jourdain, Place du Gouvernement.

Confectioner .- A. Rieffel, II, 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, 9, Rue Bab-a-Zoun; Melia, Place du Gouvernement.

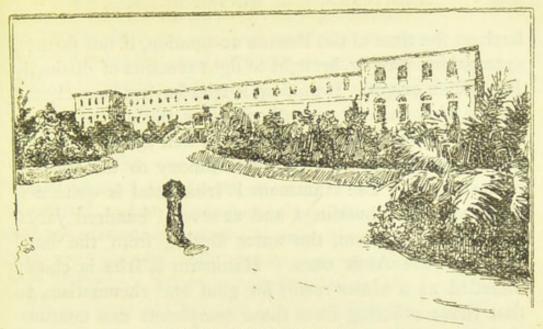
Watchmaker. - E. Dabadie, 4, Rue Bab-a-Oued.

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 1½in. to the mile, and it will consist of 273 sheets, at Ifr. each.

Guide-books, Books of Reference, etc.—Piesse's "Itineraire de l'Algerie et Tunisie" (new edition, 1892), 15fr., one of the Joanne series, and Murray's "Handbook for Algeria and Tunis," 10s. A readable and useful little handbook, "The Practical Guide to Algiers," has recently been published by Mr. G. W. Harris, 3rd edition (1892–3), price 3s. 6d. 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," 3fr., published by Jourdain, Place du Gouvernement. For information about trains, steamship-lines, diligence-services, etc., the "Guide-Poche Algerien," 60c., 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. 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 Seguin's "Walks Round Algiers," Mrs. Evans' "Algeria as It Is," Desprez' "L'Hiver à Alger," Mrs. Broughton's "Last Winter in Algeria," Maurice Wahl's "Alger" (one of the series of Les Villes de l'Algerie), 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. For an amusing sketch of Algerian travel, A. Daudet's "Tartarin de Tarascon" should be read.

<sup>\*</sup> A complete list of all the books that have been written on Algeria will be found in Sir L. Playfair's "Bibliography of Algeria," 4s. (Murray.)



GRAND HOTEL DES BAINS.

## III.—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 2000ft. 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. It consists, at present, of only one large hotel, with a *succursale* (Hotel Bellevue), which might, in some respects, be regarded as a hydropathic establishment but for the absence of prohibitory rules as to beverages.

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. Hammam 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, Aixles-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 perfect system of drainage and its distance from all sources of infection secure it an immunity to which it would be difficult to find a parallel.

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.

Then, in its readiness of access from England it may compare favourably with nearly all 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 ideal 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 degs., 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 degs., and the other of 109 degs. The baths are in the hotel building, which is a great convenience for invalids. The other hot spring is situated 100 yds. from the establishment, and its temperature is only 99 degs. The cold chalybeate spring is chiefly used for the table, and has a temperature of 66 degs. 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 degs. The hotel is so well constructed that indoors the thermometer has never

been below 60 degs. 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 degs. 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 consists of one large hotel (the Grand Hotel des Bains), with a dependance (Hotel 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 14fr. a day for room with a south aspect, and 12fr. 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 10fr. At the Hotel Bellevue the charge for pension, from the 1st November to the 1st June, is only 9fr., and the arrangements as to meals are the same as at the Grand Hotel. The proprietor, M. Arles-Dufour-a name well known in the South-of France and Algeria-has obtained a ninety-nine year's 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 an English chaplain in residence from 1st November to 1st May.

Sport.—Shooting may be had by visitors over 1800 acres, but there is not much game. The close season for partridges does not begin till 15th February, when quail-shooting takes its place. A licence costs 28fr.,\* 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).

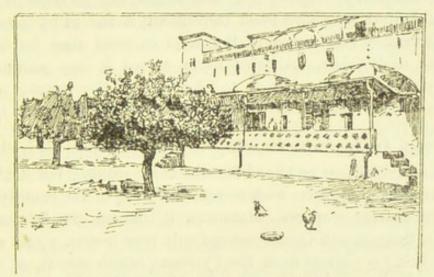
Of bigger game there are jackals, wild boars, and an occasional panther. For this kind of shooting cooperation with the natives is necessary, and the emulator of the late Monsieur Bombonnel, the well-known pantherhunter, will find this sport rather expensive. Jackals can only be shot on moonlight nights, 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 "show up" in the daytime. It is not probable that a visitor would have more than

<sup>\*</sup> This is not a game licence-none being required in France-but a licence to carry firearms.

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 Monsieur Arles-Dufour. Monsieur Cattier of Bordj-Bouira is also a famous lion-hunter, and will arrange shooting expeditions for English sportsmen.

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 2000ft. above Milianah. The ascent is easy, and within the powers of moderate lady climbers. From the top (5000ft.) 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 (7.18), 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



THE ARAB BATHS, HAMMAM R'IRHA.

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. 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 120fr. 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 12.25 p.m., 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 those who wish to see something of the country and the grand coast scenery. Hammam R'Irha can also be reached viâ Carthagena and Oran (passage only nine hours). This route is the best for visitors from the Pyrenean health resorts, or those who wish to avoid the long voyage from Marseilles. It takes much longer, however, and the steamers of the Cie. Générale Transatlantique leave only on every alternate Friday. From London the route is via Paris and Madrid (two days). From the latter place Carthagena can be reached in sixteen hours. The cost of the whole journey would amount to about £16, first class, but there is no through booking. The through fare by the direct route from Marseilles to Bou Medfa is £11 14s.

Church Services.—Services take place in the drawing-room of the hotel twice every Sunday from November to May. Chaplain, Rev. R. Mitchell, M.A.

Doctor.—No English doctor permanently resident during the season.

Postal Arrangements.—By post three and a half days from London. There is a daily delivery at II 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 the day is 10fr., but a donkey can be hired for 5fr. or 6fr. The charge for a seat in the regular conveyance (mail), which meets the trains arriving at Bou Medfa from Algiers at 9.20 a.m. and 4.20 p.m., is only 2fr. 5oc., but for a private carriage 15fr. is charged. The regular carriage for the station leaves Hammam R'Irha with the mails twice a day.

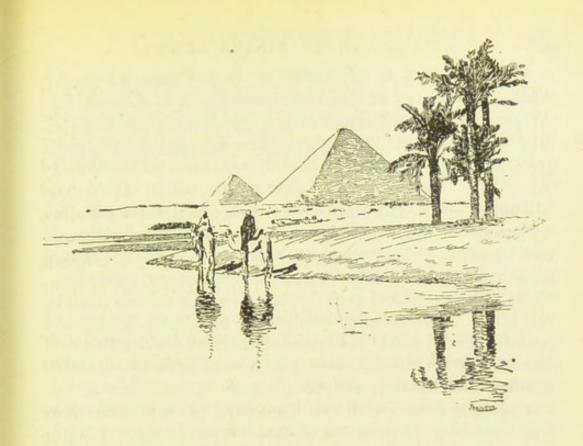
Guide-books.—Murray's "Handbook to Algeria" and "The Practical Guide to Algiers" briefly notice Hammam R'Irha. It also described at greater or less length in a good many of the books dealing with life and travel in Algeria. For more detailed information, the brochure by Dr. Brandt should be consulted. Since this pamphlet was written, however, great improvements have taken place in the accommodation for visitors.

The only other Algerian Winter Resort which need be noticed is Biskra, an oasis-town lying in the heart of the desert, the great centre of the date palm trade. Within the last few years this "city of palm trees" has been rendered easily accessible from England and the Continent viâ Marseilles and Rome, as the first section of the Trans-Saharien Railway has been completed as far as Biskra. It is intended to continue the line as far as Tonggourt, 216 kil. further south. A considerable number of English and American visitors are to be found at the Biskra hotels during the season (December to April), and the S. P. G. has recently established a chaplaincy here. (Chaplain, Rev. R. J. Ransom, B.A., Hotel Victoria.) Though at present Biskra can hardly be said to have passed the experimental stage as a winter resort, it is likely to have a great future before it as an invalid station, owing to the remarkably salubrious and mild, yet exhilarating, climate, the dryness of the atmosphere, the continuous sunshine, and the almost complete immunity from rain. Biskra is superior to Cairo, which it resembles in climate, in one important respect. The drives and excursions round the latter place are rather lacking in shade, whereas Biskra is completely surrounded by a thick belt of groves of date palms, which afford good shelter from the sun in the hottest part of the day. Palms, in fact, are so plentiful that the town has the appearance of a large forest of palms dotted about with a few hotels and shops, for the European portion of the town is quite distinct from the Arab quarter.

There are several good hotels with fairly moderate prices, the Victoria, Sahara, and Oasis. At the two latter Cook's coupons are accepted.

Communication with the Continent is good, and there are four European mails weekly. Letters from London take four to five days. The best and most direct route is viâ Marseilles and Bone. There are three steamboat services between these two ports. A steamer of the Cie. de Navigation Mixte leaves on Thursday at noon; the Transports Maritimes Cie. despatch a steamer on Wed. and Sun. at the same hour; and on Sat. at 4 p.m. a steamer of the C. G. T. leaves Marseilles arriving at Bone on Mon. at 3.0 a.m.

From Bone to Biskra a somewhat tedious railway journey of nearly twenty hours has to be taken, the train leaving at 3.0 a.m., and reaching Biskra at 11.25 p.m. Fare, 1st class, 32fr. 8oc. Change carriage at Kroubs, the station for Constantine. Invalids would find Constantine a convenient stopping-place, as there is good hotel accommodation.



### IV.-CAIRO.

CTRICTLY speaking, Cairo is not a winter resort of the Mediterranean, as it is situated a hundred miles from its shore. Mere geographical position is not, however, always the best basis of classification, and, climatically, Cairo should be classed with the other two winter stations of the North African littoral-Tangier and Algiers. Cairo, in spite of its delightful and salubrious climate, and its high repute among medical men, cannot hope to become as popular a resort with invalids as Mentone, San Remo, or even Algiers, 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, &c., 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 Cairo still remains the most expensive Mediterranean winter station for invalids.

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, and Ancona. The P. and O. mail steamer leaves Brindisi for Port Saïd 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 Thursday at 11.0 a.m. and 8.15 p.m., reaching Brindisi on Saturday and Sunday at 10.44 p.m. and 6.10 p.m. respectively. The fares are-first-class, f. 12 2s. 3d.; second, £8 9s. 6d. The extra charge for a berth in the sleeping-car from Paris to Turin is 37fr. 50c. Luggage can be registered to Brindisi, but will be examined at Turin. The rates are: Between London and Modane, 6s. for every 20lb. over 56lb.; between Modane and Brindisi, 4s. 4d. for every 20lb. 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 3 p.m. on Friday, arriving at Brindisi at 4 p.m. Sunday, thus shortening the journey by six hours; fare, £ 16 7s. 9d. 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 Company's office, 122, Pall Mall. The fare from Brindisi to Port Saïd and Ismailia is £13 and £14 respectively. From Ismailia passengers can go on to Cairo by rail. The P. and O. maintain during the Egyptian season a special service to Alexandria, leaving Brindisi every alternate Sunday evening as soon as the "P. and O. Express" has arrived, and due in Alexandria on the following Wednesday afternoon; passengers are thus enabled to reach Alexandria within five days of their departure from London. Alexandria is four hours by rail from Cairo, and the first-class fare is £ 1 4s. 5d. Excess luggage is very

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heavily charged, and the usual method is to "tip" the conductor and take nearly everything into the carriage. (2) Genoa -The P. and O. Co. have a service from this port to Alexandria every alternate Sunday evening; time, six days; fares, £13 and £9 10s. The route from London is via Turin, and the fares are £7 9s. 3d. and £5 4s. 6d. The train leaves Victoria on Saturday at II a.m., and a sleeping-car (lits-salon) is available from Calais to Turin. (3) Naples-There is a steamer of the P. and O. Co. every other Tuesday for Alexandria; fares, £12 and £9; time, three and a half days. There is also 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 II a.m.; fares: first class, £11 5s. 3d.; second class, £7 17s. 6d. There is a sleeping-car from Paris to Rome, for which the extra charge is 67fr. 50c. (4) Marseilles—From this port passengers have a choice between the P. and O. Co.'s fortnightly service to Port Saïd and Ismailia (during the autumn only) and the Messageries Maritimes service. The Messageries boats leave for Alexandria direct every alternate Saturday, at 4 p.m., arriving at midnight on Thursday. 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, leaving every Saturday at 9 p.m.

By sea there are, from London, the P. and O. and Orient Co.'s services. The P. and O. steamers leave every Thursday or Friday for Port Saïd 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; fare, including first-class rail from Ismailia to Cairo, £20 single and £32 return. A bare mention must suffice for the numerous services from Liverpool, or the greater part of this chapter will be taken up with this useful but decidedly un-

interesting subject. These steamship lines will be convenient for tourists who wish to travel cheaply, and who are not pressed for time, but are not suitable for delicate persons, as the accommodation is not luxurious, and they do not carry a doctor.

(1) Papayanni to Alexandria every fortnight; time, fourteen to sixteen days; fares, £14 single and £24 return. (2) Moss, to Alexandria; fares the same as Papayanni Company.

Society.—Cairo is not so gay or lively a place as Cannes or Nice, which have now become quite as much pleasure resorts as winter stations for invalids; 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 the 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 Sporting, the latter patronised chiefly by officers and visitors with sporting tastes. The Khe divial 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 Sporting Club has extensive grounds at Gezeireh, where polo, cricket, tennis, and even football are played. There is also a racecourse, where flat races and steeplechases take place periodically.

Hotels and Pensions:—Hotel accommodation is very good and plentiful, but expensive. The American plan of charging so much a day whether meals are taken in the hotel or not is adopted at all the principal hotels. This is not exactly the same as the pension of Continental hotels, as in these the pension charges are a reduction from the usual terms to visitors staying a week or longer. The following are the best; most of them are

in or near the principal square, the Esbekiyeh: The most fashionable are the historical Shepheard's, which has a worldwide reputation, and the Continental. They are both rather expensive, the charge being from 16s. a day, but the accommodation and appointments are excellent. They are both fitted with electric light, and have lifts and English billiard tables. The Continental is a very luxuriously-appointed establishment, and the sanitary arrangements are very good. Open from November 1st to June. With more moderate charges are d'Angleterre, in the Esbekiyeh Garden, Royal, Du Nil and Grand New. The charges are from 12s. to 16s. a day. At the latter hotel Cook's coupons (special) are accepted. The Hotel d'Angleterre is a very comfortable establishment, and the proprietor makes a considerable reduction in the usual terms (12s. a day) to those staying over a month. It has recently been enlarged. Open from October to May. The Du Nil is an oldestablished and comfortable hotel, but its situation is not so good as that of hotels in the Esbekiyeh quarter. Of the cheaper hotels the Oriental and Khedivial, both in the Esbekiyeh quarter, have been recommended. Pension from 10fr. The hotels Shepheard, Royal, Du Nil and Khedivial are open all the year, and Cook's coupons are accepted at these hotels, and also at the Grand New. The inevitable "backsheesh" system prevails in the hotels as elsewhere in Cairo, and it is advisable for hotel visitors to conform to the universal custom. The waiter expects 2s. 6d. or 3s. a week, and the porter 2s. 6d. from visitors making a long stay. A first-class hotel, the Mena House, has recently been built on rising ground, close to the Great Pyramid; it is well spoken of, and the cuisine is said to be excellent. It is a very luxuriously-appointed house, with large swimming-bath, English billiard table, large library, and golf-ground. It is, no doubt, rather an expensive hotel, but can hardly be said to be dear, considering the quality of the accommodation. There is a resident chaplain (at present Rev. W. J. Loftie, F.S.A.) and a resident doctor (Dr. A. Barry Blucher). It is open from November to May. A coach is run in connection with this hotel between Cairo and the Pyramids daily during the season.\*

<sup>\*</sup> A long article giving detailed information of the Cairo hotels appeared in The Queen, November 14, 1891.

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 100fr. to 175fr. 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 Garden. 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, &c. 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. As a matter of fact, they are prohibited by the Khedive, but this does not prevent their taking place, especially during the important festival which takes place on the anniversary of the birthday of Mohammed, and on the return of the pilgrims from Mecca. The best performances take place at villages up the Nile, such as Luxor and Keneh, where they are specially renowned for their dancing.

Sport.—A fair amount of 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

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should be taken. There is very good duck, teal, and snipe shooting here. Big game is scarce, but hyænas 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.

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 6s. for the day. (1) The Bazaars.—The principal are situated in the neighbourhood of the Mooskee, the Frank quarter. As a rule, each bazaar is devoted to the sale of one class of goods only, as in Constantinople. (2) The palace of the Khedive, at Ghizeh. -Not particularly interesting, and most of the saloons are decorated in the modern style, and have an air of decayed grandeur, which gives rather a meretricious effect. (3) 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. (4) 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 the El-Hakim (Arab Museum), El-Tooloon and El-Azhar Mosques. The latter is not always accessible, even with a ticket. (5) 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). (6) Gezeireh Palace.—To visit this, application for an order must be made at the British Consulate. The palace was built by the late Khedive, Ismail Pasha, and contains some magnificent reception rooms. The gardens are very beautiful. (7) 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, &c. 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.

Excursions .- The Pyramids of Ghizeh .- For this and

all other excursions visitors are recommended to entrust the arrangements to Messrs. Cook's agent. The name of Cook is all-powerful in Egypt, and in Cairo this wellknown firm exercises a sway second only to the Khedive himself. The excursion should occupy a whole day, and a start—pace the guide-books—should certainly be made early in the morning, so as to get 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 sightseeing 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 wellmade 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 3s, 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 "backsheesh" 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 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 canals 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 "backsheesh." 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 2s. (at first the Arab will magnanimously offer to do the feat for 5s.) is quite willing to race up and down the Great and Cephrenes Pyramids in ten minutes.

The visit to the interior will be found extremely interesting, but it involves considerable damage to one's clothing and great outlay of "backsheesh." 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 the guides will take advantage of his isolated condition in their demands for "backsheesh."

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 15s. 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 during the past year a very fine statue of Rameses II., which has for centuries lain embedded in the mud, has been raised by

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the Royal Engineers, and exposed to view; and at Sakkara is to be seen the Step Pyramid, Mastaba of Zi, the

Serapeum, and Pyramid of Oouus.

The Trip up the Nile is annually becoming more popular. Messrs. Cook's fine fleet of steamers during the season run weekly from Cairo, and twice a week from Assiout (250 miles from Cairo). The steamers are fitted with every luxury, and the voyage (the fare for which is £50) occupies three weeks from Cairo to the First Cataract and back. The voyage from Assiout occupies about a fortnight, and costs £,25, this service being intended for those who cannot afford the time and money for the other service. There are also two special voyages during the season, taking four weeks, and stopping at several points of interest which are not shown in the other itineraries. The old-fashioned and most luxurious mode of going up the river by dahabeah is also very popular, but much more expensive, and, of course, takes longer time. Messrs. Cook & Son also have a very comfortable steam-launch for going up the river, which, for three or four bachelors on a shooting expedition, will be found most suitable and pleasant, combining as it does the comfort and ease of the dahabeah with, comparatively, the speed of the steamer.

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.

Arrival.—Patients are not advised to reach Egypt before November, as the climate of October is hot and damp, and mosquitoes abound. A line is in process of construction from Port Saïd to Ismailia, but until this is ready, which will probably be in 1893, visitors are strongly advised to arrive viâ Alexandria, by which they avoid all risk of exposure to cold air and slow trains at night.

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.— The winter climate is good, especially for diseases of the chest and rheumatism in all forms, and also for nearly every chronic ailment. The cases which should not come as far as Egypt are those with very advanced disease of lungs or of any other organ, those suffering from fever, and those afflicted with serious home-sickness. 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.

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-east desert during March and

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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 out-door temperature of a place, for that is always at an hour when he

	Temperature, Fahr.			
1890-92.	Maximum in Shade.	Minimum in Bedroom.	Rain.	Khamseen Wind.
November December	deg. 75 69 67.4 68.3 76 84.5 91.7	deg. 60 59.8 59.7 63.2 67.6 72	4 days { Showers } 4 days { Showers } 2 days } { Drops } 1 day } { Drops } 2 days }	2 days 3 days 7.5 days 5.5 days

ought to be safe in 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.

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. - Diarrhoea, 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 diarrhoea 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.

Nurses.—There are six or seven English nurses for attendance on private patients, besides excellent masseurs of both sexes,

and a small English private hospital.

Phthisis.—104 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.

#### 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 fifty people). The other hotel, built in 1891, contains eighty-five 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 diningroom for 250 people, chamber-maids, swimming bath, excellent conservancy arrangements, drinking-water from a special well in the desert, steam laundry, a stringed band, books and magazines, billiard tables and photograph rooms. There are desertcarts 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.

#### LUXOR.

Visitors in search of absolute rest, with three or four months at their command, and content with the society of their own party, go up the Nile in sailing-boats. Others travel as far as Assouan or Wady Halfa in well-fitted steamers, three or four of which leave Cairo every week. Luxor is a large village of 4000 natives, some 450 miles south of Cairo, and not yet connected with it all the way by train. It is the resort for all those who, like the quail, wish to escape the comparative cold and damp in Cairo during January and February. There are now three hotels with accommodation for over 200 visitors, a resident English doctor, and unrivalled opportunities for seeing the wonders of Thebes and Karnak. There is practically no rain, the air is almost the driest in the world, and the temperature, though cold at night, is delightful by day. The Luxor 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. The minimum bedroom temperature at Luxor seldom falls below 63°.

CAIRO, June, 1892.]

### 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 in the Esbekiyeh Square.

British Minister .- Lord Cromer, K.C.B.

British Consul.—Raphael Borg, Esq.

English Doctors .- Dr. H. M. Crookshank; Dr. Grant Bey; Dr. Keatinge; Dr. Murison; Dr. Sandwith.

English Dentist .- Mr. Broadway.

English Chemists .- The new English Dispensary; The Anglo-American Pharmacy.

English Stores .- Messrs. Walker and Co.

Postal Arrangements .- The principal Post and Telegraph office is in the Esbekiyeh Square. Cairo is six days from London by post, and there are mails from and to England four times a week. Letters, 21d. the 1oz. Parcels: Under 2lb. Is. 3d., over, 71d. per lb. up to IIlb. They are made up in London for despatch by the P. and O. steamers every Wednesday. If via Brindisi, under 3lb. 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 5 piastres for ten words.

Banks.—Imperial Ottoman Bank; Bank of Egypt; Messrs.

Thos. Cook and Son.

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 Garden, is the best restaurant. Dinners sent out.

Conveyances.—The tariff by the hour for cabs with two places (hantour) is 8 piastres and 6 and 4 piastres, for the half an 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  $\mathcal{L}_{I}$ . The best way, however, of seeing the town is to hire a donkey by the hour (3 or 4 piastres), or by the day (2s. to 3s.), 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.

Cook's Agency .- The Pavilion, Shepheard's Hotel.

Guides and Interpreters.—A dragoman in and around Cairo can be easily obtained at the principal hotels for 6s. 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 ordinay phrases in Arabic, or they wil 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, &c.,

extremely so, if time is not taken to bargain for them.

Money.—French, English, and Italian money are in circulation, but the legal currency is confined to Egyptian coins. The unit is the piastre, which is worth  $2\frac{1}{2}$ d., and 100 piastres are equal to one Egyptian sovereign. An English sovereign is usually reckoned as  $97\frac{1}{2}$  piastres, and the usual rate of exchange for a French louis is 77 piastres. The Egyptian coins most in use are 100 piastres (Egyptian sovereign) in gold; 20, 10, 5, 2, and I piastre in silver, and half piastre in nickel; and there are also copper coins called milliemes (one-thousandth part of an Egyptian sovereign) which are worth about I farthing, and which will be found useful in dealing with the innumerable beggars of Cairo. English sovereigns are universally accepted at the rate of 25fr., but francs are often refused.

English Newspaper.—None published at Cairo, but the Egyptian Gazette, published daily at Alexandria, has a large circulation among the English. There is a French weekly published at Cairo, called PEconomiste.

Passports.—These are no longer necessary for travelling in Egypt.

<sup>\*</sup> The incidental items in hotel bills are also expensive; for instance, the usual charges in the washing bills are 2s. 6d. for a dozen articles, however small.

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Shops .-

Booksellers—C. Livades, opposite Shepheard's hotel; Penasson; Barbier.

Dressmaker-Mdme. Cécile.

Gunsmith-Baiocchi.

Outfitter-Paschal, near the Post Office.

Tailor-Gatt.

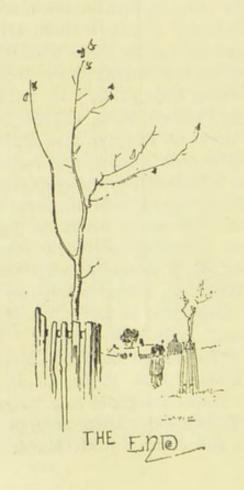
Wine Merchant-Fleurent.

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, 15s.), and Baedeker's "Lower Egypt" (1892, 16s., Dulau), are by far the best. The latter gives rather more information about Cairo and its antiquities than Murray, and perhaps the arrangement is more systematical; but they are both excellent. There are also Joanne's "Egypte," 3ofr.; Bradshaw's "Handbook for India, Turkey, and Egypt," 5s.; and Cook's "Egypt," 6s. 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 found with this guide-book is that it seems intended too exclusively for Messrs. Cook's own clients. An interesting little guide, price 2s., 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: "From Pharaoh to Fellah," C. F. Moberly Bell; "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 (Allen, 1889, 3s. 6d.); "Health Resorts in Europe and Africa," J. M. Madden (Sonnenschein,

1888, 3s. 6d.); "A Tour in Egypt," Rev. Canon Bell; "Egyptian Sketches," J. Lynch (1890); "Egypt," S. Lane-Poole (Low, 3s. 6d.); "Leaves from an Egyptian Notebook," Canon Isaac Taylor; "The Nile: Notes for Travellers in Egypt," E. A. W. Budge (Thos. Cook and Son, 1890); "Cairo: Sketches of its History and Social Life," S. Lane-Poole (Virtue and Co., 1892); "Egypt To-day," W. Fraser Rae (Bentley, 1892, 16s.). An interesting series of papers on Cairo by Mr. C. W. Wood appeared in the Argosy 1891-2. 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, and "A Nile Novel," and "Mirage," by G. Fleming. The best phrase-book in English and Arabic for the Egyptian dialect is the one by the Rev. A. Tien, 4s., published by W. H. Allen & Co., Waterloo Place, S.W.



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### SOCIETY FOR THE PROPAGATION OF THE GOSPEL IN FOREIGN PARTS.

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IN addition to its large Colonial and Missionary operations, the Society has about 150 Chaplaincies in EUROPE. For the support of the latter it does not apply any of the General Fund raised for its Colonial and Missionary work, with the exception of a Grant of £300 distribute 1 among some of the permanant Chaplaincies.

The Chaplaincies, where there are not permanent Chaplains, are entirely supported by the Continental Chaplaincies' Fund of the Society. This fund, in turn, is mainly dependent upon the offertories received at these Chaplaincies.

Funds are urgently needed for the maintenance of existing Chaplaincies, and the friends of the Society are constantly pressing the claims of fresh places. The latter are gladly considered, and, as far as possible, met. New Chaplaincies, however, cannot be opened without expense, and the want of funds hampers the work of the Society on the Continent most seriously.

At all the Society's Chaplaincies the Holy Communion should be celebrated every Sunday, either early in the morning or after Morning Prayer.

Subscriptions and Donations for the Society's Continental work should be described as "For the Continental Chaplaincies' Fund."

Cheques should be made payable to the Treasurers of the S. P. G. crossed "Messrs. Drummond," and addressed to the Rev. the SECRETARY, 19, Delahay Street, Westminster, S.W.

### THE COLONIAL AND CONTINENTAL CHURCH SOCIETY

(INCORPORATED 1887).

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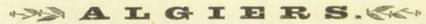
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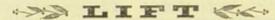
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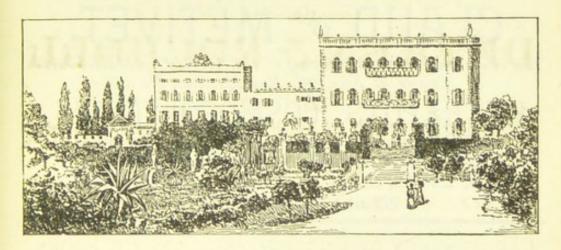
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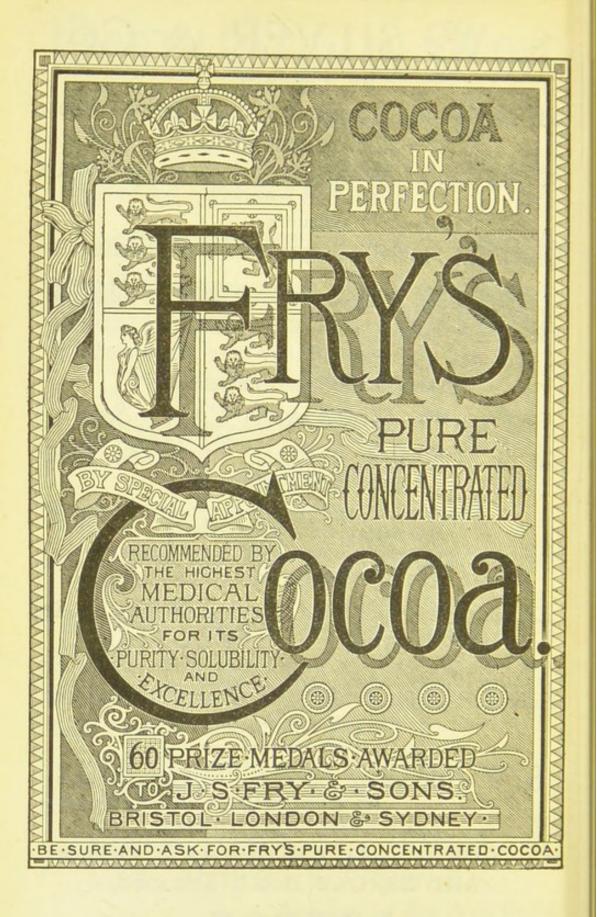
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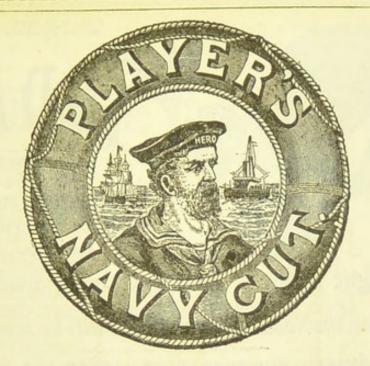
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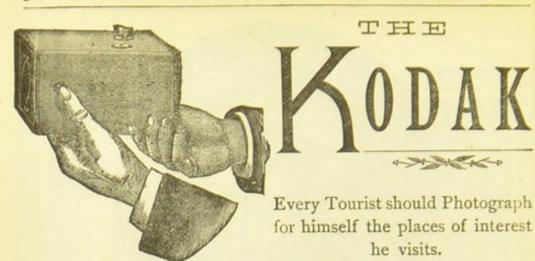
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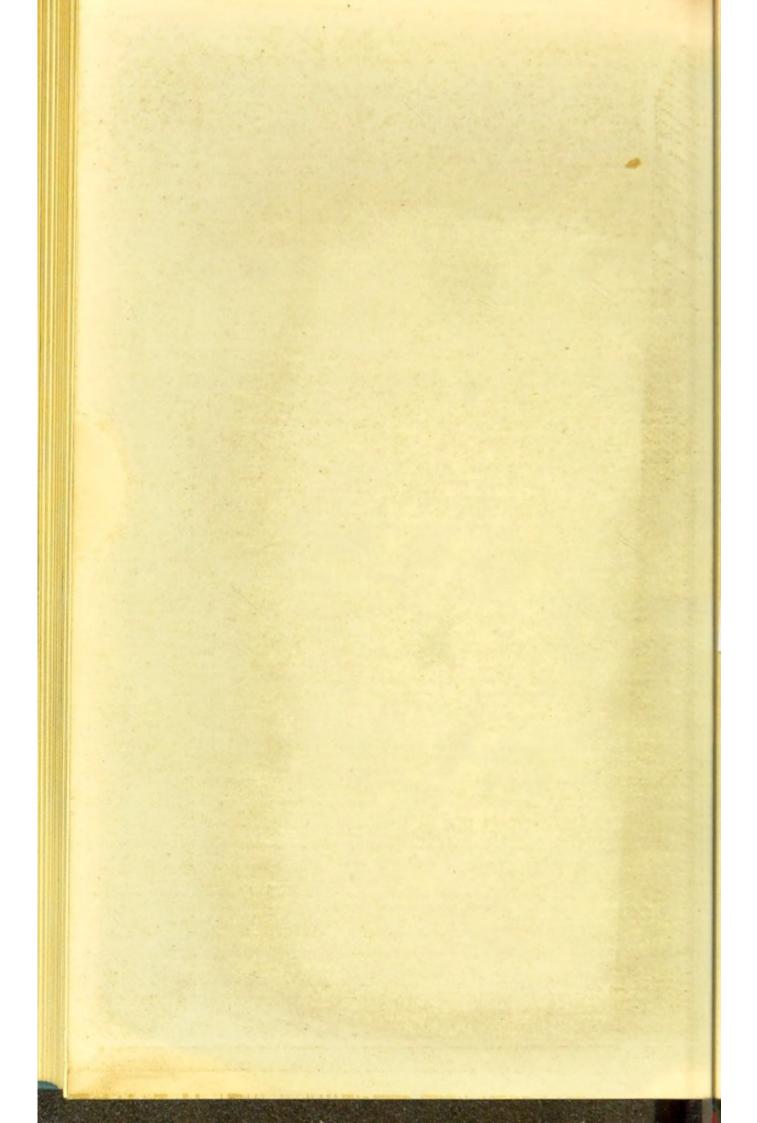
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