

ataxy, but he found no benefit from them, and believed that the hot water was distinctly injurious to him.

*Excursions.*—On all sides there is the desert for walking or donkey-riding, and there are two roads for carriage-exercise. Near the hills flint implements can be found. There are some old alabaster quarries to visit, and in the same neighbourhood is an old dam discovered by Professor Schweinfurth.

Shooting-parties sometimes go out for gazelles, hyenas, wolves, foxes, and jackals.

I have already said that the trip to Sakkárah can very conveniently be made from Helouan, and one can also go to the quarries of Toura and Maaserah, which are of great extent and wonderfully interesting. From them came the stone blocks and casing of the Ghizeh Pyramids, and as the quarries are still used to supply flagstones, we can compare the rough work of the present masons with the dexterous neatness of past ages. No cartouches have been discovered in the quarries older than the Twelfth Dynasty, and perhaps the commonest seen to-day is that of Hakor of the Twenty-ninth.

An intelligent donkey-boy will help us to explore one of the many waterless valleys of the neighbourhood, where the dry water-courses still have green