

*Abu-el-Saoud* is another water named after an Egyptian doctor of the fifteenth century. It is without colour and odour, and keeps well in a hot country. It is in great request among some Europeans and natives for disorders of digestion, and it has a distinct aperient effect. Its source is said to be from the Mokattam hills, and it is drunk at an establishment in Old Cairo, or bottled there for home use. There is also a swimming bath there of temperature  $86^{\circ}$  Fahr. No accurate analysis has yet been made. Reaction neutral; no gas; temperature,  $86^{\circ}$  Fahr. The principal ingredients are sulphates of soda and magnesia, and chlorides of sodium, magnesium, and calcium. There are no nitrates or ammonia.

*The Barrage* should certainly be visited, if it is only to see how the pluck and skill of English engineers have made it possible for some nine feet of water to be held up at the times when every drop of the Nile is wanted for land-irrigation. It is a long ride, but a very pleasant trip by steamer or by train, and the neighbourhood is very pretty.

*Sakkárah*.—The pleasantest way of making this excursion is by steamer to and from Cairo; but even then there is a two hours' donkey-ride from the landing-place to the Necropolis. If a steamer cannot be obtained, it is quite possible to go by