The Army of Occupation in Egypt is stationed at Alexandria, Cairo, and Khartoum, the troops at the last-named place being, however, under the command of the Governor-General of the Soudan. There is also one company of infantry in Cyprus. The total force numbers about 5,000. The Royal Army Medical Corps numbers 19 officers, including 2 Quartermasters, 2 warrant officers and 113 rank and file.

Alexandria is the principal port of Egypt. The climate is very good and healthy. The heat in summer is by no means excessive as there is nearly always a cool breeze off the sea. In winter there is a good deal of rain and wind. The garrison is as follows: One battalion of infantry at Mustapha, some 3 miles to the east of Alexandria on the seashore, where there is a non-dieted hospital in charge of a junior officer, who occupies quarters in barracks and lives at the infantry mess. The hospital is at Ras-el-Tin, a promontory on the north side of the harbour and adjoining the Yacht Club. There is a quarter here for one unmarried officer. The officer in charge is on the lodging list. There are a few men of the Garrison Artillery at Fort Kom-el-Dik and military police in the town, as also the Headquarter Staff. During the summer months musketry is carried out at Mex Camp, some 4 miles to the eastward.

Cairo is the headquarters of the Army of Occupation, distributed as follows: At the Citadel, about 200 feet above the town, one infantry battalion, a few gunners, the Military Hospital and Detention Barracks.

At Abbasiyeh, 3 miles to the north, a regiment of cavalry, a battery of Royal Horse Artillery, a battalion of infantry, some military police and mounted infantry.

At Kasr-el-Nil, in the town, a battalion of infantry, one company each of Royal Engineers, Army Service Corps and Army Ordnance Corps; also details.

The climate of Cairo is very dry. Rain falls on about five days a year. In the early summer sandstorms, with hot winds, are liable to occur, and the thermometer will register 110° F. or more.
Egypt as a Foreign Station

for a day or two, to be followed by a spell of cooler weather; later on the heat is not excessive, usually from 95° to 100° F. in the day time. The nights are almost always cool. September and October are trying because the Nile is in flood and the atmosphere loaded with vapour. The winter is delightful, almost too cold at times, especially after sunset. There is no malaria, but often a good deal of sickness. The town is built on cesspools. Very young children are the principal sufferers, especially bottle-fed infants. Children aged 3 and over do very well.

The distribution of our officers is as follows: Principal Medical Officer and Sanitary Officer at the Headquarter Office in town, both on the lodging list. At the hospital, usually six officers, of whom two are on the lodging list and two Quartermasters—one in charge of medical stores—both in quarters. At Kasr-el-Nil, one officer on the lodging list. This officer has charge of the soldiers’ wives and children in the Anglo-American Hospital. At Abbassiyeh two officers in quarters.

Khartoum.—The British troops at Khartoum consist of the headquarters and six companies of a battalion of infantry and a detachment of Garrison Artillery; the remaining companies of infantry and the women and children being stationed at Alexandria. There are two Royal Army Medical Corps officers doing duty and they are relieved every year. It is a sound thing to volunteer for Khartoum on arrival and get it over. The British barracks are well built, and the officers’ quarters comfortable and fitted with electric fans and light. The climate is dry and very hot for nine months of the year, but the nights are fairly cool. Dust storms are frequent in the early summer. There are hardly any mosquitoes owing to vigorous measures being taken against these pests, but sand-flies are often troublesome. Khartoum is the place for the sportsman; sand-grouse and gazelle are to be found locally, whilst big game of every description may be obtained by going some distance. For those scientifically inclined unrivalled facilities exist at the Khartoum College, where Dr. Balfour, the Director, does a great deal to assist and encourage our officers in the study of tropical diseases and entomology. Everyone joins the Sudan Club, which is a pleasant meeting place. There is also polo at Omdurman twice a week. During the winter Khartoum is much frequented by tourists.

Cyprus is a pleasant station for a married officer. For 4½ months the troops are stationed at Troodos, 5,000 feet above the sea, and for the remainder of the year at Polemedia near Limassol.
There is fair shooting in the winter time, chiefly snipe and duck. The English population is almost entirely official.

Extra pay, allowances, &c.—The military hospitals carry charge pay as follows: Cairo, 10s.; Alexandria, 5s.; Khartoum, 2s. 6d. There are besides a Sanitary Officer and Surgical Specialist. The allowances generally are good, lodging allowance being about double the home rates, though it does not now cover one's rent. All officers draw a Khedivial allowance of 3s. a day; servants allowance is 1s. 6d., while those for fuel and light and provisions are much the same as in other places. Forage and groom's allowance can be drawn by all officers of field rank besides others in certain charges. Officers of the Army of Occupation escape customs duty on nearly everything except bicycles and motor cars.

Clothing.—During the summer months nothing is so good as washing suits of unbleached Soudanese cotton, a very soft and cool material, which one of the numerous native master-tailors will make up for about a pound a suit. In addition to these, thin flannels are suitable. Ellwood's solar topees are also required. During the winter months European clothing can be worn, and a great coat is by no means amiss in the evenings. As regards uniform, the white helmet is worn in full dress, summer and winter; cotton khaki in summer and sometimes in winter; the field-service dress is not uniform in Egypt, but is often worn for its warmth, as is also the blue serge patrol, which has always been a strong favourite. Frock coats are very seldom required. White mess kit is worn in summer, blue in winter; white waistcoats are worn.

There are excellent shops in Cairo and Alexandria, but prices are rather higher than at home, so that it is well worth while to bring out clothing. This remark does not apply to summer uniform and plain clothes, which are better obtained locally. With regard to ladies, there are excellent milliners and dressmakers in Cairo. Their charges are somewhat higher than at home. Ladies require plenty of washing dresses, and the same remark applies to children.

Voyage out.—The voyage out lasts thirteen days, so that an extensive wardrobe is not required. During the trooping season ordinary English clothes are all that are required. The Mediterranean is often quite cold.

Accommodation on arrival.—There are numerous hotels in Cairo and Alexandria, nearly all expensive, the usual terms for officers of the Army being about 16s. a day. There are in addition several pensions which, besides being expensive, are uncomfortable. A married officer without children will generally find an hotel in
winter, and in summer a furnished flat, the most satisfactory. The latter are usually to be obtained at very reasonable rates, because Egypt empties in the most extraordinary way during the summer owing to its proximity to Europe. With children, however, it is essential to take a flat. The rent of these has nearly doubled in the last two years—one result of the entente cordiale—and it is now difficult to get one of seven rooms in the English quarter under £200 a year. It is generally necessary to go to the expense of putting in stoves, electric light, and baths as well. Houses are prohibitive and very scarce. Bachelor officers are usually in quarters and live in one of the numerous regimental messes. Those in the town live at the Turf Club, where messing is good and very reasonable. The quarters allotted to the Royal Army Medical Corps are quite unsuitable for married officers.

Furniture.—This is best procured locally, where it is fairly cheap. An exception might perhaps be made in favour of beds, which must be provided with mosquito nets. Glass and china may as well be brought, although everything can be obtained in Egypt, including very dainty French china. Unfortunately, furniture cannot be hired.

Servants.—Servants are expensive and indifferent. They are either Berberines, from the Northern Soudan, or Egyptians. A bachelor officer usually pays his “boy” £2 5s. a month, and unless he keep a pony no other servant is necessary. Married officers can hardly do with less than three: a cook, who will cost at least £3 a month, and will probably make half as much again out of the bazaar account, a suffragi or “table-boy,” £3 a month, and a second “boy” for about £2. At these prices you expect your cook and boy to speak a little English or French. It is an enormous advantage to learn Arabic and dispense with English-speaking servants.

Leave.—Leave can be accumulated for two years or taken yearly. When expense is no object, the latter is the better plan. England can be reached in five days by P. & O. Express via Brindisi, and six days by other continental routes; Switzerland is very accessible via Genoa or Venice and the Gotthard or Simplon tunnels. Those who do not wish to go so far can journey to Cyprus, an extremely interesting country, where living is cheap. In the winter nothing is more enjoyable, especially to the antiquarian, than a trip up the Nile, which can be done by river, train, or a combination of both methods. Passages to England by “all sea” have recently been much reduced during the summer months. Ladies and children can quite well spend every other summer in Egypt.
Amusements.—During winter, Cairo is gay enough to satisfy the most exacting. The larger hotels give weekly dances, and, with private ones added, the enthusiast may dance nearly every night. There are two clubs to which everyone belongs, the Turf Club, founded by Surgeon-General Sir T. J. Gallwey, K.C.M.G., subscription £7, entrance £5, situated in the town; and the Khedivial Sporting Club, subscription £3 10s. for bachelors, £5 for families, situated at Ghezireh, about two miles out of Cairo. Here every description of games is played: polo, tennis, croquet, squash-racquets, golf, cricket, hockey, football, and racing. At Alexandria the Union Club in the town, and the Sporting Club near Mustapha, though very much smaller, fulfil similar functions.

Of shooting there is not a great deal; duck and snipe chiefly, and both very wild.

Motor cars are now greatly in vogue, although there are no roads of any great length, the longest being eight miles out to the Pyramids. Cars are in great request for getting to Ghezireh, especially amongst the Abbassiyeh garrison, who have six miles to go to get there. It is best to bring one out from England. As there are no hills except to the Citadel, a car of high power is not required. The 8 h.p. de Dion is about the most useful, as it is easier to get spare parts and repairs for it, but Messrs. Humber have now a branch here. The working parts require ample protection from dust, and the rear wheels studded covers, as the roads when watered are very slippery. For this reason motor cycles are not advisable. Ordinary cycles are useful except to those quartered in the Citadel, who are apt to find the hill trying.

Ponies—mostly Syrians—are to be obtained from £20 to £30. They are from 14 to 14½ hands high. Polo ponies are of course more expensive, but very good untrained ponies can be imported from Damascus for about £35. It is usual to get these when remounts are being procured. The Cyprus ponies are excellent, wonderfully strong and hardy. They are, unfortunately, mostly small. There are always second-hand carriages of the two wheeled variety to be obtained for about £20. These are generally advertised in the Club. Harness and saddlery can be obtained the same way. Those who bring harness from home should remember that the Syrian is not nearly so thick set as an English pony of the same height. It is absolutely essential to keep a governess cart and pony or donkey for children, as their health is entirely dependent on getting out of the town twice a day. It costs about £3 5s. a month to keep a pony when stabling is available in barracks. This includes everything.
At Alexandria sailing is greatly in vogue, and regattas are frequent during the summer.

Education.—There are various convent schools, which are good but mixed. It is usual to have a governess for younger children. Many people have French or Swiss governesses. In Alexandria it is an immense advantage to be able to speak French. Instruction in all foreign languages is easily obtainable.

To sum up, Egypt is a very pleasant and agreeable station with many advantages, but those who are married, especially if they have children, will find it expensive.

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THE KING EDWARD VII. SANATORIUM.

By Captain G. H. GODDARD.

Royal Army Medical Corps.

This institution is the result of a gift of £200,000 made to His Majesty by Sir Ernest Cassel, and is intended "to afford accommodation for the large class of persons of slender means, in professional or other employments, for whom no provision for sickness of this kind at present exists." (H.M.'s speech at the opening ceremony, June, 1906).

Its doors are open to officers of the Services, clergymen, schoolmasters, and any member of the educated classes suffering from tubercle of the lung or throat in the very early stages of the disease, at the same time assisting to educate the public regarding the advantages of a sanatorium course both as a curative and as a preventive means of treatment.

The King Edward VII. Sanatorium is situated in West Sussex, about eight miles to the north of the South Downs, which separate it from the sea. It stands in its own grounds of 150 acres, at an altitude of 500 feet above sea level, and about eighteen miles from the coast. On the road it is six miles from Haslemere and four miles from Midhurst railway stations. Surrounding it are many fine pine woods, affording protection from wind and sun to those taking their exercise on the "measured mile" and at the proper gradient. Good moorland walks commanding fine views of the surrounding country can be indulged in by "arrested cases" ordered longer exercise.

The water supply of the Sanatorium is abundant and excellent in quality. It is collected from a series of springs rising in the