

were to go back again now  
the sudden reversion to  
indifferent food would bring  
it out so I may as well get  
thoroughly fit before I go.

Heliopolis or Helwan is on the  
east side of the Nile about  
twenty miles up that river from  
Cairo.

The railway to it runs  
through the desert on the  
same side of the river as the  
town, a few hundred yards  
from where the desert joins  
the cultivated Nile flats  
on the east side of the railway  
rises the Mokattam Hills.  
From the railway the desert  
stretches away in long  
villous of glaring sand,  
like a bed, and ends  
abruptly in the cliffs of the  
Mokattam Hills which are  
not hills as we know them  
but ~~a steep~~ sheer cliffs  
which raise the level of  
the desert some hundreds of

feet. They are limestone and are  
being quarried by the "Portland  
cement Coy" which has a  
factory on, alongside the railway  
about half way from Cairo  
the ~~hills~~ strata of limestone  
does not always crop out on the  
side of the hill, and in these  
cases recourse had been had to  
tunnelling the mouths of the  
tunnels showing all over the hills  
give the impression of some  
cave dwelling race. In some  
cases the whole hillside has  
been cut away instead of  
tunnelling, and here there are  
a tremendous heap of baked  
clay at the foot of the cliffs  
huge blocks of clay, baked almost  
as hard as stone and subular  
in shape, tremendous blocks  
weighing tons and tons. There is  
none of the machinery of a  
quarry such as we are used to  
all there is to be seen is a  
path to the cliff - mouth of