

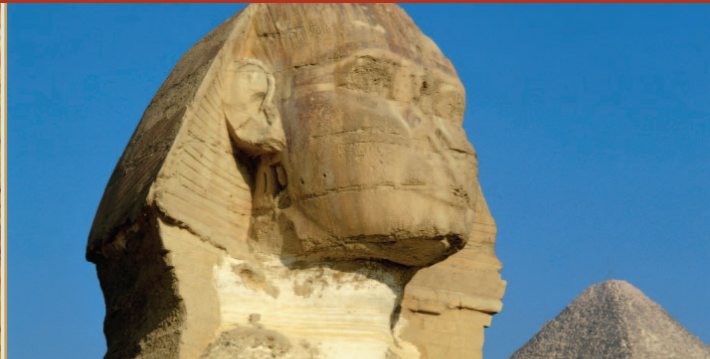
# The History of Medicine in

# EGYPT

19 October – 2 November 2005

Extension to Libya

31 October – 8 November 2005



*The Great Pyramid of Cheops (Khufu) rises behind the weathered face of the Sphinx*

© Adina Tory Amsel/LPI

**“In medical knowledge the Egyptian leaves the rest of the world behind,”** so said Homer in the *Odyssey*. **The Egyptian civilization is one of the oldest and greatest in history, renowned for its scientific and medical achievements. Egypt is where much medicine has its origins and this tour is a chance to gain an insight into its very beginnings. The medicine and science of Ancient Egypt was further developed by the Greeks and Romans in Alexandria and the Arabs in Medieval Cairo, where some of the first hospitals were built.**

**Our experienced tour leader, renowned Egyptologist Joyce Filer, is an expert in Ancient Egyptian Medicine and ideally qualified to illuminate the part this fascinating country has played in the history of medicine.**



*What's Inside? Your tour leader puts a Mummy in a CT scanner*

As well as science and medicine, Egypt's ancient and multi-layered civilization created the Pyramids, the Sphinx, unique belief systems, great cities and a profusion of art and architecture. The River Nile and Sahara Desert form a dramatic backdrop to these sites. Egypt is an incomparable country and we visit some of the greatest historical sights in the world.

As well as the great sites the tour aims, through talks and visits, to give you an insight into the everyday lives of people in Egypt, from the time of the Pharaohs to the present day.

Our first stop is Cairo, for centuries a centre of knowledge and the greatest city in the Islamic world. We stay at the Mena House Hotel,



*Haggling for hundreds of years – the Khan el Khalili Bazaar*

overlooking the pyramids at Giza. We visit these and the Sphinx and, in the afternoon, the famous Egypt Museum with

its Mummy Chamber. Later learn of a few famous mummies and hear an introduction on Ancient Egyptian Medicine.

We spend the next day exploring Memphis and Sakkara. Memphis was the early capital of Egypt in Pharonic times, founded around 3,100BC. It is a vast necropolis, Sakkara being just one section where most of the kings of the First and Second Dynasty are buried. Here we find the Step Pyramid complex of King Djoser, whose architect, Imhotep, designed a new form of burial structure for the king in the shape of a pyramid in six stages. A talk later in the tour explains how the pyramids were built.

We see the Mastaba of Ankhmahor or Physician's Tomb, renowned for scenes of surgical operations, particularly an operation on a toe and circumcisions, and the impressive Mastaba of Ti Tomb with its Old Kingdom art.



*Statues at Karnak Temple*

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Medieval Cairo was the centre of the Mameluke

Empire stretching far beyond the country's borders. The city was a seat of learning as well as power and home to many nationalities, beliefs and religions. In 1248 one of the largest hospitals ever built was completed in Cairo. The Mansuri Hospital had 8,000 beds and specialised wards (surgery, fractures, fever, eye diseases, etc) and included a mosque and chapel.

Explore Medieval Cairo with visits to the citadel and hospital sites, the Coptic Museum, Mosque, Synagogue and Hanging Church. Experience the past at the Khan el Khali Bazaar and take tea in a traditional tea house much in the same as the inhabitants of thirteenth century Cairo.

Depart Cairo for Luxor where you explore the immense Karnak Temple, White and Luxor Temples and the Luxor



*The Temple of Hatshepsut*

Museum. We also visit the Museum of Mummification, the only one of its kind in the world, housing relics, coffins and the mummification tools of the ancient Egyptian physicians. Joyce will explain how Mummies were made. That evening enjoy drinks at the Winter Palace on the banks of the Nile.

Embark on the Movenpick Radamis (see Nile Cruise back page) and start a four night cruise down the Nile to Aswan. Spend a day exploring West Thebes. The



*Sail by traditional feluccas to Kitchener Island*  
© Anders Blomqvist/LPI

archaeological remains here offer a striking testimony to the feats of Egyptian civilization. See the twin statues of the Colossi of Memnon, a towering 18 metres high, and we explore the Valley of the Kings and Valley of the Queens as well as some specially selected tombs of medical interest.

Onto Edfu, where we travel by horse and carriage to visit the dramatic Temple of Edfu, one of the best preserved temples in Egypt. We then sail to Kom Ombo to explore the unusual Temple of Kom Ombo, actually two adjacent temples each dedicated to a different god. One of its most striking reliefs shows an offering of medical equipment to the deified Imhotep, architect of the Step Pyramid at Sakkara.

Continue to Aswan, Egypt's southernmost city and graced with probably the most beautiful setting on the Nile. Explore the Aswan Bazaar with its distinctive African flavour. We take a traditional Felucca to Kitchener Island to visit the Botanical Gardens, filled with exotic plants and trees imported from all

over the world. Here there is the option of taking a flight to visit the spectacular sun temple of Abu Simbel (see back page for details).



*Outer temple court at Philae Temple, Aswan*  
© Anders Blomqvist/LPI

In Aswan we visit the High Dam, one of the largest in the world at 3,600 metres long and 111m above sea level. It was completed in 1971, constructed by the British under President Nasser to stop the annual inundation of the Nile River but, as a result, many historical sites had to be relocated. That evening hear a talk on the legacy of the dam.

Explore the Philae Temple with the last known hieroglyphic inscription in Egypt and the Unfinished Obelisk, the largest

obelisk ever discovered. It was abandoned when it developed a crack but had it been completed, its weight is estimated at 1200 tonnes. That evening we take tea in the legendary Old Cataract Hotel where Agatha Christie wrote *Death on the Nile*, followed by dinner on an island in the Nile.

Travel on to Alexandria, one of the great cities of antiquity. We drive via the monasteries of Wadi El Natroun where early Christians retreated to escape Roman persecution in the 4th century AD.

Alexandria, a port city, was founded by Alexander the Great and since that time has been known as a melting pot of ideas and cultures. Staying on the seafront, explore the city and examine the foreign influences flowing through the city that have shaped Egypt and the world.

The ancient Library of Alexandria once contained more than 500,000 volumes and was considered the greatest centre of knowledge in the ancient world. We visit the Bibliotheca Alexandrina, its modern equivalent, and a striking building completed in 2002 and the archaeological museum, located under the library that brings together Egyptian, Greek, Roman, Coptic, Jewish and Islamic Antiquities. Explore the Catacombs of Kom El Shofka, a warren of tombs on three levels and the largest known Roman burial site in Egypt.

We journey to El Alamein, where the Allied forces of the Second World War gained a decisive victory over the Axis forces. We also visit the Military Museum which has items from the Battle of El Alamein and other North African battles and the cemeteries of the Commonwealth Soldiers. From here you can travel along the coast to Libya for the extension or return to Alexandria.

Return by first class train to Cairo for a final night at the Mena House Hotel before flying to the UK the following morning.



*The Harbour of Alexandria*  
© John Elk III/LPI



*A spice stall at the Aswan market*  
© Juliet Coombe/LPI



*The exterior wall of the Bibliotheca Alexandrina, decorated with symbols from around the world*  
© Lee Foster/LPI