

Edinburgh Sights



One of Edinburgh's Many Monuments.

Prepared by National Geographic Society, Washington, D. C.—WNU Service.

EDNBURGH, focal point of many tours through Scotland, is singularly, if not uniquely, beautiful. The city is a honeycomb of massive stone buildings rising to heights that made it the Manhattan of the Middle Ages, some of the walls so thick that long afterward elevators could be installed without protruding into the rooms.

By all precedents and guide books, the Edinburgh visitor should head straight for Castle Hill. But to some, the first thriller they ever read, "Doctor Jekyll and Mr. Hyde," still is the most vivid tale of Edinburgh. So they hight out Brodie's Close, dank and dark to this day, though not so evil-smelling as when its dual denizen, Deacon Brodie, was a Doctor Jekyll by day and a Mr. Hyde by night.

Pause before entering the close—you would call it an alley—and the mind's eye converges into a swift news reel of events along the history-encrusted Royal Mile, into which it opens.

Grand Dame Eleanor, countess of Stair, leaps from yonder window (still in full view) to escape a tantrum of her violent, if blue-blooded, husband. Down a "wynd" whispers one hag to another gossip from opposite seventh stories, the ancient walls leaning like two Pisas. Dainty Miss Eglingtonne, later Lady Wallace, skips across the way to fill a kette from the community well. Hoydenish duchess of Gordon rides a sow she had captured under a neighbor's "forestairs," while her more dignified sister belabors the animal with a stick.

Only the backbone street was wide enough for carriages in those days; ladies and gallants were borne in sedan chairs by stout Highlanders into the side arteries for teas and calls. Burghers' wives, in silks or Scotland's fine wool, shopped for jewels in basement cubbyholes, or bought velvet and beacs at tiny booths under roof of the balconies reached by the peculiar forestairs of nearly every tenement. They were jostled by countrywomen in green and crimson homespun, and by sailors from ships that brought over cattle and tallow from the Low Countries.

The Lawnmarket Sector. Brodie's Close opens now, as then, into the Lawnmarket sector of the Mile, where Scotland's parliament once ordained "all cotton cloth, white and grey; all lynning cloth, to be sold there and in no other place." Open stalls and canvas-topped booths, displaying bolts of cotton and webs of linen, were besieged as are bargain counters today.

About you remain the "lands" or tenements of the days when a city wall pressed to an altitude and compactness like the lower East side in New York. Of course, your memory can disregard time and bring events of centuries into instant focus.

Toddling aristocrats play with racing ragamuffins. They scurry at the approach of a party of Knights of France in glittering armor, their penchants flying, on their way to a tournament to compete for the coveted king's prize, a golden lance.

One day Mary, queen of Scots, spirited in spite of her ill-omened reputation at Leith, rides by on a white palfrey, a tiny pearl crown nestling on her high-dressed hair. Twelve courtiers, in black and crimson, carry a canopy for her. At Netherbow she halts to receive the keys of the city; she extends her little hand for the provost to kiss. The sun suddenly emerges and glistens in her white satin gown.

Quick-witted, she utters an impulsive greeting, "The sun comes out with me, Master Provost." The city is hers; from mouth to mouth passes the cry, "God bless her bonnie face."

No Place for Night Strolls. Ten o'clock; the tavern and clubs disgorge their crowds. Everybody rushes for home. Up and down the street rings out the world's most effective curfew—the cry, "Gardy-loo, gardy-loo" (gardez l'heure). Down pour swill and garbage from hundreds of tenement windows. It is a luckless citizen who has not reached shelter.

Little wonder the fussy Boswell, trying to put his town's best foot forward

for captious Johnson, complained, "I could not prevent his being assailed by the evening effluvia of Edinburgh." The residents of fashionable St. James court were thought very aloof and squeamish when they engaged a private scavenger to remove their refuse. Today all Edinburgh is equipped with a modern sewage-disposal system, and even its narrowest streets are kept immaculate.

From Brodie's Close steals a stealthy, sinister figure, all wrapped round in a black coat. Beneath its folds he clutches a pistol and a ring of keys. Furtively he enters this shop and that. Earlier in the evening—a most respectable town councillor, who also was a deacon of the Guild of Wryghts and Masons, attired in immaculate tail coat and breeches, might have been seen leaning against a door post where some merchant had trustfully hung his keys while he was at his tavern. Concealed in the palm of his hand was a clay mold. From an impression it was easy to make a key. Robberies became so frequent that the town council called a meeting. Deacon Brodie gravely counseled about ways of stopping the depredations. He thoughtfully advised tradesmen about the kinds of bolts to put on their doors. So zealous was he that he even went about while merchants were at dinner to make sure their doors were locked.

One night a particularly heinous robbery took place and two culprits were caught. A third escaped. Strangely, the highly respectable Deacon Brodie also disappeared. Stories went around. Certain crooks whispered how the good deacon gambled with them for high stakes. Two of his mistresses complained that the kind gentleman had gone away and made no provision for them.

Deacon Brodie was apprehended in Amsterdam, lodged in the grim Tolbooth, and executed October 1, 1788. His skeleton keys now hang in the Museum of Antiquities. His "strange case" was immortalized by Stevenson. The fact that he could operate on such a cramped stage, scarcely a twenty-minute walk in any direction from his happy family fireside, emphasizes the tremendous crowding of the Old Town.

Architecture of Old Times. The Royal Mile, from Castle Hill, through Lawnmarket, High street, and Canongate, is clean today, but its tenements are just as crowded, and they justify the modern implication of the term, for wealth and fashion have migrated to the broad streets and stately squares of the New Town.

There remain the molded doorways, armorial bearings, crests and texts, the peak gables, the intricately carved finials, the mammoth locks and door handles, and the exterior forestairs, leading up one flight to the interior "turnpike" stairs to the floors above.

One architectural feature is puzzling. In some houses there appears a slit much narrower than other windows. Inspection discloses that these apertures light tiny closets opening off the dining rooms. They were retreats for the head of the house, where he might perform his devotions.

From Lawnmarket it is only a short walk to Castle Rock, whence Edinburgh was hewn, which anchored the Old Town, which uplifts the castle whose history spans half the world.

Standing guard over the opposite end of Princes street from Castle Rock in Calton Hill, affording a view that reaches out to Fife and the Ochills. Calton is dotted with an amazing collection of monumental and architectural curiosities which, somehow, seem to achieve harmony.

Beside the incomplete Parthenon of Craigleith columns, there is a Nelson monument that shelters a museum; homely Bobbie Burns is awarded a copy of the choric temple of Lysicrates; a high school reproduces the Temple of Theseus at Athens; there also are an observatory, a burying ground, the tombs of Hume and of Stevenson's parents, and a jail!

Gazing in another direction from Calton Hill, the eye catches lonely Holyrood, aloof from the city, crouching under the mighty shadows of Salisbury Craig.

Discard Old Theories as to Pesky Arthritis

Rheumatism or arthritis? There is no difference; the terms are synonymous. Not even in degree is there a difference.

The derivation of the word arthritis would indicate that it means inflammation of a joint (arthron, joint; itis, in the nature of, or inflammation of). Actually, arthritis is a term used to designate a constitutional disturbance that manifests itself by inflammation of the various bony and soft tissues which go to make up a joint or which lie over or close to a joint.

In nearly all instances arthritis is caused by a germ. The old theories of excess of red meat in the diet and uric acid as a cause are no longer countenanced; and such factors as dampness and exposure to cold, heredity and glandular disturbance, while extremely important as pre-

disposing causes, are not really at the bottom of the trouble.

If the germ attacks the joints the disease is called arthritis; if the same germ attacks the muscle it produces myositis, of which lumbago is an example; if it attacks a nerve, neuritis results.

Hydrotherapy, physical therapy, gentle massage, heat, vaccines and various measures to increase the patient's resistance must be employed. A liberal diet is insisted on, particularly generous with reference to meat, fruit, eggs and milk. Dry, warm climates are distinctly helpful. Worry militates against the patient's recovery frequently and should be combated with proper measures.—Hygeia Magazine.

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