

Chinese who spoke Tibetan well whom he took on at Chamdo, and a Tibetan named En Ju whom the Drepon sent with him to Lhasa.

At last, on September 6, in great spirits he started for Lhasa. But he had 670 miles of very up-and-down mountainous country to cross before Lhasa could be reached. And even Lhasa would not be the end of his journeyings. He would still have to cross the Himalaya before India was reached—no mean undertaking for a man of his age and state of health to have to contemplate.

However, on this first day's march he had a real encouragement. He met a messenger bearing a letter to him, with an excellent English translation, from the Tsarong Shapé, the Commander-in-Chief of the Tibetan Army, welcoming him to Lhasa and saying he would give him every assistance. He also said that the telegraph line had been opened to Lhasa.

For the first eight stages he would follow the main road to Nagchuka, and the first day he retraced as far as Lamda the route he had followed on his way to Chamdo. The Ngom Chu was now much sunken. Though still swift it was no longer the mad, swollen, red-coloured river of July, and the side torrents were now quiet streams. He found many wild apricots, small but quite eatable. The sun was still hot enough for him to need a helmet.

At Lamda he left the Ngom Chu and ascended the small La Chu valley. It was well wooded. At 8 miles there was a steeper rise and more trees, mostly spruce, and he saw here a musk deer. Then followed some stiff zigzags, and at