

including all except a quarter of a mile of the climb. "The old man has weathered the four great passes, thanks to Providence", he writes, "but he feels very limp." He hoped the downhill would not be very rocky and stony, but Tibet seemed to present every possible difficulty and obstacle. It was cold at the start, but with the sun and a fur coat it was quite pleasant at 5 P.M. He saw four ram chicor (partridges) on the mountain and a vulture and a marmot in the valley.

Following down the Tro Chu all day on October 5 he reached La-ru, $15\frac{3}{4}$ miles. The valley is generally from 300 to 800 yards wide, between hills rising 1500 to 2000 feet above it and having trees and bush on one slope. The going was mostly fair though in parts rocky and stony. Innumerable small streams were crossed all full of stones, which he says is a peculiarity of Tibet. One monastery prettily situated on a hill and two or three small villages were passed. La-ru has twenty families and its altitude is 12,400 feet, so after a steady descent all day Pereira was at last off the high ground, and sitting in his room in the sun he was quite hot. To his relief he had walked 10 miles without experiencing any cramp.

Some square stone towers, 35 to 40 feet high with narrow slits for windows, were passed on this stage. Pereira was told that these were put up in the old days when the Jungar Mongols, also known as the Eleuths, were powerful in the Ko-Ko Nor region. These Mongols several times invaded Tibet but were finally crushed by the Emperor Chien Lung. He banished part of them