

of half-a-dozen tins of jam and sardines. For salt he had native stuff looking like glass. His sugar was the coarsest brown sugar, looking like pieces of brown soap. His tea was the coarsest native brick tea; and his milk was yak milk with a pungent taste.

On the day following his arrival in Lhasa he received a cablegram from England in answer to the one he had despatched on arrival—a striking illustration of how much closer Lhasa now is to the outside world.

On this day he also visited the Tsarong Shapé or Commander-in-Chief. He was thirty years of age and had learnt a few words of English. He was dressed in a khaki uniform with a "coat-warm-British". His little son of three or four was also dressed in khaki. The next day he invited Pereira to lunch and afterwards to inspect the troops, and told him he was the first British officer who had inspected them. Four companies, one from each of the four barracks of Lhasa, were paraded. The rifles, khaki and equipment were all of British pattern, and one company wore turbans. Considering everything, and that the words of command were in English, the drill was very good, and much better than Pereira had anticipated. One sergeant who had been in India had a very good word of command.

The Dalai Lama received Pereira on October 24. As Pereira was travelling as a private individual he had not liked to ask for an audience, but finding that the Dalai Lama expected to see him, he was glad to have the opportunity of visiting him. The Dalai Lama received him in his