

he continued down the valley and then crossed a plain and ascended the Hara-gu La, about 14,300 feet, at  $5\frac{1}{4}$  miles. Then he descended a valley and at  $6\frac{1}{2}$  miles struck north up the Tze-ku Chu valley, 2 miles wide and grassy, but rather marshy, where a few gazelle were seen. Following this was a gradual rise till at  $13\frac{1}{2}$  miles the Crei-tay Nya-ra (Nya-ra = Ya-k'ou = pass), about 14,000 feet, is reached, on the other side of which was a descent down a small valley to Jou-ri-ku camp, 13,563 feet. Not a human being was seen all day, but there was a small chorten near the camp. Though cold, this day's march was not so disagreeable as the previous, as the way was sheltered from the north by a side valley.

Snow fell during the night. It cleared with the morning's sun on October 14, but there was a sleet storm before the end of the day's march of  $14\frac{1}{4}$  miles to Jara-güng, and Pereira writes in his diary this day: "Prospects very wretched, besides I had nausea and indigestion, and the sight of my boy's food made me feel sick". Dr. Thompson says that on this day Pereira took practically no food, but they opened some tinned stores and Pereira was persuaded to take some hot milk and dry biscuits. In spite, however, of his sickness he still kept up his detailed description of each day's march.

The road continues down the Jou-ri Chu valley for  $1\frac{1}{2}$  mile, when the river turns north and apparently flows into the Yangtze, in which case the Crei-tay is the Yangtze-Ho Chu divide and it continues in a high snow-peaked range running N.N.E. The road then ascends a side valley, and