

at  $5\frac{3}{4}$  miles the Jya-rei La, about 13,650 feet, is crossed. After which there are rolling grassy downs, and at  $8\frac{3}{4}$  miles is the Sa-ma La, about 13,750 feet. Then there was a descent to the great Jara-güng plain, some 5 or 6 miles wide, on the north-west corner of which Pereira camped at 13,450 feet.

“ I felt seedy and wretched ”, he writes at the end of his diary for the day.

On October 15 he marched  $8\frac{3}{4}$  miles to a camp in the Chao-lung valley. The way lay up and down over grass downs. At  $5\frac{3}{4}$  miles was the Chao-lung La, about 13,500 feet, on the far side of which the way lay down a narrow valley, in which he first met the Nyarong (or Chan-tui) nomads, the Wa-shi having ended at the Jara-güng plain. The elevation of the camp was 12,885 feet. It was slightly warmer here, and Thompson says that an attack of vomiting seemed to give him relief, and some bismuth and other drugs with which he treated Pereira eased him slightly. But he was more disturbed than he usually was at the rumours of brigands ahead which they heard here. It was said that the brigands had killed two men and driven off some animals. Pereira asked Thompson's opinion, and the doctor voted for pushing on, as they were then only a few days from Kanze, and he was anxious to get his patient into some kind of shelter where food could be cooked in some better way than by rough camp-fires; for all this time he was eating very little. Milk, biscuits, Bovril and cornflour was all Thompson could get him to take; and even these only in very small quantities.