when occasion offered, upon their neighbours both to the north and south. Nevertheless dependence on the Shāhs of Darwāz was, at least nominally, acknowledged, and is reflected in the fact that the Yāzgulāmīs are considered to be Sunnīs, like all the rest of the Galchas northward. A route, crossing the Oxus at the mouth of the valley, connects Yazgulam with the tracts to the west of the river once included in Darwaz, and this being formerly the easiest line of access probably accounts for the political nexus indicated. Yet the population of Yāzgulām, reckoned at a total of some 190 households, speak a language closely related to Shughni.6 On the other hand, intermarriage freely practised with the people of Wanj may account for a distinct difference which I noted in physical type between the Yāzgulāmīs measured (Fig. 445) and the Rōshānīs.7

On moving through the gloomy gorges of the Oxus below Yāzgulām (Fig. 433) by the new Oxus gorges bridle-path, blasted out of the perpendicular rock walls or leading over boldly built narrow below Yazgulam. balconies, it was easy to realize why the passage of this succession of awrinz was formerly risky even for local hillmen and quite impossible for the carriage of loads. After passing those gorges we came in sight of the large village of Zhomarch on the other side of the river, from which easy routes lead both to the grazing uplands of Badakhshān and down the left bank of the Oxus. There are easy tracks likewise on the right bank below the mouth of the Wanj river. The road thence down to Kala-i-Khumb, the capital of Darwaz, was said to have always been practicable for horses.

By the morning of September 30th we had reached Rokhar, the chief place of Wanj (5,600 Valley of feet elevation), with its ruinous old castle which then served as the residence of the Amīr's Wanj. 'Amlakdar' governing Wanj and Yazgulam. The appearance of heavy clouds threatening fresh snow on the Sitargh pass induced me to push up on the following day to the hamlet of Sitargh at its foot (6,900 feet elevation). This march of about 30 miles showed clearly the open character of the Wanj valley and its abundant cultivation. At only one point near Baraun had an awrinz (Fig. 435) to be crossed. The change from the narrow peripheral valleys of the Pāmīr region was marked also by the evidence of a moister climate. Up to a height of a thousand feet or more above the valley bottom fields could be seen on easy slopes, which are tilled without irrigation and in years of average rainfall yield fair crops. On slopes too steep for cultivation there was abundance of tree-growth, while plentiful orchards around the villages and rows of trees planted between the fields gave to the broad terraces and alluvial fans of the valley quite a parklike appearance. In harmony with the altered appearance of the landscape there was also a change in the population. This displays the type of the Tājiks, as found throughout the hills of Bokhāra territory (Fig. 446);8 they probably represent the Iranian race indigenous to ancient Sogdiana in greater purity than the 'Sarts' of the plains. The only language known to the people is Persian. The population of Wanj was estimated to me at 300 households. But I soon found that each of the homesteads, usually large whitewashed structures, sheltered the families of several brothers or relatives.

Heavy rain with fresh snow on the mountains necessitated a halt at Sitargh on October 2nd. Sitargh pass Fortunately the sky cleared in time to permit us to start for the pass long before daybreak on the crossed. following morning. The ascent was steep but easy at first, the side valley leading up to the watershed towards Khingāb being clothed with alpine vegetation and fairly open as compared with the gorges which give access to the passes of Shitam and Adude. From about 12,400 feet above sealevel the climb led over large snow-covered moraines. Along debris masses skirting a steep glacier

Röshān.

frequency of goitre was very striking, as compared with its rare occurrence among the hillmen between Wakhan and

For anthropometrical data, see Mr. Joyce's Appendix C. ⁸ See below, Mr. Joyce's Appendix C.

⁶ See Sir George Grierson's remarks, Ishkashmi, p. 7, on the Yazgulāmī materials collected, and his reference to the much fuller account recorded by the late M. Gauthiot, J. Asiat., 1916, vii. pp. 239 sqq.

⁷ Both in Yāzgulām and in Wanj (see Figs. 445, 446) the