

passage he touches upon is about »the famous mountain of Cailása or Cailas, the heaven of Siva, and often used by his followers for heaven in general». Many pilgrims told him that Kailas was 8 or 9 miles south of Rakas-tal, by which they, of course, meant another mountain with the same name.

I must also quote the following passage from the second part of Wilford's *Essay on the Sacred Isles of the West*,¹ dealing with the Gangetic provinces. It seems that, in ancient scriptures, he has found some mention of the routes in southern Tibet. From the Cabolitæ (Cabul) of Ptolemy »there was a road, leading through the mountains, north of the Panjab, and meeting another road from Tahora, in the same country at a place called Aris, in the mountains to the north of Haridwár. These two roads are frequented to this day; and they meet at a place called Khama-lang, a little beyond what is called the Eyes of Manasarovar; which are three small lakes, and to the south of Bindu-Sarovara, or Lanca lake. This information I received from several natives, who had travelled that way. The road then goes to Aspacora, or Asparaca, a place in Tibet, mentioned by Ptolemy: there is met with another from the Gangetic Provinces; and passing through Parthona, probably now Kerten, or Kelten, with the epithet of Ponjuling, from which is probably derived the Paliana of Ptolemy.»

Wilford tries to identify the ancient names and the distances, but the result is not convincing. He identifies Ptolemy's Thaguri with Tingri, and he quite changes Aspacora or Asparaca, by help of Purangir, into Sipá-gor. It is more like MIRZA HAIDAR's Askabrak, specially Asparaca.² The river Bautisus, Wilford identifies as so many other geographers before and after his time, with the Tsangpo.

But it is useless to lose ourselves in his speculations which very often take him too far. As long as he keeps to the information he has received from natives he is rather interesting and that is why I have paid so much attention to his *Essays*.

¹ Asiatic Researches. Vol. IX, 1809, p. 58.

² Compare Vol. I, p. 71.