

Carey and Dalglish to Tibet, and whom Colonel Bell had sent back to me to help me through. He was placed in charge of the caravan, and made responsible for its efficiency. Three complete sets of shoes for each pony were taken, and new pack-saddles and blankets. All the men were thoroughly well equipped with heavy sheepskin coats, fur caps, and new foot-gear. Orders were sent on to Kugiar, the last principal village on the Yarkand side, to have three weeks' supplies for men and ponies ready there, and these supplies for the men included rice, *ghi* (clarified butter), tea, sugar, and some sheep to drive along with us, so that the men should be fit and work willingly; for, after all, the success of the enterprise would depend upon them, not upon me. All I could do was to see that nothing which foresight could provide for should be left undone before the start was made. Lastly, we took some good strong ropes and a pickaxe or two, to help us over the ice and bad ground.

All these preparations having been completed, we left Yarkand on September 8. The next day we reached the thriving little town of Kargalik. It was market day, and all the roads were crowded with country people coming in to sell their produce, and buy any necessaries for the week. I have not mentioned these market days before, but they are a regular institution in Turkestan. Each town and village fixes a day in the week for its market day, and on that day the bazaars are crowded with people, and it is then that the country people do all their business. In small places the bazaar is absolutely empty all the rest of the week; the shops are there, but their doors are shut. Then on the market day everything bursts into life, and hundreds of men and women from the country round, all dressed in their best, come swarming in.

We put up that day in a delightful fruit garden, and my bed was made in a bower of vines, where the grapes hung in enormous clusters, ready to drop into my mouth. Two days later we reached Kugiar, an extensive village, where all supplies