

entering is exceeded by that of remaining, even for a short time, within the country.

To show the conditions under which, to be successful, a lengthy journey into the little known land of the Lamas must be prosecuted, it will not be superfluous to mention some of the difficulties which must be overcome. Considered separately, the most serious are those of obtaining transport, supplies, guides, and trustworthy men, but these and many others are included in the fact that the journey lies through an uninhabited country.

Transport must be purchased, as no natives of any adjoining country will provide animals for more than a few marches across the frontier. The best beasts of burden for Tibet are undoubtedly the sheep of the country or of Ladak. If in good condition at starting, and in charge of a man who knows his business, they will carry loads of about 22 lbs. for a long time, but they must not be hustled, nor driven more than twelve or fourteen miles daily, and they should have at least one day's rest every week. Sheep do not require either corn or shoes, which must be carried for all other animals, of which the small, sturdy mule from Chang Tang is the best, donkeys ranking next, and the hardy, small, thick-set pony of Tibet, Ladak, Kashmir, or Turkestan, a good third. Suitable animals are not always easily purchased in Kashmir, while in Chinese Turkestan it is most difficult and tedious to obtain them, even at fancy prices.

An equally important matter is the provisioning of the caravan. In the present state of affairs it is absolutely necessary to keep to the uninhabited country, and, if the journey is to be a long one, the supplies must include not only food for the men for some months, but grain for the animals as well. Owing to the great elevation, only those who are accustomed to hard work in rarefied air should be engaged as caravan men. For caravan work the