

and at once removed boots and double socks. My toes felt icy cold to the touch, and a rapid examination showed that they had been severely injured by frost-bite.

I immediately set about to restore circulation by hard friction with snow, Musa and Aziz, my Ladaki servant, doing their best to help. A rapid reference to my medical manuals showed that this was the safest course to persist in. On my left foot the toes under this vigorous treatment gradually recovered some warmth, though I could see that the skin and the flesh below was badly affected in places. But on the right foot the end joints of all toes remained quite insensible. At last I had to seek warmth and rest in bed, applying to the injured feet what dressing I could get from my invaluable little medicine chest of 'Tabloid' make which had so often served to relieve the pains of others.

Thus a day of hard-achieved success closed in suffering. It was bad luck, indeed; but I was glad all the same that our exploratory tasks had been carried through to their end, and that all my companions were safe.