

up to heights of 8,000 ft.: mosquito-curtains sometimes become very desirable there.

With reference to the other various articles of dress, the traveller will soon discover what suits him best. A water-proof coat will be found very agreeable, less for being worn than for being spread on damp ground, but particularly as a protection for the bedding. Fur, as well as light clothes, should never be wanting in a traveller's kit; he would also do well to be careful, even at great heights and in northern latitudes, to protect himself properly against the dangerous effects of the sun. At any time of the year, a large Indian *sola-hat* will be found very agreeable. In lower parts, especially during the months of April and May, an umbrella with a white cloth-cover is almost as indispensable as anywhere in India.

Large veils of various colours (green, blue, and black) are a protection, absolutely necessary, against the glare of vast snow-fields, and are also most thankfully accepted by the guides, who are only too glad to exchange their snow-spectacles (consisting of a web of horse or yak hair, generally with a small perforation in the centre) for a bit of a veil, which not only protects the eyes, but also parts of the face. By the glare of the snow and exposure to heavy and bleak winds the skin of the face, if unprotected, may become so affected as finally to peel off.

*Weapons.* The lead, shot, and powder required for the whole journey must be procured before starting, shot not being obtainable in the interior, and powder being generally of a very coarse and inferior description. The various instruments required for cleaning the traveller's arms form a necessary part of his kit.

Weapons (besides their importance for personal protection), as also larger knives, lead, shot, and powder are particularly to be mentioned as articles well suited for presents to natives.

*Provisions.* Of certain sorts of provisions the traveller should take with him at starting enough for the whole time his journeys may last: such are especially *tea* and *coffee*. Tea may be obtained in large quantities in Tibet, but it is very doubtful, whether it will be to the traveller's taste; coffee is to be had nowhere in High Asia, except sometimes in small quantities in Kashmir. Even sugar may occasionally be scarce, so that it is advisable to lay in a small stock. The greatest economy is