

## D. H. RAILWAY.

9. Binoculars and cameras should always be handy or else much of the beauty of the panoramic views will be lost, especially on the hill section.

10. At Siliguri the traveller is only allowed 40 minutes in which to partake of *Chota hazree*, and to book his bedding. The following procedure should therefore be adopted:—As quickly as possible a seat on the *left* of a carriage in the toy-train should be acquired and the light luggage booked (for only handbags and wraps are allowed in the compartment on this line) before the refreshment room is entered. After the disposal of this meal if there is still a few minutes to spare, and the morning be clear, a fairly good view of the snowy range, which is 96 miles away, may be had from the south end of the platform.

*Coupons.*

11. Messrs. Thos. Cook & Sons' coupons are accepted at face value at all recognised hotels, while the Alliance Bank of Simla, Darjeeling Branch, is always prepared at a small charge to accept cheques on banks in Calcutta and other chief towns.

12. Beware of touts, and so-called 'guides'.

*Mountain-Sickness.*

The reason for recommending a seat on the *left* of a carriage is threefold:—1st. It is shielded from the early rays of the sun which at best of seasons are far from pleasant; 2nd. It affords frequent views of the plains throughout the journey; and 3rd. Prevents giddiness from which not a few suffer, due to the ever shifting scenes of the hillside which are forced on the vision when seated to the right of the carriage. Further, experiments conducted on Mt. Blanc (15,780') have conclusively proved that ordinarily rarefied air has a marked effect on both the muscular and nervous systems owing to a diminution of the atmospheric pressure by which the blood is unable to extract a sufficiency of oxygen, and so brings about an increase both in the pulse and respiration, which induces many to feel faint. And if to these