

breeds, who have a style of dress of their own. They wear a skirt which is made of very stiff goods, and it is gathered very full around the waist, which makes it stick out quite wide. The upper class Cholo woman wears two or three of these skirts at a time. The skirts are generally made very short, and usually there is a narrow edge of pretty lace showing below, and also a pair of high-topped, well-fitting boots, with high heels. They also wear a tight-fitting bodice, and two bright-colored silk shawls, which must be very expensive, as some of them are very pretty. One hangs a little below the other, and sometimes the colors of the skirt and shawls blend very well; but usually the skirt and shawls are of widely different colors. They also wear a high-crowned stiff white hat, with a narrow black band on it, and some of the women look very picturesque. The lower class Cholo does not look so clean, and they generally wear slippers without any heels, and no stockings, or go barefoot.

Then there are the Indians. One hardly knows what to say of them. They have a saying in the country: "The animal most like a man is the Indian," and one could almost believe it was true. It would be hard to tell how dirty and degraded they are. The women generally sell fruit and vegetables and meat; and if some of our people in Canada could see the meat-market, or see how these people wash the vegetables in sewer-water, they would not have much appetite for some of the food. Everything has to be well washed and cooked before we foreigners can eat it. It is not safe to eat salads made of raw vegetables, as one never knows what germs are lingering in them, even after they have been well washed. We always boil both milk and water before using them.

Someone has well said that the Indian

is the burden-bearer of the country. There are no delivery wagons here as in Canada. When we go shopping or to the market, we get an Indian to carry our purchases home. It is surprising what a load they can carry on their backs, or in their "ponchos," and they can hold their arm in one position for such a long time.

They are trained when very young to carry a load on their backs, and so the muscles are well developed. One is pestered with small Indian boys around the market wanting to carry the purchases, and they often quarrel as to who will have the job.

When any moving is to be done, we get several Indians, and they will carry heavy furniture on their backs for quite a distance without stopping to rest, and if it is too heavy for one, two or more will take it together. The Indian man dresses something after the style of the European, except that the bottoms of his trouser legs are split in the back in a V-shape, the point of the V going up towards the knee. He also wears a "poncho," and usually sandals, or else goes barefoot. When they have a heavy load to carry they always take off their sandals.

The electric car service in La Paz is very fair, and the streets are very well lighted at night—even better than many of our small cities at home.

There are also quite a few carriages here. They are mostly drawn by four horses, or mixed teams of horses and mules. As La Paz has so many steep hills, even two horses would find it hard to draw a carriage up them.

A little to the southeast of La Paz is "Illimani," the beautiful mountain, which is some 21,000 feet high and from 17,000 feet is covered with snow all the time. It is a beautiful sight on a clear day, or a moonlight night. When one gets tired of the sights and unwhole-