

Well the top of the ice is just above the water. If not the
 only place is to wait and deep enough in the stream. If it is
 a glacier fed river that is an amazingly cold process, this
 by ear earlier I had done it with no ill effects, but next
 morning ^{I was down} ~~stuffed~~ with an attack of sciatica. We were to have deep
 off & thought we would walk up the line beginning of the ^{left} ~~right~~ bank
 gauge & see what it was like. I hobbled after the others as best I could
 I thought to walk on the other side of the river & it would have meant
 a deep ford so we decided to leave it alone. The next day
 G. & C. went off to cut a track thro' the bush
 to get to the other bank. We tidied up camp & got
 more firewood. In the evening we had a consultation
 obviously there was the peak & there was a track cut a good
 deal of the way, ^{that} ~~was~~ the only thing to do. After extracting
 a promise that I should be allowed to ~~come back~~ ^{return}
 alone if I could not get on, we decided to try.
 Next morning we got off & walked up the river bed for about a
 mile & then turned into the bush. Their report that the
 track was worse than the previous trail was obvious, then
 I struggled along & I am afraid kept the bush, but at
 length after I had nearly given up ~~up~~ ^{up} once or twice
 we got out on the above the bank level. & after a traverse
 round some steep & can get to a creek & on the other
 side about 30 yards from the water found an ideal
 spot for camp. It was here that we found a

* in 2 was old hat - little & cattle exercise would be no harm