

not at all dislike this new regimen; but I felt as if it would only have agreed with me with hard exercise. I have heard that patients in England, when desired to confine themselves exclusively to an animal diet, even with the hope of life before their eyes, have hardly been able to endure it. Yet the Gaucho in the Pampas, for months together, touches nothing but beef. But they eat, I observe, a very large proportion of fat, which is of a less animalized nature; and they particularly dislike dry meat, such as that of the Agouti. Dr. Richardson,¹ also, has remarked, "that when people have fed for a long time solely upon lean animal food, the desire for fat becomes so insatiable that they can consume a large quantity of unmixed and even oily fat without nausea": this appears to me a curious physiological fact. It is, perhaps, from their meat regimen that the Gauchos, like other carnivorous animals, can abstain long from food. I was told that at Tandeele some troops voluntarily pursued a party of Indians for three days without eating or drinking.

We saw in the shops many articles, such as horse-cloths, belts, and garters, woven by the Indian women. The patterns were very pretty, and the colors brilliant; the workmanship of the garters was so good that an English merchant at Buenos Ayres maintained they must have been manufactured in England, till he found the tassels had been fastened by split sinew.

September 18th.—We had a very long ride this day. At the twelfth posta, which is seven leagues south of the Rio Salado, we came to the first estancia with cattle and white women. Afterward we had to ride for many miles through a country flooded with water above our horses' knees. By crossing the stirrups, and riding Arab-like with our legs bent up, we contrived to keep tolerably dry. It was nearly dark when we arrived at the Salado; the stream was deep, and about forty yards wide; in summer, however, its bed

¹ Fauna Boreali-Americana, vol. i. p. 35.