

numbers for winter use, and carry them with them in strings, during their annual migrations south, and for sale to other tribes who come to purchase them as well as the oil. The *Tsimpsheans* say that the *Nāās* river clothes them and the *Skeena* river feeds them, because the *Hydahs*, from the Queen Charlotte Islands, and other tribes who are prohibited from fishing for the *Oulachan* in the *Nāās*, come and purchase the oil from them, paying blankets for it, while the salmon of the *Skeena* supplies them with abundant supplies of food. I cannot but think that these fish would form a most valuable and lucrative article of commerce either in the salt or dried condition, and that in either of these forms, or preserved in ice, or in their own or olive oil, like sardines, they would command a ready market, especially in the Roman Catholic countries along the Pacific coast, in China, and even in Europe and the Atlantic States of America. A small joint stock company was indeed formed in Victoria, in 1864, for that purpose, but failed for want of capital and in ignorance of the habits of the fish. Before they could get their affairs settled to start north, the season was past, and nothing further was ever done. The Indians, no doubt, declare that no white man shall ever cast a net in the *Nāās*, but independently of this somewhat futile threat, supplies could be purchased from the Indians to almost any amount, and, if sufficient inducement were held out to them, the present catch could perfectly easily be increased tenfold.

6. The oil is of even greater value than the fish itself, as usually seen in the opaque lard-like condition, and after having undergone no other preparation than the rough *trying out* just described, its taste is not unpleasant and the odour by no means disagreeable. Even in this condition it has been used by the whites for culinary purposes, and the Indians use it in all their meals, much after the same way as we do butter, using it also as a sauce to their dried salmon. So fond are they of it, and so essential to their health is it (as I shall presently refer to), that the *Hydahs* and other tribes, as I have already said, come over to purchase it eagerly, and the *Hydahs*, *Stekins*, *Tsimpsheans*, and other northern tribes who winter in Victoria and Puget Sound, will come on board the *Metlakathlah* mission schooner to purchase it. They complain of the price, but still cannot do without it. An old *Tsimpshean* once said to me, "I can buy beef and bread cheaper, but my heart never feels good until I have got this grease. There are just two sweet things in food,—*rum* and *oulachan oil*!" However much we may be inclined, from a civilized stand-point of view, to doubt the soundness of this summation of a lifetime's experience, there is no doubt that this oil, both in an edible and *medicinal* light, is of the utmost value. It is the latter property which the readers of the present article will be most interested in, and which I desire most earnestly to press upon their attention. Its effects on pthical patients is most wonderful, and, from the moist climate of the northern portions of the Pacific coast, the natives are very subject to phthisis, hæmoptysis, and other forms of pulmonary disease. As it is, many die annually of these complaints, and I believe that I only speak the opinion of all who know these people or who have thought over the subject, that were it not for this *oulachan oil*, these northern tribes, once so powerful, and still so courageous, intelligent, and physically fine, would be decimated, and already enfeebled in constitution through vices learnt from the whites, their extermination would soon be *un fait accompli*. It relieves violent coughs in a most remarkable manner, and equally conduces to the accumulation of flesh. In a word, it has all the properties of cod-liver and other fish oils in an intensified degree, without their nauseous taste,—a taste which is found even in the best and most carefully prepared oils, and prohibits many availing themselves of their valuable qualities. I have known delicate ladies who would have vomited at the smell of the ordinary cod-liver oil, put the bottle of *oulachan oil* (slightly heated in order to liquefy it) to their mouths and drink it without the smallest nausea! If the oil thus rudely prepared

by the ma
usual ref
tasteless.
eases, an
there. I
Hudson
voyage (t
are gene
long pre
general p
experien
to those
and even
climate I
In the c
had occa
complai
degree.

7. Th
to this
In 1864
riving, t
ton; bu
practice
quantity
would c
to our
known

* I be
Helmec
Columbi

Trav