

who has left a more valuable scientific record of his observations than Sir John Richardson who was associated with the Sir John Franklin Overland Arctic Expeditions. He says:—

"Several species of this subgenus (*Coregonus*) have been celebrated for the delicacy of their flavour but none have been more justly so than the Attihawmeg which is an inhabitant of all the interior lakes of America from Erie to the Arctic Sea.

"Several Indian hordes mainly subsist upon it and it forms the principal food at many of the fur posts for eight or nine months of the year the supply of other articles of diet being scanty and casual. Though it is a rich fat fish instead of producing satiety it becomes daily more agreeable to the palate; and I know from experience that though deprived of bread and vegetables one may live wholly upon this fish for months or even years without tiring."

Fauna Boreali Americana III. page 195, 1836.

Pike or Jack fish are equally as widely distributed as white fish though not so numerous and of course are not so valuable for food. It should be remembered, however, that the pike of the northern waters is a very much finer fish than the fish we know under the same name. Along Churchill River, which is really more like a series of lakes than a river, there are occasionally shallow lakes or bays of the river which contain only pike or Jack fish. Doré, or its English equivalent pickerel, are caught in places notably at Doré Lake. Doré, as this fish is always called by the native, is a very fine fish. Mr. E. Preble, Assistant U.S. Biological Survey, speaking of Doré says:—

"It is an excellent food fish but of course must yield the palm in this regard to the unsurpassed white fish with which it is associated."

Page 514, *North American Fauna*, No. 27. (A biological investigation of the Athabaska-Mackenzie region). 1908.

TROUT.

The only variety of this fish I saw or heard of is lake trout. This species is found in Clear Lake, Lac la Ronge, and some other smaller lakes. Speaking of this fish Preble says:—"In the larger bodies of water, lake trout frequently attain a weight of 50 pounds and occasionally even more. They are caught in large numbers and furnish a rich and nourishing food, but cannot be eaten steadily as they soon pall upon the appetite."

North American Fauna, No. 27, page 510.

LOACH.

Loach, loche, methye, maria and ling are the several names of a voracious and worthless fish. Even the dogs unless starving won't eat it. The liver and roe, however, are considered delicacies. This fish is found everywhere, particularly in the lakes of that name.

Tullibee—This fish to a great extent resembles white fish but is not much used as food. It is fairly plentiful. There are no sturgeon in the district. About 60 miles below Frog Portage on the Churchill River there are falls which the natives call "the place where the sturgeon stop." No sturgeon are found above the falls. If the head waters of the Churchill were stocked with this fish it would be a pity if they did not thrive. At Lac la Ronge the white fish are not as good as elsewhere. They may be a different species but I think the methods used in catching fish are the same. The lake trout is said to prey upon them but as at Montreal where there are no trout, the white fish are little better. If the laws and regulations in regard to fish are reasonably lived up to, these valuable food fish will in the future form an asset of the country to enable settlers, when such a time comes, to supplement the necessarily frugal fare of the pioneer.