

## A FEW NOTES ON CANADIAN PLANT-LORE.

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In that part of the Province of Quebec known as the Eastern Townships, are to be still found lingering superstitions and quaint ideas, which reveal the story of the past. Clarenceville, which lies between Missisquoi Bay and the Richelieu River, is peopled by the descendants of Dutch United Empire Loyalists. Owing, however, to intermarriage with other nationalities, many of the traits of the Dutch ancestors have been lost, and the current folk-lore can frequently be traced to English, Irish, and Scotch sources. Coming, as they did, more than one hundred years ago to hew out a new home in the heart of the primeval forest, they lived close enough to nature to lay up a rich store of weird fancies and strange legends for the delight of their children's children. But the struggle for existence was too keen and the people too closely occupied with the sternly practical side of life to weave new stories of the mysterious world around them, and even the old were forgotten. Moreover, the effects of the late war were so deeply impressed upon their hearts that the reminiscences of old age were of the intense realities of the immediate past rather than of the superstitions about field and wood. It is not surprising, therefore, that the plant-lore of the community is largely medicinal.

The doctrine of signatures, which supposed that plants by their external characters indicated the diseases for which nature intended them as remedies, has been superseded by a scientific knowledge of the true medicinal properties of plants. Nevertheless, many can recall some old woman whose famous cures were effected by means of herbs, and whose garret was redolent with the peculiar odors of dried pennyroyal, mint, and tansy.

Among the time-honoured medicinal plants, are many