

19 (p. 257).—The nuts here mentioned are doubtless those of the hickory (*Carya*, Nutt.).—the "shell-bark" variety (*C. alba*), or the "pig-nut" (*C. glabra*), which are sweet; and the "bitternut" or swamp hickory (*C. amara*), the nuts of which, although intensely bitter, yield excellent oil. See Charlevoix's description of these (*Journ. Hist.*, p. 162). The Indians pounded the kernels to a paste, which they boiled in water; the oil, rising to the top, was skimmed off, and preserved in gourds or in vessels of bark; it was used to enrich and flavor the sagamité and other foods. The sunflower (*Helianthus*) was prized by the natives for the oil obtained from its seeds, "though among the Northern tribes the oil made from it was not eaten, but was used on the hair."—Carr's "Food of Amer. Indians," *Amer. Antiq. Soc. Proc.*, vol. x., part 1. pp. 171, 172.

20 (p. 259).—The "cherries without stones" refer to the cranberry (*note 18, ante*). The fruit resembling an apricot is probably the May-apple (*Podophyllum peltatum*); cf. vol. xiii., *note 3*. The "apples shaped like a goose's egg" are the fruits of the papaw (*Asimina triloba*).

The "universal plant" mentioned in our text has not yet been, so far as known, identified; and it seems to have escaped the notice of most botanical writers. The description given in this *Relation* would indicate, however, the common sassafras (*Laurus Sassafras*, Linn.; *Sassafras officinale*, Nees.; *Sassafras Sassafras*, Karsten, and in *U. S. Pharmacopeia*). It is indigenous in America from Canada to Brazil; in southern latitudes it becomes a tree 30 to 50 feet high, but north of 40° N. lat. it is found as a low shrub, three to five feet high. This consideration will account for the Father's mention of it as "a plant." The sassafras has always been prized for its medicinal virtues: it had been long used by the natives of Florida before the Spanish conquest; upon its discovery by white men, it speedily became a valued drug in Europe, and an important article of commerce from America; and it is still employed to a considerable extent, especially in domestic medicine in the United States. Every part of the tree is used medicinally; for list of these uses, see Rafinesque's *Medical Flora* (Phila., 1830), vol. ii., p. 235. The bark affords a dye for a handsome and permanent orange color. See the admirable monograph, historical, bibliographical, and practical, on "Sassafras," by Prof. John U. Lloyd, in *Pharmaceutical Review*, Dec., 1898, pp. 450-459. The sassafras is figured and described by Charlevoix, in *Plantes Amer.*, pp. 9, 10. Thanks are due Prof. L. S. Cheney and Dr. Rodney True, of the University of Wisconsin, for information and suggestions regarding this subject.

21 (p. 261).—In regard to the mineral springs mentioned in the text, the first one has never been exactly identified. By land, it