

and winterberry leaves are prepared by passing them through the top of the flame, or more leisurely drying them over the fire, without allowing them to burn. Among the Creeks, the Chocktaws, and other Indians in the south, the leaves of the sumach, prepared in a similar manner, answer the like purpose. The leaf of the winterberry, or tea berry, (*coltheria procumbens*,) has a pleasant aroma, which may have had some influence on its selection. The Indians of the north west ascribe to it the further property of giving them wind, and enabling them to hold on longer in running; but the main object of all such additions appears to be to dilute the tobacco, and thereby admit of its prolonged enjoyment. Having both chewed and smoked the winterberry leaf prepared by the Indians, I am able to speak positively as to the absence of any narcotic qualities, and I presume that with it and all the other additions to the tobacco, the main object is to provide a diluent, so as to moderate the effects, and prolong the enjoyment of the luxury. The same mode is employed with ardent spirits. Mr. Kane remarks of the Chinook Indians: it is a matter of astonishment how very small a quantity of whisky suffices to intoxicate them, although they always dilute it largely in order to prolong the pleasure they derive from drinking.

The custom of increasing the action of the tobacco fumes on the nervous system, by expelling them through the nostrils, though now chiefly confined to the Indians of this continent, appears to have been universally practised when the smoking of tobacco was introduced into the old world. It has been perpetuated in Europe by those who had the earliest opportunities of acquiring the native custom. The Spaniard still expels the smoke through his nostrils, though using a light tobacco, and in such moderation as to render the influence of the narcotic sufficiently innocuous. The Greek sailors in the Levant very frequently retain the same practice, and with less moderation in its use. Melville also describes the Sandwich Islanders, among whom tobacco is of such recent introduction, as having adopted the Indian custom, whether from imitation or by a natural savage instinct towards excess; and evidence is not wanting to prove that such was the original practice of the English smoker. Paul Hentzner, in his "Journey into England," in 1598,* among other novelties describes witnessing at the playhouse, the practice, as then newly borrowed from the Indians of Virginia. "Here," he says, "and everywhere else, the English are

* Malone quotes from epigrams and satires of the same date,—eighteen years before the death of Shakespear,—to prove that playgoers, even at so early a date, were attended by pages, with pipes and tobacco, which they smoked on the stage, where the wits were then wont to sit. Vide *Notes and Queries*, vol. X., p. 49.