

People as a rule are prone to consider the food, clothing, and social customs of foreigners or outlanders as "outlandish." Many Eskimos like to eat their fish rather "high," and in many cases are practically compelled to, as in cases where the main fishery is made shortly before the freeze-up, too late in the season for drying, and too early to freeze them at once. Such fish are usually eaten after freezing hard, and the tainted odour or flavour is barely perceptible if eaten frozen. From the Eskimo standpoint the fish is really improved, as the flesh is more flaky and tender than when absolutely fresh. Some white people allow game to hang for some time for the same reason. An Eskimo who had served on whaling ships and was familiar with the odouriferous Limberger and other varieties of cheese, once said me: White man plenty eat *tipi* (rotten, stinking) cheese; what's the matter him no eat *tipi* fish?"

ice in the fall freezes as the cold increases and the sweeping blizzards of winter drift this salty snow over the land, so that snow from some distance inland will often have a perceptibly salty taste. Probably seal-meat may contain a certain amount of salt, and undoubtedly absorbs a little in the cookery, as all flesh meat absorbs salt when there is salt in the water. Salt water fish, on the other hand, may be boiled in briny sea-water, without absorbing any noticeable taste of salt.

In the fall, after the caribou have been grazing along the sea-coast, or licking the ground at salt-licks or alkaline spots inland, the meat has a noticeable salty flavour. Different parts of the animal seem to differ strikingly in saltiness. The lower joints of the legs when boiled in water, impart a strong beef-tea or bouillon flavour, and as practically demonstrated to me by a Great Bear Indian, when fresh deer-legs were boiled for supper,



Eskimo's fish-drying place, Fishing Lake, Dolphin and Union Strait.

The primitive Eskimo, so far as I know, never used salt as an article of food, and indeed with a carnivorous diet, salt does not seem to be necessary. I have gone for several months without having any salt, and never suffered any inconvenience, although I never got beyond a certain desire for it when I happened to think about it. When living on cereals, flour, rice, oatmeal, cornmeal, etc., much more salt seems to be necessary, and the civilized Eskimo wants it as much as the white man does. The carnivorous animals do not care for salt, while the herbivores go long distances to the coast or to salt-licks.

In the winter time the Eskimo living on the sea-coast certainly gets a goodly amount of salt into his system from the melted snow and ice-water he drinks. The salt slush which forms on top of sea

and more of the same kind of fresh meat boiled in the same liquid for breakfast, the resulting bouillon was almost too salty to drink. So the straight caribou-eater does not suffer from lack of salt. Indeed, when very much salt is used with the meat diet, a feeling of discomfort is felt after eating heartily of salted fresh meat, probably due to the salt sterilizing and retarding the digestive ferments.

The Eskimo eats about the same birds that the white man does, as the water-fowl all migrate to more temperate climes in winter. The geese and ducks are the most important, and are familiar to the white man's palate. The sea-ducks, eiders, auks, murres, and puffins of the western Arctic, are apt to have a more or less fishy taste, but on the whole, most birds are edible. None but the larger birds are hunted to any extent, though the small