

powder is used as a remedy for chafing and to dust new-born infants. He considers it a useful application.

*Cornus circinata*, *C. sericea* and *C. stolonifera*. An infusion of the bark of any of these dogwoods is taken in moderate doses for diarrhoea. A decoction of any of them in large doses is reported to be emetic. In small doses, the decoction is taken for fevers, colds and coughs. The bark dried quickly at the fire is used to smoke, either alone or mixed with tobacco.

*Iris versicolor*, blue-flag. The dried root in powder is used as a cathartic.

*Prunus Pennsylvanica*, pigeon cherry. A decoction of the bark is employed as an invigorating tonic in debilitated states of the system.

*Pyrus Americana*, mountain ash. A decoction of the young shoots is used as a tonic, and also, according to Dr. Haydon, for pleurisy, or what appears to be this disease from the symptoms they describe.

*Mentha Canadensis*, wild mint. The infusion as a carminative.

*Prunella vulgaris*, self-heal. Said by Dr. Haydon to be chewed for sore throat.

*Polygala senega*, snake root. The word senega is one of the varieties of the Outchipwai name for this plant, and means yellow-root. It grows principally in very calcareous soils, and is not found beyond latitude 52° in the region north of the great lakes. It is highly prized by the Indians, and is used by them in inflammation of the lungs, colds, coughs and sore throats.

A knowledge of the medicinal properties of the plants of the region I have referred to might often prove valuable. In distant travels in this northern wilderness the stock of medicines which one can take with him is necessarily very limited, or one may chance to have none at all. In case of emergency, it is therefore desirable to know the virtues of the native plants, always at hand, in order that one may make the most of them in the absence of more powerful remedies.

The Eskimo, who live entirely on raw animal food, appear to