

too much when walking. The men generally have well-set, strong frames, and, if they had pluck and skill, could probably hold their own in a grapple with Englishmen of the same stature. They want heart, however, for a close struggle, and seldom come up after the first knock-down. The best place to strike them with the fist is on the throat, or on the breast, so as to take away their wind; a blow on the head does them very little harm. The powers of endurance possessed by the natives are great in any work to which they are accustomed, such as paddling, or rowing, or walking in the woods. I have had men with me from sunrise to sunset whilst exploring new districts where the walking tried one's powers to the utmost, and they scarcely seemed to feel the exertion.\* The natives can bear the want of food for a long time without becoming exhausted. Their complexion is a dull brown, just about, perhaps, what the English complexion would be if the people were in a savage instead of a civilized condition—the difference being explained by the habits of life of the Ahts, by their frequent exposure, and by the effect of their food of blubber, oil, and fish. The Queen Charlotte Islanders and other natives to the north are fairer in complexion than the Vancouverians, though living under the same conditions

\* It is an error to suppose that these fish-eating Indians become weak in the legs from constantly sitting or stooping in canoes; mean-looking, thin-legged Ahts can travel for great distances in the woods without tiring. There is a fair proportion of well-limbed men among them. No finer men than the Queen Charlotte Islanders, a canoe-using people, can be found on the American continent; they will stand up and fight Englishmen with their fists, though the Aht fails on this point. The notion of the Coast Indians being deficient in muscular power in their legs, probably arose from their legs being always seen uncovered, which is a severe ordeal for any people. If the men wore blankets, how many presentable legs would there be in an ordinary crowd of Englishmen?