

What would the coast Indian be without the Cedar? Literally lost. Out of the mighty logs he chipped, hewed and burnt his great war canoe, often sixty feet long, and in which he did not hesitate to brave the wild waters of the Pacific, when he went off on a foray on some of the other weaker or less prepared tribes, after which he brought back the spoil, and sometimes captives, to the great potlatch house, sometimes one hundred and fifty feet long by fifty feet wide, all built of cedar—even the great totem pole that stood in front, telling maybe of the owner's pedigree, or perhaps the story of some adventure that he had had. And then the dance, which would be sure to succeed the successful foray. Why, the dancers themselves were ornamented with ceremonial masks of grotesque-looking animals, and these again had been cut out of cedar wood, while the clothes they wore were for the most part made from the inner bark of the tree. And while the dance was going on an old crone might be seen spinning a fishing line from the same material. A great tree the cedar, *Thuja plicata*, Donn.

Three different plants were smoked before the Indians had access to T. & B. or Old Chum. Among the Kootenays the inner bark of the Red Willow, *Cornus stolonifera* Michx., was used sparingly, and very probably the custom was borrowed from the Indians of the plains when they went through the passes to hunt the buffalo.

The leaves of the *Arctostaphylos uva ursi* (L.) Sprengel, were smoked under the name kinnikinnick; the name certainly was borrowed from the east.

The third plant was a veritable tobacco—albeit of poor quality, *Nicotiana attenuata* Torr. This was gathered in bundles and dried, and so smoked; it must have been very hot smoking.

Of the medicinal plants I shall only mention one, and not attempt to write the name that the Squamish Indians call it. It is difficult enough to pronounce. The plant I refer to is "Cascara," *Rhamnus Purshiana* DC. The bark of this tree has been known to the Indians for ages as a medicine, and from the Indians it was adopted by the old miners and prospectors. No "old man of the mountains" would think of being without a bottle of the decoction made from barberry bark and Oregon grape when far from a drug store. It is less than thirty years since Cascara became such a popular medicine among the whites. Usually a clump of *Rhamnus* may be noticed near an Indian village. It will be seen that though strips of bark have been removed that they have been taken vertically, and the tree is never entirely girdled, but is treated, in a crude way, very much the same as the Cinchona is treated in Ceylon and Java. And yet the trees grow vigorously.