

*P. balsamifera*, variety *candicans*, cultivated as a shade tree, differs from the common form in its more spreading branches, forming a broader and more open head, in its broader, heart shaped leaves, which are more closely serrate with gland-tipped teeth, more or less pubescent or hairy when young and at maturity paler on the lower surface. It seems to be still uncertain as to whether this is entirely an introduced variety or is indigenous.

The name Balm of Gilead often applied to this species is derived from the healing virtues ascribed to the balsam of its leaf buds. It was often planted for this express purpose, and was held in high esteem by the amateur physicians of older days. Various preparations of it were recommended by the recipe books, which had such vogue before the day of the doctor and patent medicines. One which lies before us at the present time gives a Balm of Gilead salve prepared with tallow, balm of gilead buds and other ingredients, which is stated to have been in use in this country about forty years with the greatest success.

Two other trees which have also borne the name *P. balsamifera* are western species, which are now generally known as *P. angustifolia*, James, the narrow-leaved poplar or black cottonwood, and *P. trichocarpa*, Hooker, also called black cottonwood or balsam cottonwood. The former is distinguished by its long narrow leaves, lanceolate or ovate-lanceolate and green on both sides. It is a small tree, not usually more than fifty or sixty feet in height, and rarely exceeding eighteen inches in diameter. The slender erect branches form a narrow and usually pyramidal head. The bark is light yellow green. The wood is light, soft and weak. Its range is from New Mexico to Southern Alberta, in which latter it is found along the Milk and Belly Rivers and their tributaries, and also along the Bow River.

*P. trichocarpa* is the most westerly species, being found on the Pacific coast from Alaska to California. In British Columbia it occurs in the valleys of the Columbia and Fraser Rivers. It is stated by Dr. Dawson, that this tree was used by the Indians of British Columbia for the manufacture of canoes, and the roots were formerly used by the Indians of Oregon and Northern California for making hats and baskets. The leaves are usually broadly ovate, acuminate, rounded or cordate at the broad base, dark green on the upper surface, pale, ferrugineous or silvery on the lower, while the seed pods are tomentose or woolly. This tree reaches 200 feet in height, with a diameter of seven or eight feet. The specific gravity of the wood is 0.3814, a cubic foot weighing 23.77 lbs.