

1611. They had few maladies before knowing us, and used only simple and natural remedies. They made much of exercise. Sweats and baths were in great repute among them, as among all the other Indians of Canada. They lived, however, wretchedly, their indolence reducing them often to the greatest want, amid the greatest abundance of all the necessaries of life. Each season in that country can furnish its inhabitants, were they as numerous as in the most densely peopled districts of Europe, means of living with little fatigue; and nothing is more easy than to lay up from one season to another enough to guard against the accidents which might occur.

Abundance of every thing in Acadia.

In October and November begins the hunt of the beaver and elk, which lasts a part of the winter. In December, or to speak more precisely, during the last two moons, a fish called *ponamo* spawns on the ice, and they take as many as they like. It is, I believe, a kind of seal.

It is also the time when the turtles lay. The bear, hare, and otter are also wealth of this season, as well as game—that is to say, partridges, ducks, teal, Canada goose,¹ and quantities of river birds, found everywhere in abundance. In January they take the seal, the flesh of which at first seemed to our sailors as good as veal, and which, in fact, is neither disagreeable nor unhealthy.

From the commencement of February till the middle of March² is the best time for hunting the caribou and other animals of which I spoke at first. Towards the end of March, the fish begin to spawn, and enter the rivers in such numbers as to be incredible to one who has not seen it. The first that appears is the smelt, which is three times as large here as in Europe. At the end of April comes the herring; and at the same time all the islands and banks of the rivers are covered with wild geese, which come to build their nests. The eggs of these

¹ Outarde (*Bernicla Canadensis*).

² Biard says May.