

It is well at first to take everything they offer, although you may not be able to eat it all; for, when one becomes somewhat accustomed to it, there is not too much.

You must try and eat at daybreak unless you can take your meal with you in the canoe; for the day is very long, if you have to pass it without eating. The Barbarians eat only at Sunrise and Sunset, when they are on their journeys.

You must be prompt in embarking and disembarking; and tuck up your gowns so that they will not get wet, and so that you will not carry either water or sand into the canoe. To be properly dressed, you must have your feet and legs bare; while crossing the rapids, you can [234 i.e., 230] wear your shoes, and, in the long portages, even your leggings.

You must so conduct yourself as not to be at all troublesome to even one of these Barbarians.

It is not well to ask many questions, nor should you yield to your desire to learn the language and to make observations on the way; this may be carried too far. You must relieve those in your canoe of this annoyance, especially as you cannot profit much by it during the work. Silence is a good equipment at such a time.

You must bear with their imperfections without saying a word, yes, even without seeming to notice them. Even if it be necessary to criticise anything, it must be done modestly, and with words and signs which evince love and not aversion. In short, you must try to be, and to appear, always cheerful.

Each one should be provided with half a gross of awls, two or three dozen little knives called jambettes [pocket-knives], a hundred fishhooks, with some beads