

These two Families having gone to secure their supply of Elk flesh, François Xavier, formerly called Nanaskoumat by his friends, came back with most of his people two days before holy Lent. As he had nothing but meat and smoked eels, we said not a word to him about the abstinence from meat that is observed at that time. But he, having learned it through communication with our Frenchmen, told us that he wished to observe the law, as he was a Christian. We replied that, as he had neither bread nor peas,—in a word, no food but some dried eels,—he was not obliged to follow this strict rule. He answered that the same reasons which induced us not to eat meat obliged him to do the same, since he had but one and the same faith with us; and that he was strong enough to [67] be able to do with a little smoked fish. This answer touched our hearts, and made us resolve to assist him and his daughter out of the limited supply we had,—that is to say, a little bread and peas, and, sometimes, a small quantity of codfish. Here, therefore, were the father and daughter observing abstinence, and sometimes fasting, while the remainder of the Family, who were not yet all baptized, ate very good meat. Entering their room one day while they were fasting, I found both sitting apart from the others, making a light evening repast on a little bread. Then, turning to the other side, I saw a large pot filled with the tongues and upper lips [*mouffles*] of moose, which gave out a delicious smell. These, the most delicate parts of the animal, were being cooked for his people. I must confess that I was greatly surprised at this sight. In fact, it is an astonishing thing to see a man, the head of the Family,—after having under-