

this malady, and especially the Bretons, for it seems to pick them out from all the others. Also, that we, who were well as I have said, worked a great deal in the soil and out in the open air, yet we scarcely knew what this evil was, except I myself, to a slight degree, during the second winter, when I became very much bloated from fever and extreme weakness; but my gums and lips were not affected, and [16] my illness passed off in ten or twelve days. I believe it was a great benefit to us that our dwelling was not new, and that, the space around the settlement having been cleared for a long time, we had a free and pure circulation of air. And I believe that this is principally what Champlain meant.

I have heard of others, who argued differently, and not without Logic. They believed that living inactive during a long and gloomy winter, like that of Canada, had been the cause of this disease among the new inhabitants. Of all sieur de Monts's people who wintered first at Sainte Croix, only eleven remained well. These were a jolly company of hunters, who preferred rabbit hunting, to the air of the fireside; [17] skating on the ponds, to turning over lazily in bed; making snowballs to bring down the game, to sitting around the fire talking about Paris and its good cooks. Also, as to us who were always well at Port Royal, our poverty certainly relieved us of two great evils, that of excessive eating and drinking, and of laziness. For we always had good exercise of some kind, and on the other hand our stomachs were not overloaded. I certainly believe that this medicine was of great benefit to us.

Let us return to our discourse upon the weather and seasons. I noticed once, that two February days,