

"samp," or "hominy," by the English. The corn, usually pounded into meal, was boiled in water, with the addition of meat, fish, or oil, when they had such, to enrich and flavor it. Various kinds of vegetables, in their season,—beans, peas, pumpkins,—were boiled with the corn, especially when the latter was still green: a survival of this usage remains in our modern "succotash," of corn and beans. Sagard describes, in *Grand Voyage* (Tross ed., 1865), pp. 94–98, this and various other methods of cooking maize. Creuxius gives (*Hist. Canad.*, p. 23), a picture of Indian women preparing corn; and Lafitau describes at length the cultivation of maize, its use as food, and the preparation of sagamité, in his *Mœurs des Sauvages Amérindiens* (Paris, 1724), t. ii., pp. 63–89. Cf. Carr's *Food of Amer. Ind.*, pp. 178–182.

29 (p. 103).—The bulbs were those of the yellow lily (*Lilium Canadense*), which have been, from the earliest historic times, used as food by the Indians.—Pickering's *Chronological History of Plants* (Boston, 1879), p. 641; and Thoreau's *Maine Woods*, p. 194, 284, 326. Trumbull says (*Conn. Hist. Colls.*, vol. ii., p. 26) that "sheep'nak is the modern Abnaki name for the bulbous roots of the yellow lily,"—possibly the Micmac *sgabun* or *shuben* (see our vol. ii., note 77). Cf. Josselyn's *New England's Rarities Discovered* (London, 1672), reprinted, with introduction and valuable annotations by Tuckerman, in *Trans. Amer. Antiq. Soc.*, vol. iv., (Boston, 1860), pp. 105–238; on p. 176, he says of the water lily (*Nuphar advena*): "The Indians eat the roots, which are long a-boiling. They tast like the liver of a sheep. The moose-deer feed much upon them; at which time the Indians kill them, when their heads are under water."

Cf. also Brunet's note on *Nelumbium luteum*, in Tailhan's ed. of Nicolas Perrot's *Memoire sur les Sauvages* (Leipzig and Paris, 1864), p. 194. Nuttall says of the *Nelumbium* (which he calls *Cyamus luteus*): "The Osages and other Western natives employ the roots of this plant for food, preparing them by boiling. When fully ripe, after a considerable boiling, they become as farinaceous, agreeable, and wholesome a diet as the potato. This species is everywhere made use of by the natives, who collect both the nuts and the roots."—"Flora of Arkansas Territory," in *Trans. of Am. Philos. Soc.*, new series, vol. v. (Phila., 1837), p. 160.

30 (p. 103).—Cf. the legend of Gougou (vol. ii., note 44).

31 (p. 105).—Cf. vol. i., p. 261; and Sagard's *Canada*, pp. 271–273, for descriptions of the vapor-bath as a therapeutic agent, among the North American aborigines.

32 (p. 105).—Maurault (*Hist. Abenakis*, p. 15) says that the Abenakis "were not wont to show their discontent or hatred by oaths or