

in order to collect the pine needles, and each child received one cup of pine-needle tea daily.

BÉLA SCHICK

17 EAST 84TH STREET,
NEW YORK, N. Y.

VITAMIN C IN EVERGREEN-TREE NEEDLES¹

THE identity of the tree that cured Jacques Cartier's men of scurvy when they wintered near Quebec in 1535-6 will always remain in doubt, as the Iroquois name "annedda" (amedda) denotes simply an evergreen tree. Many of Champlain's men died of scurvy when he wintered near the same place 73 years later, in 1608-9. Champlain had heard something of Cartier's miraculous "annedda," but he sought it in vain, probably because he did not know it was a tree—he speaks of it as "l'herbe appelée Aneda"—and because since Cartier's time the Iroquois population had moved away and the Algonquins who had replaced them could not tell him the meaning of the word.

Almost every editor of the Voyages of the early French explorers, beginning with Hakluyt in 1600, has proposed a different tree for annedda. The suggestions have been sassafras, *Sassafras varifolium*; white pine, *Pinus strobus*; balsam fir, *Abies balsamea*; spruce, *Picea sp.*; and hemlock, *Tsuga canadensis*. Sassafras is Hakluyt's wild guess; the northern limit

of the tree is far south of Quebec. Of the others, spruce and hemlock are the more likely candidates. There is evidence that the inner bark of white spruce, *Picea canadensis*, which is known to be very rich in ascorbic acid, was used in Indian medicine. It was an ingredient in a "spring tonic" compounded by white settlers in Ontario who had been told of its virtues by the Indians.² Hemlock, however, seems to have been in far greater use among the natives than any of the other conifers. It served them as food, drink and medicine. To give a few references: F. W. Waugh ("Iroquois Foods and Food Preparation," Ottawa, 1916), "Take the leaves, steep, sweeten with maple sugar, and eat with corn bread or at meals." John Stewart ("An Account of Prince Edward Island in the Gulph of St. Lawrence," London, 1806), ". . . and the tips yield a medicine which has been found very powerful in scorbutic complaints." L. H. Morgan ("Houses and Home Life of the American Aboriginies," Washington, 1881), "A favorite beverage was made from the tips of hemlock boughs boiled in water, and seasoned with maple sugar." And Thoreau relates that his Indian guide in the Maine woods gave him hemlock tea for breakfast. He adds the characteristic remark, "and we were not obliged to go as far as China for it."

CHARLES MACNAMARA

ARNPRIOR, ONT., CAN.

SCIENTIFIC BOOKS

PSYCHOLOGY FOR THE FIGHTING MAN

Psychology for the Fighting Man. Prepared for the fighting man himself by a committee of the National Research Council with the collaboration of Science Service as a contribution to the war effort. Washington: *The Infantry Journal*. 1943.

It is a truism that the popularization of science is not easy. Real scientific publications are never needlessly complex except when written by pedants or by scientists whose minds are not quite first-class. Of course the non-scientifically trained reader can not always follow good technical writing because he is not in respect to the science in question a layman and has not mastered its concepts. The duty of the true popularizer in science is to make the specific problems dealt with as clear as possible to the non-professional reader. It is an advantage also in popular writing to relate these problems in some way when possible to the ordinary experience of everyday life in which the non-technical reader is interested. The popularizer may then describe in simple and clear expository prose the solutions of the problems that have been raised. The intermediate description of

special methods, particularly those that are mathematical, and the technical evaluation of the evidence of the science must in many cases be omitted or only most briefly presented.

The book before us is just such a true popularization. It is a most successful one. The common experience to which it is everywhere related is military life. How did this book come into being? The need for a presentation of real, modern, scientific psychology so that it could be understood by the average American enlisted man was early recognized. The way of achieving this end was discussed at a number of meetings of the Emergency Committee or "war cabinet" in psychology of the Division of Anthropology and Psychology of the National Research Council. Finally a committee was appointed to prepare the present book. The chairman of the committee and editor-in-chief of the volume was Professor E. G. Boring, of Harvard University.

Many psychologists contributed chapters or sections for the book. Much of this material as originally presented was not "popular" in the sense described in the

¹ SCIENCE, August 6, 1943.

² Personal letter from Professor R. B. Thompson, Department of Botany, University of Toronto.