

# LAND OF THE SARDINE

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**O**CCUPYING the large peninsula at the northwestern corner of France—washed by the English channel and the Bay of Biscay—is a rugged country, with rugged inhabitants, who are less French than any other people of the republic. Brittany has no political existence and is not even represented on some modern maps, because it terminated its individual career in the closing years of the eighteenth century; but the Bretons, differing in ancestry, language and temperament from their neighbors, have held aloof and maintained their racial characters in a way almost unparalleled in European history. Pious wars have left their scars and the concomitants of modern civilization have made their enduring im-



A FLEET OF SARDINE BOATS IN PORT

It was the scene of the most atrocious massacres, and in 1793 fully 30,000 men, women and children were here butchered.

Every observant traveler soon realizes that the dominant note in the Breton character is the universal and ineradicable belief in a higher power, which is not only worshipped, but is regarded as influencing or determining every incident in their daily lives. Most peculiar religious superstitions are current; witchcraft, charms and antidotes are believed in, and fairies and other creatures of a childlike imagination here have a very real existence to both young and old.

All of the people are now nominally Christians, but Druidism flourished in some remote sections as late

than the entire state of Maryland.

The abundance of stone everywhere and the scarcity of timber in many places have determined the building material for most of the houses, churches and other structures in Brittany. When for any reason building stone is scarce or otherwise lacking, the people have often had recourse to the prehistoric monuments for their homes and churches.

The churches afford most fascinating material for the study of the architect and the antiquarian. Begin-

## Care in Preparing Food.

In recent years scientists have proved that the value of food is measured largely by its purity; the result is the most stringent pure food laws that have ever been known.

One food that has stood out prominently as a perfectly clean and pure food and which was as pure before the enactment of these laws as it could possibly be is Quaker Oats; conceded by the experts to be the ideal food for making strength of muscle and brain. The best and cheapest of all foods. The Quaker Oats Company is the only manufacturer of oatmeal that has satisfactorily solved the problem of removing the husks and black specks which are so annoying when other brands are eaten. If you are convenient to the store buy the regular size packages; if not near the store, buy the large size family packages.

## FOR WET FEET.



The Chick—What's the matter? The Duckling—You'd cry, too, if your ma made you wear overshoes when you went swimming.

Laundry work at home would be much more satisfactory if the right Starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

## A Rude Suggestion.

"Why," asked the acquisitive young student, "do they call pretty women 'peaches'?"

"Because," growled the sour old bachelor, "pretty women are the fruit of mischief."

## Wasn't Settled.

Caller—Why is your servant going about the house with her hat on? Mistress—She only came this morning and hasn't yet made up her mind whether she will stay or not.—Harper's Weekly.

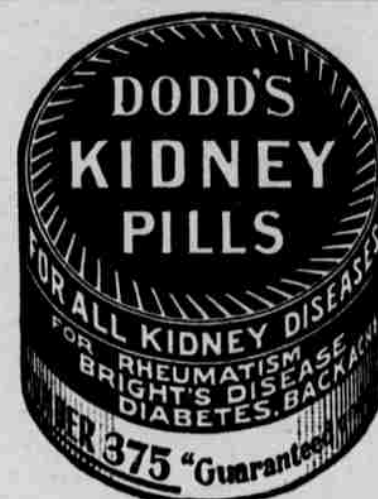
**IN THE SUMMER SEASON** children overindulge in eating fruits with stomach pains as a consequence; mothers should have on hand Painkiller (Ferry Davis'). See, See and See bottles.

## Also Somewhat Rare.

The best treasure among men is a frugal tongue.—Hesiod.

Lewis' Single Binder gives the smoker a rich, mellow-tasting cigar, one that smokes and tastes better than most 10c cigars.

A guilty conscience is apt to be its own excuser.



## IF YOUR CHILD NEEDS A TONIC

—If your little boy or girl is delicate and sickly—go to the nearest druggist and get a bottle of

**Dr. D. Jayne's Tonic Vermifuge**

This splendid tonic has been successful for four generations in making sickly children strong and healthy, and effectively expelling worms.

It is likewise a natural tonic for adults, and restores lasting health and strength to "run-down" systems by toning up the stomach and other digestive organs.

Sold by All Druggists—2 sizes, 50c. and 35c.

Dr. D. Jayne's Expectant is the most reliable remedy for Coughs, Colds, Croup, Whooping Cough, Bronchitis and Pleurisy.

ASSORTING AND ARRANGING SARDINES FOR DRYING IN A CANNERY

press on people and country; but so much of the ancient customs and landmarks has survived that Brittany is still a well-marked geographical and ethnological entity and bids fair to remain such for many generations.

This isolation of Brittany from the remainder of France, while at the same time the province is comparatively easy to reach and traverse, has for many years made it a popular holiday and vacation resort for Parisians and Londoners and has attracted the notice of regular travelers and tourists who, having "done" the Alps, the Rhine, the Norwegian fjords, the Riviera and the European capitals, are seeking new worlds to conquer. Artists of all lands have likewise found this a most agreeable field for work and recreation. The popularity of the region is attested by a score of modern books of travel, some written and illustrated by clever artists, describing the quaint charm of country and people and always giving the reader a keen desire to go and see for himself.

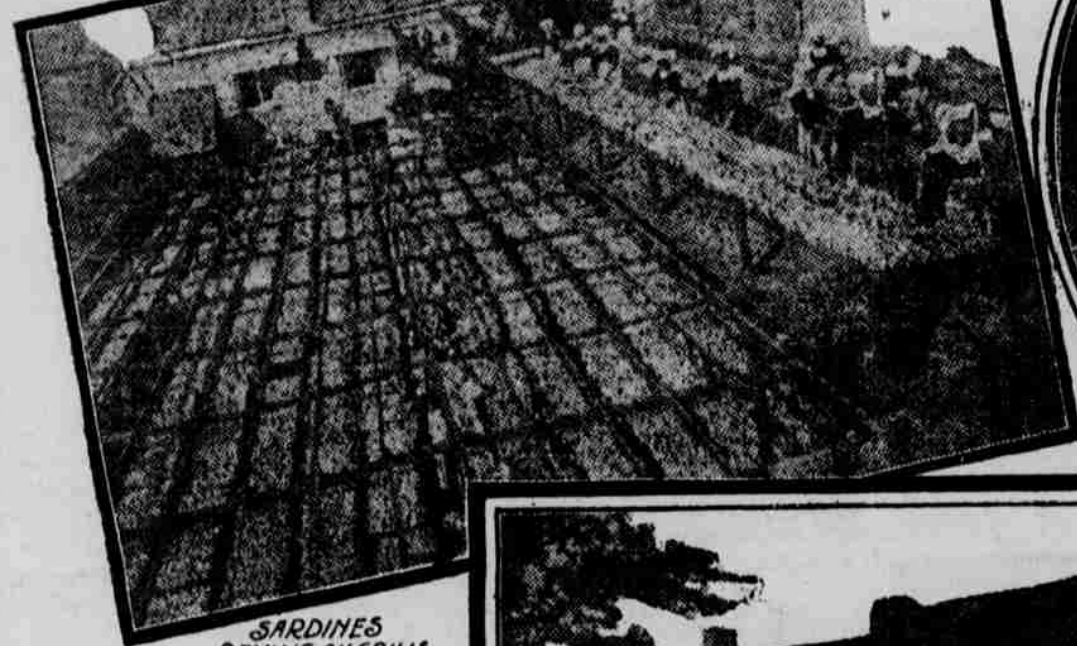
Some years ago I was privileged to visit Brittany in the interest of the bureau of fisheries and the personal observations I then made incidental to the special inquiries in hand form the basis for these necessarily desultory remarks.

The original name of Brittany was Armorica, which was changed in consequence of extensive immigration from Great Britain in the fifth and sixth centuries. The Armorican tribes formed a part of that race of which the Irish, Highland Scotch and Manx constitute one division and the Welsh, Cornish and Breton the other. The Celtic language there spoken at the present time is divided into three or four rather distinct dialects and is understood, if not actually used by a very large percentage of the native population. Many of the older Bretons, cannot speak French and in 1902 it was found that the French language was unknown or unused by 700,000 of the people. The government now requires the learning of French by the young, so we may expect the gradual disuse and final death of this ancient tongue.

Taking a brief glance at the history of Brittany, we may note that at a very remote period this country became thickly settled by a dark-skinned people that, starting a westward migration from some part of Asia, left monuments along their route throughout central and northern Europe and only ceased their wanderings when stopped by the sea in Scandinavia, Ireland, Great Britain, France, Portugal and Spain. In prehistoric times the Gauls conquered this early race, and then came the Roman conquest and the Roman occupation of Gaul until the fourth century, up to which time the peculiar religious practices of the aboriginal race appear to have flourished unmolested by either Gauls or Romans.

We read that in 383 Maximilian, son-in-law of Octavius of England, and his nephew, Conan Meriadec, went over to Armorica and endeavored to displace the Romans. This venture cost the lives of some 15,000 soldiers. Then Maximilian took over a huge army and eventually overcame the Romans. Conan became king of the country, which he called Little Britain, or Bretagne, and, making his capital at Nantes, he invited his countrymen, who were then very hard pressed by the Scots and Picts and Saxons, to come over and join him. Many thousands responded to this and subsequent invitations and by the time of Conan's death, in 421, Christianity, that had been introduced with the Briton immigrants, had been established and paganism almost abolished over a large part of the country.

In the middle ages the dukes of Brittany exercised semi-royal prerogatives and the people had a separate parliament for many years preceding the French revolution. At the outbreak of that momentous struggle the



SARDINES DRYING ON GRILLS

Bretons lived up to their reputation for conservatism and remained loyal to the monarchy and forcibly resisted the establishment of the republic long after the other parts of France had accepted the new regime. This sanguinary chapter in the history of the country has



A BRETON PEASANT'S COTTAGE

as the seventeenth century, and it is an interesting fact that the veneration accorded the heathen deities in the earliest centuries of Breton history was easily transferred to the Holy Family and the Christian saints when the new religion reached the country. In no other part of Europe, if indeed in any other part of the world, has Christianity absorbed so much of earlier creeds, and it requires no particularly astute observer to appreciate that many features of Breton religious practice today are relics of prehistoric paganism.

It is easy to understand how the superstitious temperament of the Bretons has been developed by their isolated geographical position and the impressive character of the country, by their distinct language and by their being brought constantly in contact with those strange megalithic remains which are here more numerous than anywhere else.

A sympathetic foreigner has given an admirable estimate of Brittany and the Breton character that should always be borne in mind:

"Those who would wish to see Brittany as she really is must not look at her wild and barren plains, her bleak, dreary mountains, her dark and sombre forests, her stormy and rock-bound shores and her lonely, lovely valleys with the hasty glance they cast on any other passing landscape, with the hard practical eye and fastidious tastes of modern travelers; they must think of her as the land that has been consecrated by the earliest feats of chivalry, perhaps the only spot in the modern world that has preserved in her legends untarnished the 'eternal youth of fantasy.' Here, it is not only 'the spirit that haunts the late years' bowers,' but the spirit of ages past, that looks you in the face."

"The traveler must not regard the melancholy Breton, alternately taciturn and eloquent, simply as an unlettered and morose peasant, but as a being cradled in superstition, endowed by nature and education with a vivid imagination, with a deep, true, poetical sense, with strong and gloomy religious views, to whom the 'spirit-land' is an ever-present, an ever-living reality, and who identifies himself for his hard lot on earth by a constant reference to the future joys of heaven."

Brittany is a small country. Its extreme length from north to south is only 150 miles, and its greatest width is about the same. The area is 13,600 square miles, or a little larger

ning with the eleventh century, they present a most interesting record of the evolution and progress of ecclesiastical architecture. Large castles are rare and in practically every community it is the church that is the most imposing structure.

The houses of peasants and fishermen are for the most part small, one-storyed, with deep, thatched roof. In a few places I noticed the walls formed entirely of upright granite blocks seven or eight feet high. Windows (often without glass) are small, few in number and not infrequently altogether lacking in the poorest houses.

The floors are of dirt, which is often converted into mud and remains so, and the interiors are usually chilly and cheerless. In many families there is a common bedroom in each house, with a bed in each corner, and it is no unusual thing to find the same room shared by a litter of pigs and perhaps several goats.

But the leading product of the waters of Brittany is the sardine. This country has its own peculiar attractions for the artist, the archeologist, the linguist and other specialists, and even ordinary tourists are often impelled to extend their travels thither; but the feature which appeals most strongly to the greatest number of Americans affects not their esthetic, artistic or scientific tastes, but their gastronomic, through the medium of the canned sardine. Other countries and other parts of France produce sardines, but the sardine par excellence comes from Brittany.

Brittany is the center of the sardine fishery and has all of the numerous establishments for the canning of the fish. In an average season the Brittany sardine fishermen number 25,000 to 30,000 and catch 100,000,000 to 150,000,000 pounds of sardines, for which they receive \$1,500,000 to \$3,000,000, while the shore industries dependent on the fishery give employment to 20,000 other persons, mostly women and girls. So important is the sardine that in many communities in Brittany every person is directly or indirectly supported by it, and the failure of the fish to come means ruin, starvation and death to many people in the more isolated places.

Sardines are found on the coasts of Brittany throughout the year, but occur in great abundance in summer and autumn. The small fish, in demand for canning purposes, have been hatched from eggs laid in the previous summer at a considerable distance from the land and go in schools at or near the surface. As many as 100,000 have been taken at one time in one net from one school, but the usual size of the schools is not remarkably large.

Like other free-swimming oceanic fish, of which the mackerel, bluefish and herring are conspicuous examples, the sardine varies in abundance from year to year and at times has been exceedingly scarce on the French coasts. Thus, from 1887 to 1890, there was an alarming scarcity, but after this four-year period the fish returned in as great numbers as ever.

Again, from 1902 to 1906, the sardine disappeared almost completely, only to be followed by a period of great abundance. All sorts of theories have been advanced to account for these periods of scarcity, which appear to be coming more frequently than formerly.