Mt Adams being the others. Respecting Mts Hood and St Helens they have a characteristic tale to the effect that they were man and wife; that they finally quarrelled, and threw fire at one another, and that St Helens was the victor, since when Mt Hood has been afraid, while St Helens keeping a stout heart still burns. In some respects this story is connected with the slide which formed the Cascades of the Columbia, and by damming up the water, inundated the forest, the remains of which are now visible along its margin. The date of this event. Lewis and Clarke fixed at about thirty years before their arrival. It is very probable that it may have been due to an earthquake, as these though not frequent, are known upon the coast. The Indians have no tradition of an eruption of lava, they have only seen smoke and ashes come out of the mountain. They add that a bad smell arose from it, and that the fish in the streams died. Around the foot of St Helens, they say, the ashes lie so deep and soft that horses cannot travel. The state of the weather and the more urgent business of the survey prevented an attempt to ascend either of the mountains.

The descent of the Cascade range to the east is far more gradual than on the western side, and the slope comparatively