



How They Ate

Acorns were a major component of the Nipmuc diet, collected from the forest floor and stored for winter, along with beechnuts, hickory nuts and chestnuts. They used bark and saplings extensively for construction of their longhouse lodges and round, “single family” wigwams.

THE NIPMUC OF *Wachusett* MOUNTAIN

How They Healed

Sweat lodges were common among the Algonkin. Rocks were heated by fire, piled up in the special lodge, and water applied to create steam-similar to the sauna bath that is popular with Scandinavians. According to the Narragansetts, the powerful confederation populating most of Rhode Island, the sweat lodge experience cleaned the skin and purged the body of sickness.



How They Traveled

These people moved according to the season, traveling often for 10-20 miles in a day to gather berries, nuts and tubers, tend scattered, farmed plots, to hunt and to fish. Entire villages would move as firewood was used up or to follow the cycles of game and fishing. A vast network of deer paths, stream beds and riverways were well traveled, linking tribes and spanning loosely-defined territories which tribes claimed as their particular hunting or fishing ground.

Hollowed out logs were fashioned into canoes and stashed along the banks of water routes for an effective, long-reach method of travel.



The Algonkin Legacy of Words

Many Algonkian words we use today include animals and plants which were new to the early Europeans explorers and colonists, such as raccoon, chipmunk, moose, **skunk**, musquash (muskrat), squash, quahog (hard-shell clam), tautog (blackfish) and many others. The words “moccasin” and “toboggan” are Algonkian terms. Their name for the mountain just north of Wachusett, “Monadnock,” is now a geological term describing any peak that stands isolated and not within a range.

