Well, this is one handed down, they obtain these from the buffalo, vou know there's seven glands under your arm...buffalo have them horses have them, cows have them. This Indian a medicine man. He was also king among the Souix. He took whatever he want away from the people. If they don't like it, he kill them. So somehow an Arapahoe got drifted off up there aways.' And he met this medicine man. He made this medicine man sore so he goes to kill him. So his spirit got a hold of him and he went different places crying trying to look for help get his revenge. Every hill he come to, "Nah, can't do nothin' for you". Finally he came to one lake, there was an island in it. A horse came to him and says, "What are you making your suffering for, what you making yourself cry for?" "Well, there is one certain man I want to get revenge, get even with." "What did he do? Who is he?" "First of all, he killed my Brother. He is a Souix, a powerful medicine man." I can't hardly help you there because I was the one who gave him the poer to do all of them things," this horse said. "Well since you came all the way up this way, I'm gonna tell you how to get even with him." "Alright." "You go back the way you come from. There's a creek. On the west sade of that creek there is a log. You wait by that log until evenin'. On the east side of that creek there is going to be a buffalo come down to water. You kill that buffalo and you get those seven glands out of that buffalo." "All Right." . He went and done that. Sure enough that buffalo came down. He killed that buffalo. Cut the foreleg, got those glands, "Well, there's another thing I'm going to tell you to do. You look for an Oriole nest. You get that, put these seven glands in that nest get some water out of that creek, same creek