

pray and everything--well, back in the old days, was he supposed to do that before he joined the Fox company?)

Afterwards. After they got into that--they always point to that scroll over there--that the army gave us at Fort Sill, you know--the recognition of the Arapaho for Gourd organization, they call it (referring to a sheepskin scroll Jess received on behalf of the Arapaho Starhawk Society in a recent celebration at Fort Sill--Jess has the scroll in his house. The Starhawk organization was not actually organized then.--jj). No, after that when they were involved in some important matter like war journeys or any sickness that might come on the family, or even to be doctors or to carry out their vow that they might have made for the sick of their loved ones of the family to get well--they give that sacrifices, too, you know. That was the purpose of fasting. In other words, to give themselves a hard life--a hard knocks--themselves in their own body, by releasing the sick--I mean, that loved one's pains and suffering otherwise. In other words, they take it upon themselves. It's just like Christ--He took our sinful ways--His own sacrifice. That's a similarity there.

(Well, would they tell anybody when they were going to go out?)

Oh, yeah, the family would know that.

(Was there any kind of preparation that they made or any kind of ceremony for--?)

Not necessarily. Just individual case, but the family would know it. All they had to do was prepare the day that he would finish his fast and come home to eat. Lots of times they would have to go through what they call a sweat lodge ceremony--before they eat.

#### SWEAT LODGE

(What was that?)

Well, they have a little, low wickiup, covered with hides and thick cloths--canvas. And they had a firepit in the center. And there's a fire made out there and they throw stones--big chunks of gravel--stones--this flagstone. They heat it and they take a three-tined wood branch or something like that, and they lift them rocks up and bring them in one at a time in that center fire pit, and then