

north of Rapid City. Fish were boiled or fried; guts but not heads were removed. Fish eggs too were eaten after being boiled.

(One Bull then pointed to a small packet wrapped in cloth and hanging on one of the bushes of a sun shelter.) Here are some buds that I gathered recently; in order to be efficacious they must be gathered while still in the bud. We call them clown medicine. A long time ago people frightened by thunder enacted a clown ceremony at which those celebrating chewed primrose buds and rubbed them over arms and hands. If anyone of them had power over thunder, he could then endure putting his hands into boiling water without feeling the burn. Today they are chewed into a slippery pulp and applied to burns in order to deaden the pain. (39)

The men of our tribe have always taken sweat baths to keep well, and they do so today. They sweat in tepees near the river and immediately after, plunge into the cold water of the river. I often take a sweat bath; it keeps me well and strong.

The Sioux divided life into the following periods: From birth to one year was called *hok'sicala* (baby); from ten years to eighteen years, *ko'skala-ciqala* (young boy) or *wiko'skalaka-ciqalal* (young girl); from eighteen years to twenty years, *ko'skalaka-tanka* (big young man) or *wiko'skalaka-ciqalal* (young woman); from twenty years to old age, *wica'sa* (man) and *wica'rcala* (old man) or *winyan* (woman) and

- (39) Melvin Randolph Gilmore probably wrote of the same plant when he said that a plant having a narrow-leaved purple cone flower, called comb plant (*Echinacea angustifolia* D.C.) is used not only by the Dakotas, who call it *Ichalipe-hu*, "whip plant," but also by the Omaha, Ponca, and Pawnee. "It was said," he writes "that the jugglers bathed their hands and arms in the juice of this plant so that they could take out a piece of meat from a boiling kettle with the bare hand without suffering pain, to the wonderment of onlookers. A Winnebago said he had often used the plant to make his mouth insensible to heat, so that for show he could take a live coal into his mouth. Burns ^{were} bathed with the juice to give relief from pain, and the plant was used in the steam bath to render the great heat endurable." (Uses of plants by the Indians of the Missouri River Region, Thirty-third Report, Bur. Amer. Ethnol., 1911-12, p. 131.)