

Oh, yes, anybody can. But you know sometimes this group used to gather and they used to put their sweat lodge up. But anybody could put it up. They always heat rocks up and put them in there. And then they have water they pour on there. Water, and that steam--

(How long would they stay in?)

Oh, they raise up their door about four times. The fourth time they took the door away, and that's when they come out.

(This would be during the day?)

Yeah. And oh, when they come out, they always be red. Almost roasted.

(What would they do, then, when they got out?)

Well, they get out and you know and wipe off, you know--just like they take hot bath.

(Had your boy ever been in a sweat lodge before?)

No. Just that time. He was small then. But boy, I don't know how he stood it. He stood it and he was just seven years old.

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(Did you all have to pay Young Bear?)

No, we didn't pay him nothing. (Pause) I think that's the end of my son's story.

(O.K. I was telling you I'd like to ask some questions about the kind of food the Arapahoes used to have. Last time we were talking about these wild plant foods--potatoes and then gardens and so forth. I was wondering if you could tell me anything about meats they used to eat. Different kinds of animals they ate.)

I don't know--I don't live for the buffalo meat, but they used to say they had buffalo meat. They used to eat deer. And then they would dry