

PARAPHERNALIA IN SWEAT LODGE

(Would they take anything else in there with them, like a rattle or anything?)

Yeah, they have rattle, and they have them tails--they always whip themselves with them. Yeah.

(Would that be buffalo tail or could it be cow tail?)

Cow tail, buffalo tail--any kind of tail. Horse tail.

(What would the rattle be like?)

Oh, they make it out of hide, you know. I don't know how they shape them, but they always be hide. Rawhide. And little rocks in there.

(So it got pretty hot in there?)

Yeah, it gets hot. You know they heat these rocks. I don't know how long. Then they take pitchfork and put them in there--just pile them up in there, and after they get in, they pour water on it. And that steam is hot. Sweat bath.

(Is there anything they have to do then when they come out?)

No, they just come out. Some of them always go and bathe. They wash off. But I don't know--they never did do anything after they come out--just go home and lay down. Rest.

(Is there any special thing that that's supposed to be good for besides pleurisy and pains that they have?)

Oh, yes, anything--even fever. If anybody's got fever, they take them in there and that breaks the fever. Any sick person can go in.

ARAPAHO NAMES FOR THEMSELVES AND OTHER TRIBES

(While this recorder is running, I want to ask you to say those words. Like that word that means "Ugly-Faced People," that name for the Canton Arapahoes.)