

calamus root from Washington. Those colored people around them swamps around Washington gathers them a certain time of the year and they dry them and they'd bring them to that center market and sell them on certain days, you know. Bundles of them. But this "angelicus" root you can get from out here between here and Anadarko, at Sugar Creek. Caddoes knows how it grows and then you get lots of it from the Taos Pueblo Indians, of New Mexico.

(What part of that do you use?)

The root. It's a real brown root.

(Have you ever gathered it yourself?)

No, I never have. I was told where it grows down there at Sugar Creek, north of Hinton, I believe. But the highway has changed. They used to have that wagon road.

FASTING & SACRIFICE TO OBTAIN BLESSING OR FAVOR

(Well, a long time ago when the young men were going on the warpath, I've heard sometimes the young men had to go out by themselves and pray and stay away for some time. Did the Arapahoes have it?)

Yeah, they have it. Right here--this hill you see north of Greenfield--they used to fast on that hill two or three nights, without food and water. Pray. And then those mountains west--northwest of Canton--south west of Canton, and those hills up around Waynoka--we went in those hills. And then Colorado. Just go out and fast two or three days, and nights. They call them "sacrifice fast."

(What's the name for that in Arapaho?)

na'kwa'yeit -- *na'kwa'yeit* is individual--individual faster. But in groups where there be two or three, they say *na'kwa'yeit*.

(You mean two or three boys would go together?)

Yeah.

(Did you ever go on that yourself?)

No.

(Why not?)

Get too hungry--too quick! I like to eat too well! (Laughs)