

(And they always say the Great Spirit up there like that. But you know, looks like--I imagine that has a lot to do with their good health too, don't you think ?)  
I guess so.

(I mean have Faith you know. 'Cause they certainly was a hardy bunch of people in them days.)

NO HOT WATER AVAILABLE IN EARLY DAYS. PEOPLE LEARNED THE VALUE OF COLD WATER.

Yeah, seem like the older people was more stronger than people are today. I notice these young people are not so strong.

(And you know, just like these people back there too. They didn't hardly--when they get up and wash and cleanse themselves, they didn't have no hot running water and anything like that.)

No.

(It's just that cold water.)

If they wanted warm water, I guess they have to heat it. (laughter)

(Then they say too--have you heard about--several hours sometime, when these old Indians would go in these streams when there was ice in them, you know.)

Uh-huh. I hear 'em do that too.

(How did you hear it? They just take a--they just go down in there. What did they go in there for? Kind of a bath or--?)

I don't think the ice be too thick when they did that though. -It just barely holds. They said that they put children in there too. I don't see how they kept from having penumonia. I guess that's where they made 'em strong.

(Yeah. I think they must have had some reason for doing that you know--)

I think I used to hear somebody say that when the children--little children--when they get unruly, I used to hear 'em say, why I'm gonna have so and so to take you down to the creek and dip you in there.. Cold, you know. I used to hear 'em say that. That's to calm them down I guess.