

allowed no drink except water. He sleeps as little as possible. If spirits come to him, he has visions, he receives power and favor. A number of spirits may visit a man one after another, and promise him aid and co-operation. The eagle spirit may come, the spirit of the elk or the salmon, — any spirit that likes the man. The spirit says in substance, "Whenever you call my name I will come, I will give my power to assist you." After one spirit has gone, another may appear, and another. A man is not free to refuse the offers of spirits, he must receive all those who come to him. As there are peculiar observances connected with each spirit, the doctor who is assisted by many is hampered much in his method of living. There are spirits which do not like buckskin; the man to whom they come must never wear buckskin. If a man eats food repugnant to his spirit, the spirit will kill him. As each spirit has its favorite food, and there are other kinds which to it are distasteful, we can understand easily that the doctor who has ten spirits or twenty (and there are some who have thirty) to aid him is limited in his manner of living. Greatness has its price at all times, power must be paid for in every place. Those for whom the spirits have no regard, and they are the majority, return home without visions or hope of assistance; the spirits are able to look through all persons directly, and straightway they see what a man is. They find most people unsuited to their purposes, unfit to be assisted.

This preparation to become seers or sorcerers