

is generally preserved and boiled for soup, the foetus being cooked in it.

Formerly, they lived largely upon meat. When out on their hunts and war-parties, they often lived exclusively on it. There were many nomadic tribes around them who seldom tasted vegetable matter, often living for seven or eight months in the year exclusively on meat, and preserving perfect health. I have seen white men who had lived for years among the Indians, and during such residence, for six months of every year, lived on nothing but meat (and water of course), "Buffalo straight," as they expressed it, and who, in the summers only, occasionally varied their diet with a mess of roots or berries—not seeking such vegetable food with any particular longing or avidity. In various books of western travel, these statements are corroborated; yet there are modern physiologists who would try to persuade us that an animal diet is inadequate to the sustaining of human life in a healthy condition. When subsisting for the most part on fresh meat, these Indians had the soundest gums and teeth; and no flesh when wounded healed more rapidly than theirs. Lately, however, since the increase in the consumption of bacon and flour among them, and the destruction of their game, there have been many cases of scurvy, a disease which was particularly fatal to them in the winter of 1868-'69; and a tendency to abscesses, to suppurative terminations of diseases, and to a sluggish condition of wounds, manifests itself. The quantities of fresh meat they are able to consume are enormous. Sometimes, after a day's hunt, the hunters will sit up all night cooking and eating.

Their principal vegetable diet was the corn they raised themselves. Flour, issued by the agency, is now, to a great extent, taking its place. They eat some of the corn when it is green, but the greater part they allow to ripen. When ripe, they prepare it in various ways. They pound it in a wooden mortar with water, and boil the moist meal thus made into a hasty pudding, or cook it in cakes. They frequently parch the corn, and then reduce it to powder, which is often eaten without preparation. A portion of their corn they boil when nearly ripe; they then dry and shell it, and lay it by for win-