

themselves in giving the appropriate responses, while others uttered encouraging words with becoming gravity.

With regard to the manner of bringing up Indian children nothing can be more erroneous than to suppose that the young were allowed to grow up without any sort of discipline. So far from this having been the case, in addition to the ordinary way of correcting children, there were many other restraints imposed upon the young. The Indians knew in their primitive state, apparently as well as civilized communities, that children too much humored and neglected in moral training when young, as they grow up are apt to become turbulent and bad members of society. As one of the most effective means for training and forming the character of the Indian youth, fasting seems to have been established and practised from time immemorial, and prevailed, I am led to believe, universally among the Indian tribes of this continent. As soon as children were thought capable of reasoning they were required to practise fasting, until they were married. Besides their regularly abstaining from food for so many days successively, at different parts of the year, they were obliged to fast before they were allowed to take any of the wild fruits of the earth, at the different seasons as they became ripe. The same rule was observed with regard to the produce of the farm.

The Indians were most exact in enforcing their rules of fasting. With young children it lasted the whole day, and if a child put anything in his mouth during the day, as, for instance, snow or a piece of icicle,—which children are very apt to do when playing in the open air in winter,—that day went for nothing, the child was then permitted to eat, with strict injunctions to renew his fast the next day. It was also imposed as a punishment upon those children who manifested a disposition to be disobedient and disrespectful; and was found an excellent means of discipline to make children sensible of their duties, and exercised a wholesome restraint upon the youth. With young men from sixteen to twenty-five years of age it was no longer necessary to remind them of the practice. It was looked upon as a duty by every young man, who had too much honorable feeling to submit to the sneers of his companions as a worthless glutton. They, moreover, believed gluttony to be highly displeasing to the Great Spirit; and that, in order to obtain special favors from him, it was absolutely necessary to restrain the appetite. The young men frequently spent one or two months during the winter in fasting, taking only one meal in the day after sunset. In summer less time