

(molds) and wick, by means of which and some Elk's tallow in our possession we do not yet consider ourselves destitute of this necessary article; the Elk we have killed have a very small portion of tallow." [(6) p. 309]

Being without a boat, Osbourne Russell tells how "We commenced making a boat (Bull Boat) by sewing the raw Bulls hides (Buffalo) together which we stretched over a frame formed of green willow branches and then dried it gradually over a slow fire during the night. Joe Meek demonstrates ingenuity we he tells how a hunting party consisting of Meek, Hawkins, Doughty, and Antoine Claymore had killed three bears. " Sleds were soon constructed out of branches of the mountain willow, and on these light vehicles the fortunate find of bear meat was soon conveyed to the hungry camp in the plain below." [(2) p. 140] Stephen Long describes yet another instance of invention. "Dividing their gear and using the inner bark of some young hickory trees to fashion rude packs, the men set out after breakfast." [(1) p. 91] And James O. Pattie tells of yet another, "We set our two traps for the last time and caught a beaver each. We skinned the animals, and prepared the skins to hold water through fear that we might find none on our unknown route through the mountains." [(3) p. 43] He also describes the use of bow and arrows stating "I have killed myself, and seen others kill a buffaloe, with a single shot of an arrow. The bows are made with ribs of buffaloes and drive the arrows with prodigious force." [(3) p. 69]

So in conclusion, to live off the land - *Aux Aliments Du Pays* - was truly the way of life for the mountain men. Times were often very hard and the men that lived to tell their tales left us a story so that we can learn from their experiences. We, the American Mountain Men, choose to learn and emulate this free way of life. Whether it be by hunting, fishing, trapping or gathering food, finding of makeshift shelters, means of constructing crude tools and accoutrements, or finding a cure for an injury or ailment while on the trail. Or perhaps by dressing animal skins to make clothing and repairs to equipment. Even today, as so often happened to the original mountain men, we may find ourselves and/or other people in a desperate situation. Knowing how to keep your wits about you and what are the priorities for survival could very well save lives.