

writes "Last night at 1 o'clock I was violently and Suddenly attacked with the Rhumistism in the neck which was so violent I could not move. Capt. applied a hot Stone raped (wrapped) in flannel, which gave me temporary ease." [(6) p. 53] Other remedies were more involved. Lewis say "I was taken with violent pain of the intestine that I was unable to partake of the feast of marrow bones. My pain increased and towards evening I was attended with a high fever. I determined to prepare some willow boughs and remains all night. Having brought no medicine with me, I resolved to try an experiment with some simples; the choke cherry which grew abundantly in the bottom first struck my attention. I directed a parcel of the small twigs to be gathered, striped of their leaves, cut into pieces of about 2 inches long and boiled in water until a strong black decoction of an astringement bitter taste was produced; at sunset I took a point (pint) of this decoction and in about an hour after repeated the dose. By 10 in the evening I was entirely relieved from pain and in fact every symptom of the disorder forsook me." [(6) p. 135] At another time we learned that "Shobono's son a small child is dangerously ill, his jaw and throat is much swelled. We apply a poltice of onion, after giving him some cream of tartar and c. [(6), p.391] and later, " The child is recovering fast. I applied a plaster of salve made of the rosen of the long leafed pine, Beeswax and Bears oil mixed, which has subsided the inflammation entirely, the part is considerably swelled and hard." [(6), p.399] Some of the experiments were not always successful as related about Captain Lewis. "By examination this bluff contained alum Copperas, Cobalt Rynites, Alum Rock Salt and Sand Stone. Capt. Lewis proving the quality of those minerals was near poisoning himself by the fumes and taste of the cobalt. Capt. Lewis took a Dost of Salts to work off the effects of the arsenic." [(6) p. 21]

The job of cleaning their clothes and bathing was accomplished in whatever way they could manage. Joe Meek writes, "But with such clothing how could you keep free of vermin? We didn't always do that. Do you want to know how we got rid of lice in the mountains? We just took off our clothes and laid them on an ant-hill and you ought to see how the ants would carry off the lice!" [(2) p.136-137] Osborne Russell speaks of "There is also large