

INDIAN

MEDICINE

PRACTICE

By Chief Buffalo Child Long Lance

Chief Buffalo Child Long Lance, the full-blooded Indian, a chief of the Blood tribe of Alberta. He is a graduate of Carlisle, where he gained a reputation in university sports. The chief was appointed to West Point in 1915, but relinquished this appointment in 1916 to go overseas with the Canadian forces. Entering the field as a private, he served with distinction, was twice wounded and returned at the end of the war with the rank of captain. He is at present writing a history of the Indians of the Canadian plains, British Columbia and the North Country.

What is the Indian Medicine Man?

What is the meaning of the beautifully painted tepee on the reverse side of this menu; of the Medicine Pipes in front of it?

THE Indian Medicine Man is the most powerful man in the tribe; the man to whom the chief looks for his counsel in times of stress. He fills the triple position of doctor, priest and lawyer; his mission is to heal the sick, pray for those in trouble, and, by means of his incantations with the Spirits, to advise those who are about to undertake some doubtful course of action.

In the days of Indian warfare on the Canadian plains, the Medicine Man was the virtual leader of all war parties. Before any brave or chief could take out a war party to avenge the death of a relative or friend, to steal horses from an enemy tribe or to attack it on general principles, he must first consult the Medicine Man. The Medicine Man would hold a sort of seance, in which he would get in touch with a particular group of spirits and secure a forecast of the fate which lay before the impending war party. He would impart this information to the leader of the party on the following night, giving him the exact number that would be killed on both sides. If the odds were greatly in favor of the attackers, then he would advise them to undertake the adventure. It is a strange fact that the number killed in the subsequent action usually corresponded with the forecast of the Medicine Man. The Medicine Man would accompany all war parties, and on every fourth

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night out he would repeat his incantations with the Spirits, to ascertain whether the luck of his men had changed since setting out from their camp.

The Indian Medicine Man is as much a mystery among the Indians as he is among the white people who know of some of the superhuman feats which they have performed. He could cast spells over people, cause death without touching or seeing his victim, find lost articles, foretell events and heal wounds with the skill of a surgeon. His training would start from early youth, when he would go out alone—far away from human habitation—and remain for months, fasting, torturing himself and undergoing many hardships, in order to strengthen his will and bring his body and other physical matter under the control of his mind.

The Medicine Pipes, hanging from the tripods in the rear of the Blackfoot Indian Medicine Man whose photograph appears on the reverse side of this menu, are hundreds of years old. The Blackfeet own seven of these pipes, which are in the possession of individual members of the tribe. When a person is at the point of death he will sometimes make a vow to the Sun that if he recovers, he will buy one of these pipes—with horses. In case of recovery, the owner whom he approaches is bound by custom to sell him his Medicine Pipe. The ceremony of "selling the pipe" is a rather weird one which must take place after midnight. The present owners of the Blackfoot Medicine Pipes are: Chief Heavy Shield, Sun Calf, Stud Horse, Weasel Horn, Raw Eater and Bear Robe. These pipes are kept wrapped up in a large, mysterious-looking bundle, and they are never exposed to view.

The tepee in the background of this photograph is one of the two hundred tepees owned by families of the Blackfoot tribe. The paintings upon its sides portrays the owner's "Medicine," his heraldic bearings, or as the white man would say, his family crest. This "Medicine" is usually some animal which has come to the owner while he was in an unconscious state; and during the balance of his life he carries some part of this animal about his person and draws it into his heraldic bearings, which also contain symbols of some of his bravest exploits. The tepees bearing these bearings cannot be duplicated; hence there are no two tepees alike in the entire tribe. People who do not possess heraldic bearings must live in a plain white tepee.

BUFFET SERVICE—A-LA-CARTE

Grape fruit (Half) 30

ORANGE JUICE 30 ORANGE, WHOLE 15, SLICED 20
 BANANAS, WHOLE (2) 25 BANANA, SLICED, WITH CREAM 25
 STEWED PRUNES WITH CREAM 25

CEREALS WITH MILK 20, WITH CREAM 30

SOUP 25

LAMB CHOPS (ONE) 45, (TWO) 80 **Sausages 60**
 BACON, 3 STRIPS 35, 6 STRIPS 65 HAM 65
 (ONE STRIP BACON, WHEN SERVED WITH OTHER ORDERS 15)
 HAM AND FRIED EGGS 65 BACON AND FRIED EGGS 65

CHOW CHOW 15 OLIVES 20 MIXED PICKLES 15

COLD HAM 75 OX TONGUE 75

EGGS, BOILED (1) 20, (2) 35 FRIED (1) 20, (2) 35 SCRAMBLED 35
 OMELETS:—PLAIN 45, CHEESE 50, HAM OR JELLY 60

INDIVIDUAL BAKED BEANS (HOT OR COLD) 35 SARDINES 60

SANDWICHES

EGG 30 HAM 30 CHEESE 30

HASHED BROWNED POTATOES 25
 SUGAR CORN 20 GREEN PEAS 20
 ASPARAGUS ON TOAST, DRAWN BUTTER 45

Lettuce and Tomato Salad 45
 (FRENCH OR MAYONNAISE DRESSING)

Individual Hot Mince Pie 20

ENGLISH PLUM PUDDING, HARD OR LEMON SAUCE 30

CHEESE WITH CRACKERS 25

CANADIAN CHEDDAR INGERSOLL CREAM MACLARENS IMPERIAL
 FRENCH ROQUEFORT KRAFT SWISS GRUYERE

INDIVIDUAL CANADIAN COMB OR STRAINED HONEY 25

MARMALADE, JAMS, JELLIES OR PRESERVED FRUITS 25

(IN INDIVIDUAL JARS)

MARMALADE CRABAPPLE JELLY BRAMBLEBERRY JELLY QUINCE JELLY
 STRAWBERRY JAM RASPBERRY JAM
 PRESERVED RASPBERRIES PRESERVED PINEAPPLE
 PRESERVED CHERRIES, RED OR WHITE PRESERVED STRAWBERRIES
 PRESERVED FIGS 35, WITH RAISIN BREAD TOAST 50

BREAD AND BUTTER SERVICE PER PERSON

TOAST 15 ROLLS 15
 WHITE, RAISIN AND BROWN BREAD 10

TEA, COFFEE, ETC.

COFFEE, POT 20 (SERVED WITH CREAM OR HOT MILK) TEA, POT 20
 INDIVIDUAL SEALED BOTTLE MILK 15 COCOA, POT 25
 INSTANT POSTUM 20 HORLICK'S MALTED MILK 20
 NESTLE'S MILK FOOD 25

FOR BOTTLED AND OTHER BEVERAGES, SEE SPECIAL LIST

WAITERS ARE FORBIDDEN TO ACCEPT OR SERVE VERBAL ORDERS

PASSENGERS ARE REQUESTED TO INSPECT MEAL CHECK BEFORE MAKING PAYMENT, AND IN CASE OF ANY OVERCHARGE OR UNSATISFACTORY SERVICE, REPORT THE MATTER TO THE STEWARD IN CHARGE OF CAR OR TO

W. A. COOPER,
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