

**THE INDIANS' SECRETS OF
HEALTH OR WHAT
THE WHITE RACE MAY
LEARN FROM THE INDIAN**

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The Indians' secrets of health or What the white race may learn from the Indian by George Wharton James

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GEORGE WHARTON JAMES

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THE BUREAU OF ETHNOLOGY

THE INDIANS' SECRETS OF HEALTH
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BOOKS BY GEORGE WHARTON JAMES

What the White Race May Learn from the Indian.

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In and Out of the Old Missions of California.

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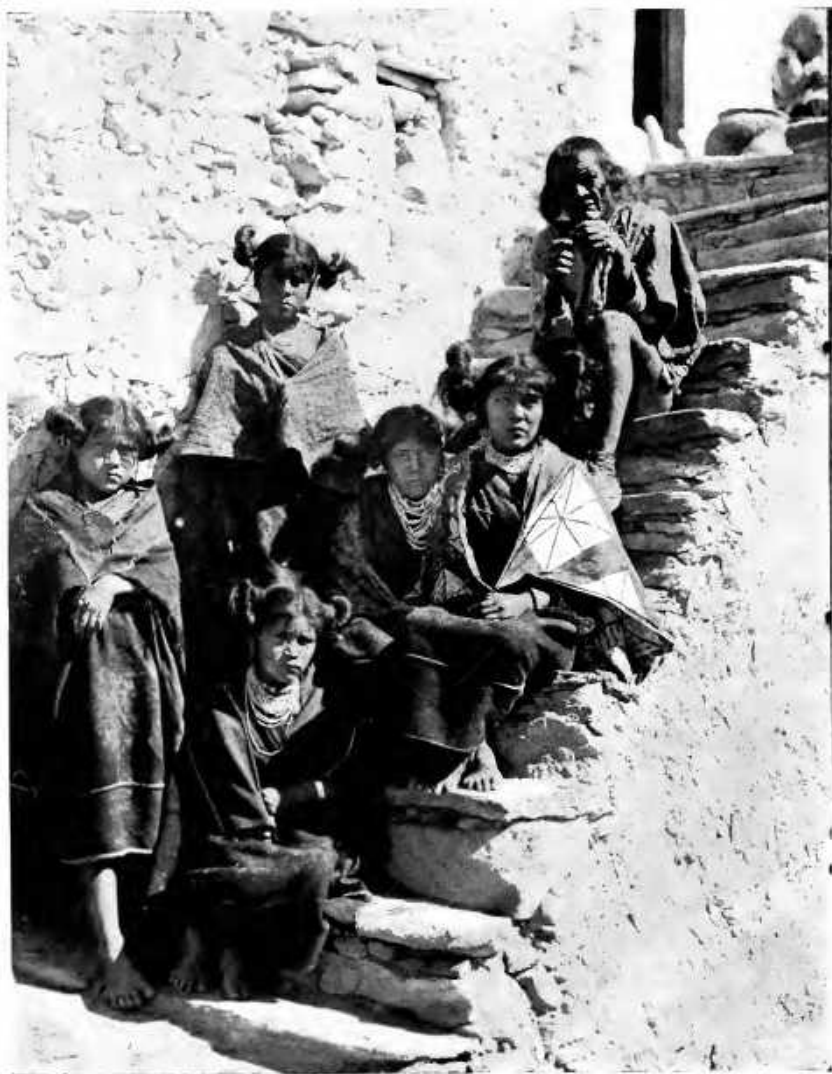
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GROUP OF HOPI MAIDENS AND AN OLD MAN AT MASHONGANAVI.

The Indians' Secrets of Health

— OR —

What the White Race May Learn from the Indian

By

GEORGE WHARTON JAMES

Author of

*The Indians of the Painted Desert Region, Indian Basketry,
Indian Blankets and their Makers, In and Out of the
Old Missions of California, Our American Wonder-
lands Living the Radiant Life, Quit Your Wor-
rying, The Lake of the Sky—Lake Tahoe,
etc., etc., etc.*

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FOREWORD

I WOULD not have it thought that I commend indiscriminately everything that the Indian does and is. There are scores of things about the Indian that are reprehensible and to be avoided. Most Indians smoke, and to me the habit is a vile and nauseating one. Indians often wear filthy clothes. They are often coarse in their acts, words, and their humor. Some of their habits are repulsive. I have seen Indian boys and men maltreat helpless animals until my blood has boiled with an indignation I could not suppress, and

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FOREWORD

I have taken the animals away from them. They are generally vindictive and relentless in pursuit of their enemies. They often content themselves with impure and filthy water when a little careful labor would give them a supply of fairly good water.

Indeed, in numerous things and ways I have personally seen the Indian is not to be commended, but condemned, and his methods of life avoided. But because of this, I do not close my eyes to the many good things of his life. My reason is useless to me unless it teaches me what to accept and what to reject, and he is kin to fool who refuses to accept good from a man or a race unless in everything that man or race is perfect. There is no perfection, in man at least, on earth, and all the good I have ever received from human beings has been from imperfect men and women. So I fully recognize the imperfections of the Indian while taking lessons from him in those things that go to make life fuller, richer, better.

Neither must it be thought that everything here said of the Indians with whom I have come in contact can be said of all Indians. Indians are not all alike any more than white men and women are all alike. One can find filthy, disgusting slovens among white women, yet we do not condemn all white women on the strength of this indisputable fact. So with Indians. Some are good, some indifferent, some bad. In dealing with them as a race, a people, therefore, I do as I would with my own race, I take what to me seem to be racial characteristics, or in other words, the things that are manifested in the lives of the best men and women, and which seem to represent their habitual aims, ambitions, and desires.

This book lays no claim to completeness or thorough-