

This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1908 edition. Excerpt: ... CHAPTER IV THE INDIAN AND OUT-OF-DOOR LIFE Indian is an absolute believer in the virtue of the outdoor life, not as an occasional thing, but as his regular, set, uniform habit. He lives out of doors; not only does his body remain in the open, but his mind, his soul, are ever also there. Except in the very cold weather his house is free to every breeze that blows. He laughs at drafts. Catching cold is a something of which he knows absolutely nothing. When he learns of white people shutting themselves up in houses into which the fresh, pure, free air of the plains and deserts, often laden with the healthful odors of the pines, firs, balsams of the forest, cannot come, he shakes his head at the folly, and feels as one would if he saw a man slamming his door in the face of his best friend. Virtually he sleeps out of doors, eats out of doors, works out of doors. When the women make their baskets and pottery, it is always out of doors, and their best beadwork is always done in the open. The men make their bows and arrows, dress their buckskin, make their moccasins and buckskin clothes, and perform nearly all their ceremonials out of doors. Our greatest scientific fighters against tuberculosis are emulating the Indian in the fact that even in the winter of the East they advocate that their patients sleep out of doors. Pure air, and abundance of it, is their cry. Taking cold comes, not from breathing night air, but generally from inflammation of the mucous membranes caused by impure air,-- the air of a heated room from which all the pure air has been exhausted by being breathed again and again into the lungs of its deluded occupants, each exhalation sending with it a fresh amount of poison to vitiate the little good that remains. Men...

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