

discipline of you is surely for your helping and your lasting benefit.

6. THOU SHALT NOT COMMIT MURDER. Killing a member of one's own Tribe, if deliberate, is a crime worthy of death; if by accident, it can be compensated by adequate damages, according to the judgment of the Council.²¹

7. BE CHASTE IN THOUGHT AND DEED, according to the highest standards of your Tribe. Keep your marriage vows, and lead no others into breach of theirs.²²

8. THOU SHALT NOT STEAL.²³

9. BE NOT GREEDY OF GREAT RICHES. It is a shame and a sin of all unworthiness in a man to have great possessions, when there be those of his Tribe who are in want. When, by chance of war or of commerce, or the gifts of the Great Spirit that have blessed him with power, he hath more than he hath need of for himself and his family, he should call the people together and give a Potlatch or Feast of Giving, and distribute of his surplus to those that have need, according to their need; especially remembering the widow, the orphan, and the helpless.

10. TOUCH NOT THE POISONOUS FIREWATER that robs man of his strength, and makes wise men turn fools. Touch not nor taste any food or drink that robs the body of its power or the spirit of its vision.

11. BE CLEAN, both yourself and the place you dwell in. Bathe every morning in cold water, take the

²¹ Killing an enemy in time of war was another matter, just as in modern civilization.

²² In some Tribes, such as the Cheyennes and the Sioux, infidelity on the part of a married woman was considered a crime, worthy of death, or was, at least, grounds for divorce. In the case of the man, the penalty was less severe, as with us. In some other Tribes, more lenient views prevailed.

²³ Bishop Whipple, George Bird Grinnell, and many others tell us that theft was unknown in an Indian camp. Horse-stealing between Tribes was recognized as a kind of manly game, and not at any time considered a crime.



Sweat Lodge according to your need, and thus perfect your body; for the body is the sacred temple of the spirit.

12. LOVE YOUR LIFE, PERFECT YOUR LIFE, BEAUTIFY ALL THINGS IN YOUR LIFE: GLORY IN YOUR STRENGTH AND BEAUTY. Rejoice in the fullness of your aliveness. Seek to make your life long and full of service to your people. And prepare