The Lewis and Clark Trail Heritage Foundation, Inc.

Incorporated 1969 under Missouri General Not-For-Profit Corporation Act IRS Exemption Certificate No. 501(C)(3)-Identification No. 51-0187715

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ABOUT THE FOUNDATION
The purpose of the Lewis and Clark Trail Heritage Foundation, Inc., is to stimulate public interest in matters relating to the Lewis and Clark Expedition, the contributions to American history made by the Expedition members, and events of time and place concerning the expedition which are of historical import to our nation. The Foundation recognizes the value of tourist-oriented programs, and supports activities which enhance the enjoyment and understanding of the Lewis and Clark story. The scope of the activities of the Foundation is broad and diverse, and includes involvement in pursuits which, in the judgment of the directors, are of historical worth or contemporary social value, and commensurate with the heritage of Lewis and Clark. The activities of the National Foundation are intended to complement and supplement those of state and local Lewis and Clark interest groups. The Foundation may appropriately recognize and honor individuals or groups for artistic works of distinction, achievement in the broad field of Lewis and Clark historical research, writing, or deeds which promote the general purpose and scope of activities of the Foundation. Membership in the organization comprises a broad spectrum of Lewis and Clark enthusiasts including federal, state, and local government officials, historians, scholars and others of wide-ranging Lewis and Clark interests. Officers of the Foundation are elected from the membership. The annual meeting of the Foundation is traditionally held during August, the birth month of both Meriwether Lewis and William Clark. The meeting place is rotated among the states, and tours generally are arranged to visit sites in the area of the annual meeting which have historic association with the Lewis and Clark Expeditions.

MEMBERSHIP INFORMATION
Membership in the Lewis and Clark Trail Heritage Foundation, Inc. is open to the general public. Information and an application are available by sending a request to: Membership Secretary; Lewis and Clark Trail Heritage Foundation, Inc.; P.O. Box 3434; Great Falls, MT 59403.

We Proceeded On, the quarterly magazine of the Foundation, is mailed to current members during the months of February, May, August, and November.

ANNUAL MEMBERSHIP CATEGORIES

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Lewis and Clark Trail Heritage Foundation, Inc. is a tax exempt nonprofit corporation: 501(c)(3). IRS identification no. 51-0187715. Individual membership dues are not tax deductible. The portion of premium dues over $30 is tax deductible.
President's Message

by Clyde G. "Sid" Huggins

To all members of the Lewis and Clark Trail Heritage Foundation, Inc., I wish you a happy and prosperous year for 1997. I have enjoyed serving as your president these past several months of 1996 and have found the role to be a challenge as well as one that is most rewarding. I am sorry that I was unable to respond to the many letters that have been received. I will try to do better during the next quarter.

I mourn with all members of the foundation in the untimely death of our friend Arlen J. Large. He was truly a giant in the field and the history of the Lewis and Clark Expedition. There are discussions for memorials and other such awards to be developed. I feel sure that appropriate notices will occur in this publication.

As a result of the popularity of Stephen Ambrose's new book "Undaunted Courage" there has been a pronounced increase in membership inquiries. Thank you Steve.

At the annual meetings in Sioux City in early August your board of directors spent several concentrated hours on subjects of interest to all members. During 1995-96 the Planning and Development Committee undertook a challenge to write a new MISSION statement. Once approved the committee was to proceed to the development of GOALS and OBJECTIVES. The board members wished a short and concise statement and the following was approved: THE MISSION OF THE LEWIS AND CLARK TRAIL HERITAGE FOUNDATION, INC. IS TO STIMULATE PUBLIC AWARENESS AND UNDERSTANDING OF THE LEWIS AND CLARK EXPEDITION'S CONTRIBUTION TO THIS NATION'S HERITAGE. Based upon the statement the Planning and Development Committee is now involved in verbalizing goals and objectives that will take us through the first decade of the 21st century.

The board and the membership at their meetings approved Great Falls, Montana as the site for our annual meeting in 1997. A friend of Jim's who lived around the corner from him in Washington, D.C., called and told me that memorials be directed to the foundation. In late November, another friend and long time foundation member sent a check in Jim's name "for support of We Proceeded On."

We express our sorrow at the loss of friends and loved ones in many ways. One of the best ways is by making a contribution in support of what was important to them. It is a two way street. The foundation and WPO were important parts of Jim's life and Jim was certainly an important part of the foundation and the magazine. We will miss you, Jim.

Please send your memorial to: Robert K. Doerk, Jr., chair, Planned Giving Committee, 7019 Tum-

From the Editor's Desk

It seems like it was just a couple of issues ago in this column that I wrote about Arlen J. Large and his wonderful style of writing. He is one of those skilled people who bring the pages of this magazine alive and make it worthwhile reading. Of all the writers for WPO, he was undoubtedly the best. Outstanding writer, outstanding historian of Lewis and Clark and outstanding person.

It is with a heavy heart that I tell you Jim Large has died. The former foundation president was diagnosed with lung cancer last summer and it took him rapidly. Jim will be missed in so many ways by foundation members, by readers of WPO, and he will certainly be missed by me. From the time I first started editing this magazine, Jim was always there to give me guidance and a helping hand. He kept prodding me in his gentle way, never critical, always encouraging, suggesting improvements and better ways to do the ordinary so it became the extraordinary.

A friend of Jim's who lived around the corner from him in Washington, D.C., called and told me the two of them dined together every Friday evening. I could hear the pain and sorrow in his voice and then it changed as he asked if it would be alright if he and other friends of Jim could contribute money to the foundation in Jim's name. I said it sure would be. This is what Jim wanted. In his will he left a substantial amount to the foundation and asked that memorials be directed to the foundation. In late November, another friend and long time foundation member sent a check in Jim's name "for support of We Proceeded On."

ON THE COVER—An aerial view of Skamania Lodge, site of the 1997 Annual Meeting, nestled in the forest along the Columbia River Gorge. Photo courtesy Dolce International
FISH FEAST OR FAMINE:

Incompleat Anglers on the Lewis and Clark Expedition

by Robert R. Hunt

"As no man is born an artist so no man is born an angler."

Isaac Walton, The Compleat Angler, 1653

Co-Captain William Clark recorded the high moment of the Lewis and Clark Expedition on November 7, 1805: "Ocean in view...great joy in Camp," he wrote. The Corps of Discovery had finally reached the Pacific, culminating 18 months of severe trial and hardship. Clark's memoir on this joyful day contrasts curiously with the absence of any such expression from Meriwether Lewis. There is no record whatever from Co-Captain Lewis, the originally designated leader of the corps, of his impressions on first viewing the sea. For him the occasion may have been an anticlimax. Three months previously he had already "seen" the Pacific—from hundreds of miles inland.

On August 13, 1805, after the initial contact with the Shoshones in their mountain retreat on the Lemhi River, a hospitable Indian gave Lewis "a piece of a fresh salmon roasted." This was "the first salmon I had seen," he wrote, "and perfectly convinced me that we were on the waters of the Pacific Ocean..." His foretaste of the ocean, high in the mountains, relieved Lewis of anxiety in achieving the long-awaited object of his journey. But this roasted salmon was not only a token of discovery; it was also the forerunner of countless numbers of salmon and other fish, of great variety and manner of preparation—boiled, smoked, fried, pounded, dried, fresh and spoiled—over the next full year of the expedition. It was the prelude of a love-hate relationship with fish.

Fishing Tackle

Lewis knew before embarking on his mission that there would be a pack of fish in his future. In Philadelphia in the summer of 1803, preparing for the expedition, he visited the "Old Experienced Tackle Shop" kept by George R. Lawton, a dealer in "all kinds of Fishing Tackle for the use of either Sea or River..." Lewis purchased there 125 "Large Fishing Hooks" plus ten pounds of assorted fishing lines, and an additional 2800 fish hooks for Indian presents; also an item listed as "8 stave reel." (See accompanying sidebar) Thus equipped, the expedition was seemingly prepared for many fishing exploits which are recorded in its journals.

Catfish

Generally on the Ohio and Missouri rivers, the fish stories are about catfish. Lewis was surprised, for example, on November 16, 1803 "at the apparent size of a catfish which the men had caught" near the confluence of the Ohio and the Mississippi. Accustomed to seeing these fish from 30 to 60 pounds in weight, Lewis took dimensions of this trophy. He reported it as 4 feet 3 1/4 inches in length, weighing 128 pounds. "I have been informed," he added, "that these fish have been taken in various parts of the Ohio & Mississippi weighing from 175 to 200 lbs weight." From Camp Dubois near St. Louis up the Missouri to Fort Mandan (North Dakota), catfish were everywhere, waiting to be caught and free for the taking.

Private Goodrich

During the catfish episodes Private Silas Goodrich emerged as the preeminent fisherman of the corps. On July 17, 1804, near present day Peru, Nebraska, Clark reported Goodrich caught "two very fat catfish." A week later Goodrich took a "white catfish" which Clark described as having "eyes Small & tale much like that of a Dollfin"—probably the channel catfish, a newly discovered species. Goodrich also was one of three men with Lewis on June 10, 1805, during Lewis's search for the Great Falls of the Missouri. How did Private Goodrich salute that historic discovery?—with fish!—"half a dozen very fine trout and a number of both species of the white fish!" Moreover, among Goodrich's catch was an additional species new to science, the cutthroat trout—Salmo clarkii, after William Clark. No wonder Lewis reported that "Goodrich...is remarkably fond of fishing," and on August 24th dubbed him "our principal fisherman."

Other Anglers

Aside from Lewis and Goodrich,
the journals say very little about any other fishermen in the corps. Sacagawea gets mention at the Great Falls portage; recovering from an alarming illness she was “walking about and fishing.” And by Sgt. Ordway’s report of August 15, 1805, Captain Clark was, while fishing, “near being bit by a rattle Snake which was between his legs.” Later near the mouth of the Columbia, Clark took 2 “salmon trout” on November 12th. But he says he “killed” these fish. Would a bona fide fisherman speak so murderously of fish? Did he use a club, or gun shot? Was there no sport? No hook, line and sinker? Captain Lewis was more relaxed while fishing. With him it was an “amusement.”

Beyond the Great Falls, Lewis and Clark had fewer moments for any amusement such as fishing. They had previously learned from the Mandans that the Snake (Shoshones) and Flathead tribes near the Continental Divide lived “principally on a large fish which they take on the river on which they reside.” The captains surmised that on the Columbia this “large fish” could provide a staff of life such as the buffalo provided in the plains. Thus when Lewis actually tasted his first salmon with the Shoshones he had come to the expected moment of a new dependency—centered on fish rather than on the guns of his hunters.

But this new dependency soon proved uncertain, even doubtful. The Shoshones warned him that the Snake River, the expected way west, “afforded neither Salmon nor timber.” More worrisome yet, he found on August 23rd that the Shoshones were “haistening from the country” because the salmon has “so far declined”—this when his provision was “so low that it would not support us more than ten days.” Under this pressure, after dickering with the Shoshones

LEWIS’S REEL NOT A REAL REEL

The bill of sale endorsed by Captain Lewis in May 1803 in Philadelphia for the purchase of fishing tackle included an item listed as “8 stave reel.” To find a description or an illustration of a stave reel of the Lewis era we contacted a number of students and hobbyists interested in historic fishing gear. The prevailing opinion through these contacts was that equipment of this sort at that time would have been produced in England and exported to dealers in the United States such as George Lawton in Philadelphia. For further information we were referred to Mr. Chris Partington of Shrewsbury, Shropshire, Great Britain, a specialist in “old fishing tackle, angling art, and literature.” Mr. Partington has been kind enough to comment in response to our inquiries, in part, as follows:

“...rods and reels did not come in to general use until about 1780...I feel sure that the stave reel mentioned was a type of winder to store line on. Certainly during the 19th century winders like the one drawn by me below were used by Cornish sea fishermen fishing with long lines and the list of fishing tackle in...[the] 1803 bill of sale is all long line stuff, not rod and line stuff.”

Shown at left is Mr. Partington’s drawing of his version of the “stave reel,” together with a sketch (above left) from an 1899 catalogue of William Mills & Son (Reddith, England factory) picturing a “stave Winder.”
for horses, the Corps plunged into the rocky reaches of the Bitterroot Mountains. No fish, no game—the men survived only on blind luck and “killed colts.” Breaking out of this no-man’s-land, they entered upon the drainages which would lead to the Columbia. There on the headwaters they encountered signs of the native fish economy which would govern their days, directly and indirectly, while on the Pacific side of the continent.

The Fish Economy

At this new stage of the journey, the Corps was forced to rely on fish in the diet—fish which was almost always dried, not fresh. On October 17th, near the confluence of the Snake and the Columbia, Clark found himself in the midst of the production process for this basic staple. He observed “emence quantities of dried fish”—large drying scaffolds strung with fish, piles of salmon lying all about, and many women splitting and drying the crop. It was here also that Clark recorded a dramatic, even historic moment. In an air of bewilderment he wrote:

“I observe...great numbers of salmon dead on the shores, floating on the water and in the Bottom which can be seen at the depth of 20 feet, the cause of the emence numbers of dead salmon I can’t account for...I must have seen 5 or 400 dead and money living....”

Without knowing it, Clark unconsciously had made, perhaps, the first written record of one of the great mysteries of natural history: the spawning stage in the life cycle of the Columbia salmon, its “final seasonal climactic,” as Paul R. Currillight describes it. Clark was witnessing the defining feature of human life on the Columbia. The salmon cycle conditioned all aspects of native culture from the cradle to the grave; to the corps, however, it was inexplicable.

Clark’s puzzlement over the “emence numbers of dead salmon” reveals how he (and anyone else of his milieu) was “totally unfamiliar with the life history of this important fish.”7

In the presence of this mystery, Clark’s concern was more immediate and practical—the food supply for his companions and the need to hurry further downstream. Despite the abundance of salmon all around him, he wrote that “the fish being out of season and dieing in great numbers in the river, we did not think proper to use them.” Instead, the corps resorted to purchasing dried fish from the native tribes at periodic stops on the river. The explorers then saw first hand how salmon governed the natives—their occupations, trade, housing, diet, family relationships and cultic rituals, all in a rhythm of seasonal movement up and down the waterways.

In the eyes of Captain Lewis the fish culture made a difference in the treatment of women. He observed as a “general maxim” (January 6, 1806) that the tribes on the Columbia paid more respect to the judgment of their women, as compared with tribes of the hunting economy on the Great Plains where women and old people were treated with least attention. On the Pacific side, women participated in tribal livelihood more actively, assisting in taking and drying the salmon, gathering roots and storing the provisions.

In addition to shaping the mundane habits of the natives, salmon also furnished a spiritual dimension. Lewis noted on April 19, 1806 (near The Dalles), “great joy with natives last night in consequence of the arrival of the salmon; one of those fish was caught; this was the harbinger of good news to them.” It was the annual native occasion for the “first salmon ceremony.” This first fish, Lewis recorded, “was dressed and being divided into small pieces, was given to each child in the village.” To Lewis the custom was “founded in a superstitious opinion that it will hasten the arrival of the salmon.”8 Ethnologists later wrote that the ceremony had more basic significance. Erna Gunther for example, in her analysis of these rituals,9 described such main characteristics as:

• an attitude of veneration, based on “belief in the immortality of the salmon and the conscious will of the fish in allowing himself to be caught”
• a feeling that “the salmon is a person, living a life very similar to that of the people who catch him, that in honoring the first salmon, they are honoring the chief of the salmon.”

Where Were the Fish?

A Famine...

Lewis and Clark, however, never witnessed the full, real-life drama of the salmon cycle. They had the misfortune, both descending and ascending the Columbia, to miss the huge salmon runs of the Columbia Basin. In the autumn of 1805 the corps arrived too late to take fresh salmon; in the spring of 1806, the party advanced upstream too early—traveling always just beyond the early fish migrants. The land of salmon became a land of famine, at least of the fresh variety. Scarcity had commenced soon after first crossing the divide. While scouting the Lemhi in late August 1805, Clark’s party was “hourly complaining of their retched Situation and [contemplating? doubts of Starving in a County where no game of any kind except a few fish can be found.” When the corps finally stumbled out of the Bitterroots into Nez Perce country, the men lived on “dried salmon” and quamash roots acquired from the natives, a
continuing ration for the next
nine months.

Fish Diet

The fish diet was disastrous; it worked on the men "much as a
dose of salts." September 21st, Clark: "I am very Sick to day and
puke which relive me." Lewis was so sick he was "Scurcrely able to
ride on a jentle horse...Several men So unwell that they were
Compelled to lie on the Side of the road for Some time..." The jour-
nals bear an oft-repeated refrain:
"nothing to eate except dried fish
and roots." The men preferred the
flesh of dogs, purchasing all they
could from native tribes whenever
available (40 dogs on one day's
march!)

Dried fish was a reserve food of
last resort. The party carried a
store of it downriver from Celilo
Falls all the way to winter quarters.
Used when nothing else was avail-
able, it was "our Standing friend," as Clark wrote on December 1st
(though not so "friendly" the next
day when he complained "have
entirely lost my appetite for the
Dried pounded fish...the cause of
my disorder at present."). On
Christmas day, in the expedition's
newly constructed fort, "spooled
fish and pore elk" served as a "bad
Christmas dinner.

But why was the dried salmon
reserve so often referred to as
"spoiled?" It had been acquired at
the Falls of the Columbia (near
present day Dalles), "that great
meeting and trading site," as
Moulton notes, "for the tribes of
the Columbia."11 Clark observed
there on October 22nd, how care-
fully the natives prepared the fish
for market. There were "great
numbers of stacks of pounded
Salmon (butifully) nearly pre-
served" in lined baskets secured
tightly together by cored mats.
"Thus preserved," Clark wrote,
"those fish may be kept Sound and
Sweet Several years." Either the
expedition was unable to acquire
any of these packages, or it so,
could not have maintained them
carefully enough to keep the fish
"sound and sweet." The reserve
was "poire" and "spoiled" at Fort
Clatsop.

Fish Feasts

Despite the many anxious days
of hunger and ill effects fish was
sometimes a luxury when cooked
in singular ways. Westbound, near
the Clearwater junction with the
Snake, Clark's party was treated to
a special serving of salmon, cer-
emoniously prepared by a native
householder. Clark wrote that this
"boiled fish...was delicious." A few
days later, one of the men gigged a
"salmon trout" (a steelhead). The
camp cook fried it in bear's oil—
"the finest fish I ever tasted," Clark
wrote. He was just as eloquent
later at Fort Clatsop. After dining
on "a Small fish cooked in Indian
Stile by roasting" Clark thought
them "Superior to any fish I ever
tasted," Lewis chimed in with su-
perlative for yet another style of
native cuisine—vapor or steam
cooking. "We live sumptuously,"
Lewis wrote at Fort Clatsop, "on
our wappatoe and Sturgeon;
when steamed these entrees were
"much better than either boiled or
roasted." Just before the party va-
cated Fort Clatsop, Chief Cornwall
presented the captains with a new
delicacy—"anchovies" (actually
eulachon, i.e. candle fish). Lewis
found these "excellent." On this
taste, he wrote, "we once more live
clover.

Salmon Timetable

Leaving winter quarters on
March 23rd, 1806, the explorers
toiled upriver, homeward bound;
life in clover had ended. The men
promptly resumed their purchase
of dogs. On April 1st, near the
Willamette River, they met groups
of natives who had exhausted their
winter store of dried fish, and were
"much streaitened...for the want
of food." These people reported
that the tribes further up were
equally troubled; "they did not
expect the Salmon to arrive until
the full of the next moon which
happens on the 2nd of May." On
this alarming intelligence, travel
plans gave way to the salmon fore-
cast.12 Lewis expressed
much unhappiness with respect to
our future means of subsistence.
above falls or through the plains
from thence to the Chopunnish
[i.e. the Nez Perce] there are no
deer Antelope nor Elk on which we
can depend for subsistence; their
horses are very poor most
probably at this season, and if
they have no fish their dogs must
be in the same situation. under
these circumstances there seems
to be but a gloomy prospect for
subsistence on any terms...it was
at once deemed inexpedient to
wait the arrival of the salmon as
that would detain us so large a
portion of the season that it is
probable we should not reach the
United States before the ice would
close the Missouri:

The captains "determined to
loose as little time as possible" in
rejoining their Nez Perce friends
and recovering their horses for
repassing the mountains; horses
being "our only certain resource
for food."

Thus began on April 1st a cruel
game of hide-and-seek with
salmon. From The Dalles to the
mountain passes in June, the ex-
plorers heard rumors or saw actual
evidence of the proximity of the
migrating fish, yet the salmon
were never within their reach. Was
the salmon "chief" of Indian lore
persisting in an April fool's joke?
Expedition journals recount
weekly, sometimes daily frustra-
tions of hope that the salmon
would soon show up. Travel be-
came a two-month seesaw of vain
expectations:
April 11: Natives observed moving upstream to fishing places "though the salmon have not yet made their appearance."

April 19: The first salmon arrived near the Dalles—expect "great quantity" in five days.

May 3/4: The last of the dried meat and the "ballance of our Dogs" were consumed—not mention of a fish reserve, nothing left for the morrow.

May 10: Lewis ordered his famished men to cease begging for fish and roots from the natives.

May 14: Campsite established within 40 paces of the river, "convenient to the salmon which we expect daily;"

May 18: Private LePage took a salmon from an eagle, giving "hope that the salmon would shortly be with us."

May 21: "We cannot as yet form any just idea what resource the fish will furnish us."

May 27: "The dove is cooing which is the signal as the Indians inform us of the approach of the salmon."

With no luck on the Clearwater, the captains commissioned Sergeant Ordway with two men May 27th to visit the Snake River (supposedly only a half day's ride from camp) to try to garner some of the great numbers of fish reported on that stream. Missing for five days, Ordway finally turned up carrying 17 salmon and some edible roots. But the fish were nearly spoiled by the rugged 70 mile horseback ride. Ironically, Ordway's party had not caught these fish; they were purchased from the natives! At this, Lewis threw in the towel, June 3, 1806:

"I begin to lose all hope of any dependence on the Salmon as this river will not fail sufficiently to take them before we shall leave it, and as yet I see no appearance of their running near the shores as the Indians informed us they would in the course of a few days."

By June 22nd the local natives had finally begun to reap the salmon harvest. But it was then time for the corps to attack the mountains. As a last gasp at fish, Private Whitehouse was dispatched to a native village to procure what he could "with a few beads which Captain Clark had unexpectedly found in one of his waistcoat pockets." Beyond this there was no further waiting for fish.

**Fishing Know How**

In the land where salmon was king, the corps had survived on dogs, roots and "pore game." Such fish as the party consumed, whether fresh or dried, had largely been purchased from or donated by the natives. In contrast with experience on the Missouri, the explorers by their own efforts on the Columbia caught very few fish.13 Not that they didn't know how. They carefully observed enroute many different fishing methods which sustained a widespread Indian population. Their journals describe a range of native fishing habits including use of

- weirs, i.e. traps or dams
- gigs, i.e. "bayonets on poles"
- nets, scoop dips, small seines, and drags
- trolling aboard canoes
- beach scavenging
- and, of course, the customary hook on a line on a pole—(the explorers themselves added a further bizarre method of their own: they once shot a salmon when no game was available on the Lemhi)

Being thus familiar with native methods, the explorers also had ample means for success. Their baggage included thousands of fish hooks and other fishing equipment. Yet all this served more for currency in trading than for taking fish. Fish hooks, in particular, helped purchase not only roots, dogs, beaver and other skins, but also provided wages for native river pilots and even on occasion procured fish (though dried, not the biting kind).

**Incomplete Anglers?**

The journals leave the impression that as anglers, for their own edification and sustenance on the Columbia, the men of the corps simply did not score. Partly, no doubt, disinterest was due to disinterest for a fish diet. Primarily however, defeat came from being at the wrong places at the wrong times. Nevertheless, despite these failures, the fishing annals of the explorers do provide evidence of importance to the world of angling and natural history: the Corps of Discovery through journal data is credited with identifying and describing 12 species of fish "new to science."14—not such a shabby record after all! Considering this and the other overall achievements of the expedition, Lewis and Clark, aside from the salmon famine, were indeed at the right place at the right time.

---FOOTNOTES---

1Izaak Walton, The Compleat Angler; or, The Contemplative Man's Recreation. Being a Discourse of Fish and Fishing for the Perusal
Doing the Lewis and Clark Trail By Bicycle

by Guy Burns

Editor's Note: Guy Burns and Jenny Pearce from Tasmania, Australia, spent six months and traveled 7,500 miles on bicycles, seeing the best of the West, including the Lewis and Clark Trail.

We first became aware of Lewis and Clark when we read the book "Out West" by Dayton Duncan. This was during preparation for our 1989 car trip from Los Angeles to Alaska. During that trip we crossed the Lewis and Clark Trail at Alexander, North Dakota, visited the Lewis and Clark Museum there and decided one day to return and follow Lewis and Clark. Eventually we did return, in April 1996, to follow Lewis and Clark on bicycles.

We arrived in Los Angeles, spent two months cycling east and picked up the Lewis and Clark Trail at Atchison, Kansas on July 5; only one day after the Lewis and Clark re-enactment with the keel boat had passed through. Over the next two months we visited most of the well known Lewis and Clark sites but we preferred the less known and less visited sites such as Spirit Mound in South Dakota and Camp Disappointment in Montana. We consider ourselves fortunate that we were able to visit such sites (with the permission of the land owners) and in the case of Camp Disappointment to spend a night camped overlooking the site with Glacier National Park in the distance.

(Bicycle continued on page 28)

Gary Burns at Camp Disappointment. Glacier National Park is in the background.

While at Fort Clatsop contemplating the homebound voyage Lewis wrote on March 14, 1806 that "the Indians tell us that the Salmon begin to run early in the next month"; it will be unfortunate for us if they do not, for they must form our principal dependence for food in ascending the Columbia, above the falls and its S.E. branch to the mountains."

*There were indeed a few notable exceptions where the party did have conspicuous success. For example when with the Shoshones on August 22, 1805 Lewis "made the men form a bush drag, and with it in about 2 hours they caught 528 very good fish, most of them large trout" (He distributed "much the greater portion...among the Indians.") This experience however was certainly unusual in the fishing annals of the expedition while "on the waters of the Pacific Ocean," which for the most part tell of disappointments compounded.
Cutright, Appendix B re Fishes, pp. 425/27 for a catalogue of fishes "discovered by Levis and Clark" listing 12 different species cross-referenced by source of description in various expedition journal compilations, also citing place and date of observation and/or capture. See also Moulton, 5:407/415 for summaries written by Lewis and Clark during the winter at Fort Clatsop regarding species they reported having met on their journey.

Foundation member Robert R. Hunt is a frequent contributor to WPO. He is a member of the WPO editorial board.
"Two dozes of barks and opium":

LEWIS AND CLARK AS PHYSICIANS

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by Ronald V. Loge, M.D.

The author (AΩA), University of Oklahoma, 1975) is in the private practice of general internal medicine at the Southwestern Montana Medical Clinic in Dillon, Montana. He is also a clinical associate professor of medicine at the University of Washington School of Medicine. This paper is based on a presentation at the Medical Center Hour, University of Virginia Medical School, organized by Edward W. Hook, M.D., Henry B. Mulholland, Professor of Internal Medicine at Virginia.

After the purchase of the Louisiana Territory in 1803, President Thomas Jefferson entrusted the fate of the expedition to explore the Missouri River headwaters to his capable friend and personal secretary, twenty-eight-year-old Meriwether Lewis. Having planned the expedition for ten years, Jefferson outlined detailed and precise goals. He was interested in opening up the west in order to establish trade routes, particularly for the fur trade, and he wanted to lay claim to the Pacific Northwest. In addition, Jefferson wished to learn more about the indigenous peoples, their cultures, and their health. He provided Meriwether Lewis with the necessary instruction to prepare for this journey. Lewis invited a former fellow army officer and experienced frontiersman, thirty-two-year-old William Clark, to serve as cocaptain of this expedition of discovery. 

This remarkable journey of 8000 miles up the Missouri River, over the Rocky Mountains, down the Columbia River, and back again was successfully completed because of rigorous preparation, frequent good luck, and exceptional tenacity. Although the voyagers on this journey faced extreme weather, many types of injury and disease, and encounters with hostile Indian tribes and grizzly bears, only one of the expedition members died. The skillful leadership and care provided by Lewis and Clark were central to this successful outcome.

Possessing a low opinion of contemporary physicians and their treatments, Thomas Jefferson considered a physician to be an unnecessary encumbrance on the expedition and assumed that all illnesses and injuries would be handled effectively by Captains Lewis and Clark. Some background about the state of medicine of the early 1800s provides a better understanding of how the capable army captains were able to function as physicians.

Medicine in 1804 had evolved very little in the 2000 years from the time of Galen and Hippocrates. Thus, the theories and treatments used in medical practice persisted into the nineteenth century. Newer scientific discoveries, however, had changed the names of some of these descriptors from good and ill humors, of the Greeks, to inflammation, morbid conditions, and nervous irritability. Purging and bloodletting endured as the standards of therapy.

The first medical school in the colonies was founded in 1765, and by 1800 the five medical schools in the new republic had graduated a cumulative total of 250 physicians. Many practitioners had little or no training. One "doctor" in ten held a medical degree. Though many nondegree physicians had legitimate apprenticeship training, imposters were widespread. A New York City newspaper from the late 1700s described the city as having forty doctors, "the greatest part of whom were mere pretenders to a profession of which they were entirely ignorant."

Frontier areas had few if any trained physicians, and most of medicine was practiced with only a basic understanding of first aid. Midwives and "yarb" (dialectical form of herb) doctors were common. One of the better known yarb doctors in Albemarle County, Virginia, was Lucy Marks, mother of Meriwether Lewis. She was un-
American Philosophical Society. He expected Lewis to enhance his skills in natural history, zoology, botany, and astronomical navigation, and also to become proficient in field medicine.\textsuperscript{1} pp. 16-19 The principal teacher in Lewis's brief medical study was Benjamin Rush, p. 392 whom Jefferson knew from the days of the Declaration of Independence, which they both signed. Dr. Rush was considered to be the most influential physician of his time. A zealous advocate of bleeding and purging techniques, probably to the extreme, Rush was said to have shed more blood than any general in history.\textsuperscript{3} p. 115

Although there is no record of any detailed medical training that Dr. Rush provided Meriwether Lewis, he did give Lewis a list of instructions for the health and hygiene of the men under his command and probably helped Lewis assemble medical supplies. Assessing Lewis's abilities for the mission, Rush wrote to President Jefferson, "Mr. Lewis appears admirably qualified for it,"\textsuperscript{3} p. 54 thereby confirming to Jefferson that Lewis could be captain, naturalist, and physician.

Congress initially allocated $2500 for the entire expedition, expected to field only a dozen men and take up to two years. Meriwether Lewis budgeted $55.00 for medicine and $696.00 for Indian presents,\textsuperscript{1} pp. 8.9 a ratio that reflected the relative needs anticipated by Lewis. As the journey unfolded, however, the medicine, rather than the presents, secured the beneficial relationships with the northwest natives.

A list of the medical items originally packed for this journey reveals the medical treatments of that era (see table). George Gillaspy and Joseph Strong were Philadelphia physicians who owned the apothecary that supplied the medications. The total cost was $90.69, appreciably over budget. One-third of the expenditures, $30.00, was for Peruvian bark.

Other items included several laxatives (rhubarb, magnesia, and jalap, a powerful laxative derived from the Mexican morning glory plant) and substances to induce vomiting (ipecac and cream of tartar). Most frequently employed of the medical supplies were the biliary pills (fifty dozen) of Benjamin Rush, a potent laxative combination of jalap and calomel. Although inexpensive, Rush's biliary pills produced powerful results. Approximately 1300 doses of laxatives were prepared for this journey. A medicine that would find great worth was vitriol, a topical solution of zinc sulphate and lead acetate, used for eye diseases.

Lewis, aware of reports from the upper Missouri River that syphilis was endemic amongst the Mandan Indians, anticipated that the sexual behavior of his men would require a store of mercury.\textsuperscript{5} p. 106 Calomel (mercurous chloride) was given orally as a laxative and also to treat syphilis. Lewis bought clyster syringes (enema and penis syringes).
Although the penis syringe was designed to treat gonorrhea by urethral irrigation, it may have been more effective as a deterrent. Three of the best lancets were included in the inventory.

After securing the plans, training, and materials needed for the expedition, Captain Lewis traveled down the Ohio River and met his friend, William Clark, at Clarksville, Indiana Territory. They proceeded on to Camp DuBois, near St. Louis, where, during the winter of 1803-1804, they assembled and prepared a crew of hearty woodsmen and army volunteers, now numbering forty-five.

In May 1804, the Corps of Discovery set off upriver on the mighty Missouri River at high water in a heavy iron keelboat and two smaller boats, called pirogues. The strenuous voyage had begun. These boats had to be rowed, sailed, poled, and pulled up the 2,300 miles of the Missouri River.

The voyagers had not traveled far before some men complained of sore eyes, probably from blowing sand and ultraviolet keratitis from the bright sun on the water, but the first real medical problem occurred on July 4, 1804, when one of the men suffered a snake bite on his foot, which immediately began to swell. Captain Lewis applied a poultice of gunpowder and Peruvian bark to the wound. Lewis did not ignite the poultice, as was the practice in some quarters to treat snakebite.

No one was severely ill until mid-August when the group arrived at what is now the area of Sioux City, Iowa, where the only fatality on the entire journey occurred. Sergeant Charles Floyd died of an acute illness that was described as "bilious colic." Floyd had complained of being ill for several days in late July but had soon improved. On August 19, however, Floyd developed crampy abdominal pain, vomiting, and diarrhea, and died the next day. Although no treatment is described in the journals, the customary use of purgatives and bleeding for such illnesses may have been employed, with catastrophic consequences. A ruptured appendix with peritonitis has been the traditional historical diagnosis used to explain Floyd's death. Floyd was about twenty years old, and certain appendicitis is common in this age group. Arsenic poisoning and cholera-like illnesses have also been suggested as etiologies. Chronic peptic ulcer disease with perforation and peritonitis has not been previously considered and should be added to the list of possible causes of Floyd's illness and death. Undoubtedly, apprehension arose thereafter whenever anyone developed the frequently occurring symptoms of colic or abdominal pains.

Medical events were infrequent until the explorers reached Fort Mandan, where the corps spent their first winter on the banks of the Missouri River, adjacent to Mandan and Hidatsa Indian villages. These friendly Indians provided food for the visitors in exchange for trinkets and important blacksmith goods. But of greater significance, the captains acquired knowledge of the upper Missouri, the uncharted waters ahead of them.

Also traded were sexually transmitted diseases! Clark wrote: "they are heelt. except the—vn. (venereal)—which is common with the Indians and have been communicated to many of our party at this place—those favores bieng easy acquired." The natives believed that powers or "medicine" could be transferred through sexual relations. Thus, it was a common practice for esteemed visitors to have the honor of having sexual intercourse with the Indian women. Since syphilis was endemic in the tribes, Lewis and Clark administered mercurials throughout that winter.

Clark learned that smallpox had previously decimated some of the Mandan villages. Although helpless against smallpox epidemics, the Indians might have been aided by Lewis and Clark if President Jefferson's plans could have reached fruition. Jefferson and Rush, both ardent advocates of Jenner's new cowpox (kine-pox) vaccination methods, believed that the scourge of smallpox could be prevented. In his final instructions to Meriwether Lewis in June 1803, Jefferson wrote, "Carry with you some matter of the kine-pox," and he encouraged Lewis to teach about its use and vaccinate especially those with whom they would spend their winter encampments.

The potentially historic opportunity to vaccinate the Mandan and Hidatsa tribes never came about because, as Lewis reported in a letter to Jefferson in October 1803, "(T)he Vaccine matter," supplied by the president, "has lost it's [sic] virtue." During that cold Dakota winter when the group experienced forty
days of temperatures below zero, frostbite was common. In January they found a young Indian boy who had spent a 40-degrees-below-zero night out on the prairie wrapped only in a buffalo robe. He had badly frost-bitten toes, which turned gangrenous and subsequently demarcated. Three weeks later, the captains sawed off the boy's affected toes.7. v. 5. p. 288 He recovered likely left a favorable impression on the Indians.

The most significant event of the winter at Fort Mandan was the captains' introduction to Sacagawea, a Shoshoni woman who had been captured by the Hidatsa Indians four or five years earlier. Lewis and Clark immediately perceived that she would be a key link to the western Indians. She was about sixteen years old, married to a French fur trapper named Charbonneau, and pregnant.

In February 1805, Sacagawea began a long and difficult labor. Captain Lewis was approached by René Jessome, another French fur trapper, who said that in situations like this "he had frequently administered a small portion of the rattle of the rattlesnake."7. v. 3. p. 294 Lewis had a rattle that Jessome broke into small pieces, mixed with water, and gave to Sacagawea. Lewis, in his only foray into obstetrics, observed that within ten minutes the patient delivered a healthy baby boy.

With the breakup of the Missouri River in the spring of 1805, the Corps of Discovery resumed its upstream travel. Lewis, a gifted naturalist and botanist, described plant and animal life extensively, including fruits and wild vegetables that grew along the way. Sacagawea would occasionally dig roots to supplement their meat diet.7. v. 4. p. 15

With buffalo and elk abundant on the prairie, there was never a shortage of food.

When the group neared the Great Falls of the Missouri, Lewis became afflicted with abdominal pain and fever. Would he, while experiencing "violent pain in the intestines,"7. v. 4. p. 278 have remembered Sergeant Floyd's fatal illness and recognized the perilous balance that such new intervening diseases created? He did recall what was presumably one of his mother's herbal remedies made from chokecherry twigs boiled in water. After drinking this black decoction, Lewis described feeling remarkably better. By the next day he was able to march twenty-seven miles.7. v. 4. p. 279

At about the same time Sacagawea became gravely ill, the infirmity lasting nine days. William Clark wrote in his journal on June 10, 1805: "Sah cah gah, we a, our Indian woman very Sick I blead her."7. v. 4. p. 277 Like a sagacious and attentive physician, Meriwether Lewis noted the following in his journal on June 16, 1805:

"about 2 P.M. I reached the camp found the Indian woman extremely ill and much reduced by her indisposition. this gave me some concern as well for the poor object herself. then with a young child in her arms, as from the consideration of her being our only dependence for a friendly negotiation with the Snake Indians on whom we depend for horses to assist us in our portage from the Missouri to the columbia River...I found that two dozes of barks and opium which I had given her since my arrival had produced an alteration in her pulse for the better; they were now much fuller and more regular. I caused her to drink the mineral water altogether. When I first came down I found that her pulse were scarcely perceptible, very quick frequently irregular and attended with strong nervous symptoms, that of the twitching of the fingers and leaders of the arm; now the pulse had become regular much fuller and a gentle
perspiration had taken place; the nervous symptoms have also in a great measure abated, and she feels herself much freer from pain. She complains principally of the lower region of the abdomen. I therefore continued the cataplasms of barks and laudanum which had been previously used by my friend Capt. Clark. I believe her disorder originated principally from an obstruction of the mensis in consequence of taking could—I determined to... restore the sick woman.

Sacagawea did recover with, or in spite of, the treatment. Lewis's observations suggested a pelvic disorder. The syndrome of lower abdominal pain, fever, and occasional diarrhea may have been pelvic inflammatory disease (PID), a likely possibility considering the presence of gonorrhea among the Hidatsa Indians of that era. History suggests that she did have another child in about 1812. In that so many infertile years passed before this presumably sexually active young woman had a second child, PID may be a credible retrospective diagnosis.

The exhausting portage around the Great Falls of the Missouri was made worse by a trio of pests: mosquitoes, eye gnats, and prickly pears. The next leg of the journey to the three forks of the Missouri River was hampered and made unpleasant by these infirmities. The hard, sharp thorns of prickly pears penetrated their moccasins, broke off in the flesh, and caused abscesses.

The three forks of the Missouri, the convergence of the Gallatin River, the Madison River, and the Jefferson River, had been the site of Sacagawea's abduction by the Hidatsa tribe five years before. Near this key geographic point, Lewis and Clark anticipated finding the Shoshoni Indians. The expedition, however, was unexpectedly forced to halt here. Captain Clark had become alarmingly ill. Several days earlier he had complained of blisters and prickly pear thorn wounds on his feet. On July 26, 1805, he felt "very unwell & took up Camp." On the 17th, as described by Lewis: "at 3 P.M. Capt. Clark arrived very sick with a high fever on him and much fatigued and exhausted. he informed me that he was very sick all last night had a high fever and frequent chills & constant aking pains in all his muscles." Lewis noted that Clark was "somewhat bilious and had not had a passage for several days." He persuaded Clark to take a dose of Rush's pills, which Lewis had "always found sovereign in such cases." Captain Clark did take five of Rush's pills, a very large dose, and though sick throughout the night, began to feel somewhat better, particularly after the medicine had "operated." The following day Clark had improved, although he was still very languid and complained of a general soreness in all his limbs. He took Peruvian barks, which probably assuaged his symptoms. The following day, July 30, he was well enough to travel.

What was the cause of Clark's febrile illness at Three Forks? Although this illness caused Captain Lewis to suspend their voyage at this critical juncture, scores of pre-

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Table. Medical Items Purchased for the Lewis and Clark Expedition, pp. 80-81

Bought of Gillasp'y & Strong the following articles for use of M. Lewis Esquire on his tour up the Mississippi [sic] River, & supplied by his Order;—Viz

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Quantity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 lb. Pulv. Cort. Peru</td>
<td>$30.00</td>
<td>4 oz. Laudanum</td>
</tr>
<tr>
<td>1/2 lb. Jaqup</td>
<td>.67</td>
<td>2 lb. Ung. Basil Flav.</td>
</tr>
<tr>
<td>1/2 lb. Rhei [rhubarb]</td>
<td>1.00</td>
<td>1 lb. Ung. [...] Calamin</td>
</tr>
<tr>
<td>4 oz. Pulv. Ipecacuan.</td>
<td>1.25</td>
<td>1 lb. Ung. Episprastic</td>
</tr>
<tr>
<td>2 lb. Crem. Tart.</td>
<td>.67</td>
<td>1 lb. Ung. Mercuriale</td>
</tr>
<tr>
<td>1 lb. Assafoetida</td>
<td>1.00</td>
<td>1 lb. Set Pocket Insts. small</td>
</tr>
<tr>
<td>1/2 lb. Opill Turk. opt.</td>
<td>2.50</td>
<td>1 lb. Teeth</td>
</tr>
<tr>
<td>1/2 lb. Tragacanth</td>
<td>.37</td>
<td>1Cl. Blister Syringe</td>
</tr>
<tr>
<td>6 lb. Sal Glauber</td>
<td>.60</td>
<td>4 lb. Pens do.</td>
</tr>
<tr>
<td>2 oz. Nitri</td>
<td>33/2</td>
<td>3 lb. Best Lancets</td>
</tr>
<tr>
<td>2 lb. Copperas</td>
<td>.10</td>
<td>1 lb. Tourniquet</td>
</tr>
<tr>
<td>4 oz. Calomel</td>
<td>.75</td>
<td>50 doz. Bilious Pills to</td>
</tr>
<tr>
<td>1 lb. Tartar Emetic</td>
<td>.10</td>
<td>Order of B. Rush.</td>
</tr>
<tr>
<td>4 oz. Vitriol Alb.</td>
<td>.12</td>
<td>6 lb. Tin Canisters</td>
</tr>
<tr>
<td>1/2 lb. Rad. Columbo</td>
<td>1.00</td>
<td>3 oz. Gd. Stopd. bottles</td>
</tr>
<tr>
<td>1/2 lb. Elix. Vitriol</td>
<td>.25</td>
<td>5 oz. Tinctures do</td>
</tr>
<tr>
<td>1/2 lb. Ess. Menth. pip.</td>
<td>.50</td>
<td>6 oz. Salt Mo.</td>
</tr>
<tr>
<td>1/2 lb. Bals. Copaibo</td>
<td>.37</td>
<td>1 lb. Walnut Chest</td>
</tr>
<tr>
<td>1/2 lb. Tramatic</td>
<td>.50</td>
<td>1 lb. Pine do.</td>
</tr>
<tr>
<td>2 oz. Magnesia</td>
<td>.20</td>
<td>Porterage</td>
</tr>
<tr>
<td>1/2 lb. Indian Ink</td>
<td>1.50</td>
<td>Phila. May 26, 1803</td>
</tr>
<tr>
<td>2 oz. Gum Elastic</td>
<td>.37</td>
<td></td>
</tr>
<tr>
<td>2 oz. Nutmeg</td>
<td>.75</td>
<td></td>
</tr>
<tr>
<td>2 oz. Cloves</td>
<td>.31</td>
<td></td>
</tr>
<tr>
<td>2 oz. Cinnamon</td>
<td>.20</td>
<td></td>
</tr>
</tbody>
</table>

$46.52
vious analyses have simply dismissed this infirmity as constipation, exhaustion, malaria, or infection from prickly pear punctures. Considering current knowledge of infectious diseases and epidemiology, a person presenting now with these symptoms during the summer season in southwestern Montana would usually be suffering from Colorado tick fever. This viral infection, transmitted by wood ticks, is endemic today in the Clearwater River valley, in what is now Idaho.

In October, because the party had reached a Nez Perce Indian village. The Corps of Discovery troops were famished. The natives provided a feast of dried salmon, berries, and roots. Apparently because of the food, all of the men became extremely ill for several days with what may have been some type of bacterial enteritis to which the Indians were immune. Lewis was, in fact, so weakened by vomiting, abdominal pain, and diarrhea that he could not ride his horse. And what treatment did Captain Clark administer to all of these men with dysentery? None other than the "sovereign" bilious pills of Dr. Rush!

After this two-week delay, the expedition proceeded down to the Columbia River in hand-hewn canoes, establishing contact with Indian tribes as they went. On this part of the journey Lewis and Clark began their medical practice with the Indians by treating their very common eye complaints with virotal eye drops. The Indians suffered from sore eyes and blindness, perhaps caused by trachoma, still the leading cause of blindness in the world today.

On November 7, 1805, Clark wrote, "Great joy in camp we are in View of the Ocean." The winter camp, Fort Clatsop, was fairly quiet, except for some interaction with the local Indian tribes. These natives had the same sexual mores as the Mandan Indians. In spite of admonitions of chastity, the captains had again to treat many of the men with mercurials for "the venereal." Three men were dispatched from Fort Clatsop to the ocean to make salt by boiling sea water. In February 1806, one of them, Bratton, became ill with a cough and low back pain. The back pain persisted for four months and caused him to be totally disabled. On the return journey, while camped along the Clearwater River in May, Bratton asked that he be

Captain Lewis had purchased nearly $700 worth of gifts and trinkets for the Indians to be used to barter for food, horses, canoes, and goodwill. Returning up the Columbia, they lacked resources to complete the return trip, and their supply of trade items was depleted. Although they resorted to cutting buttons off their clothes to trade for food and horses, it was the medical practice of Captain Clark that saved the day. Word of the red-haired doctor and his "Big Medicine" had gotten out to the Columbia River tribes, and on the return voyage, natives were waiting for him with their medical problems. And Captain Clark had many important successes.

Lewis wrote that Clark gave an Indian man some liniment to rub on his knee and "the fellow soon after recovered and had never ceased to extol the virtues of our medicines and the skill of my friend Capt. C. as a physician." Word of the medical skills of Lewis and Clark traveled fast and far. Indians came from as distant as two days ride on horseback just to seek medical attention. Captain Clark would see as many as fifty people a day at his clinics, while Captain Lewis carried on diplomatic negotiations with tribal leaders.

The expedition lacked sufficient numbers of horses to cross back over the mountains. Captain Clark's medical practice produced the needed horses. One of the many horses came from an Indian man whose wife had an abscess in the small of her back. He promised a horse for the treatment of the abscess. Captain Clark received a sec-

(Dozes continued on page 30)
Sioux Land Special

THE 1996 ANNUAL MEETING
Sioux City, Iowa

Photos by Beverly Hinds, Rennie Kubik, et. al.

At the M.V. (motor vessel) Sgt. Floyd tourism center people took pictures of people taking pictures of people.

Iowa Governor Terry Bransted welcomed everybody to Sioux Land and the Youth Achievement Award was given to three students from the Leavenworth, Kansas East Middle School.
Speakers at the Annual Meeting included Jim Ronda (above) and Gary Moulton and W. Raymond Wood (right).

Ron Williams (left), explaining the doings at Onowa State Park, and Carol MacGregor (below) were also featured speakers.
Beverly and Strode Hinds received an award for service above and beyond duty in organizing the 1996 Annual Meeting. Ralph Rudeen is presenting the award.

Clyde G. "Sid" Huggins, the newly elected foundation president, is joined for a portrait with President-elect James M. Peterson, Executive Director Barbara Kubik and H. John Montague, foundation treasurer. Other officers are Vice President Raymond L. Breun and Ann F. Johnston, secretary.

And the Jazz Group from North High School played on at the banquet.
Skamania Lodge

At one end of the Bridge of the Gods, spanning the spectacular scenic beauty of the Columbia River Gorge, is the Pacific Northwest’s newest destination resort and conference center, Skamania Lodge in Stevenson, Washington. Designed in the mountain lodge tradition of America’s national parks, the 195-room resort gracefully blends with its environment of 175 wooded acres where forest, mountains and the Columbia River intertwine 45 minutes from Portland, Oregon—and a world away in feeling and style.

Since opening in early 1993, Skamania Lodge has become one of the region’s most popular soft adventure vacation destinations, a comfortable starting point for both conference guests and leisure travelers to explore the grandeur of the Columbia River Gorge and the numerous activities, from white water rafting to windsurfing and wildflowers, for which the history-rich region is noted.

The four-story wood lodge of heavy timber construction, board and batten siding and native stonework provides a warm welcome, as do the comfortable earth tones and textures of custom-designed, Mission-style “Arts and Crafts” furnishings that include 200-year-old wood flooring, Native American-inspired rugs and petroglyph rubbings.

The Lodge’s three-story Gorge Room is centered around a massive stone fireplace and is a favorite meeting spot for guests who enjoy breathtaking vistas through floor-to-ceiling windows overlooking a meadow of indigenous wildflowers and grasses and the Columbia River.

Recreational facilities include a fitness center, indoor swimming pool, whirlpool spa in a natural rock setting, 18-hole scenic golf course with practice area, outdoor tennis courts and four miles of nature trails.

The 200-seat restaurant features a wood-burning oven and a menu of local breads, meats, river fish and other fresh, Northwest regional favorites under the direction of Executive Chef Emmanuel Afentoulis. Both the restaurant and 100-seat lounge command panoramic views of the gorge.

In addition to 156 standard rooms, guest rooms include two-bedroom family rooms, deluxe fireplace rooms and parlor suites, all with excellent views of the Columbia River Gorge or the forested Cascade Mountains. Window and bed coverings are of specially-designed fabric from nearby Pendleton Woolen Mills in Oregon.

Built as a result of the Scenic Area Act of 1986, Skamania Lodge is a public/private partnership between the Columbia River Gorge Commission, U.S. Forest Service, Skamania County and Salishan Lodge, its owner and operator.

The U.S. Forest Service staffs a lobby information center and offers weekly interpretive programs with topics such as wildflowers, geology, history, hands-on basket weaving and storytelling.

For business guests, Skamania’s state-of-the-art conference facility offers 12,000 square feet of flexible meeting, exhibition and banquet space discreetly located away from the main lodge’s activity to enhance privacy and productivity.

There are two large ballrooms decorated with wood wainscoting, acoustic panels and open wood-beamed ceilings (the larger with a fireplace) with breakout options that include an open-air courtyard.

Rich in human and natural history, the Columbia River Gorge has an amazing amount of activities to suit virtually any interest: the Columbia River Gorge Sternwheeler, lava beds, Pendleton Woolen Mills, Maryhill Museum, ice caves, Scenic Highway wineries, Mt. St. Helens volcano area, Beacon Rock State Park, world-famous windsurfing, fish hatcheries, Bonneville Dam andVisitor’s Center, Multnomah Falls, biking, river and lake fishing, Ft. Vancouver, and Mt. Hood Railroad excursion train.

Relaxing and rustic as a mountain lodge retreat, yet offering supreme comfort and convenience, surrounded by spectacular natural beauty and a fascinating diversity of adventuresome activities, Skamania Lodge is a singular—and singularly popular—destination resort in the Pacific Northwest.
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FEBRUARY 1997
FOUNDATION AWARDS NOMINATIONS DUE

It is time to make nominations for foundation awards. These include the Award of Meritorious Achievement which is for outstanding contributions in bringing to this nation a greater awareness and appreciation of the Lewis and Clark Expedition; the Distinguished Service Award which is for outstanding contributions toward furthering the purpose and objectives of the Lewis and Clark Trail Heritage Foundation, Inc.; the Appreciation Award given in recognition for gracious support (deed, word, or funds) given to the foundation in its endeavor to preserve and perpetuate the lasting historical worth of the 1804-1806 Lewis and Clark Expedition; and the Youth Achievement Award which is in recognition of a person or group of persons under the age of 21 who have increased knowledge of the Lewis and Clark Expedition through outstanding composition, art, drama, photography, site preservation and enhancement, or other significant contributions.

The Distinguished Service Award may only be presented to a member of the foundation.

Nominations should include, in addition to names, sufficient background data to assist the Awards Committee in its selection process and should be sent to: S.E. Knapp, Chairman Awards Committee, 1317 S. Black, Bozeman, MT 59715. Nominations for the Youth Achievement Award will subsequently be forwarded to the Chairman of the Young Adults Activity Committee. All nominations must be submitted by April 19, 1997.

CLASSIFIEDS

RARE COLLECTION OF MAPS— 81 pages. 32 maps plus a supplement by Robert Bergantino on how to use navigational instruments to find longitude and latitude. Done by the University of Virginia and Lewis & Clark member Guy Benson. Postpaid price $12.00—Lewis & Clark Publications, Box 577, Bozeman, MT 59715.

ONLY 8 LEFT TO SELL of the excellent bronze noting Captain Clark with his surveying instruments by Robert Scriver entitled: Capt. Wm. Clark, "Mapmaker." This high quality bronze 13" high is a centerpiece anywhere and a remarkable eye catcher for the art collector and novice alike. Limited edition of 100—$1400.00 plus $10.00 shipping and handling. Bronze Committee, Don Nell, Box 577, Bozeman, MT 59715 or 406-587-4806 home or 406-586-0266 office.

FOR SALE: Vol. #1, Moulton Series—Maps—1st Ed. Original Package. $400.00 postpaid—Cashier's Check. Don Nell, Box 577, Bozeman, Montana 59715.

WESTERN BARRIERS, a guide to the Lewis & Clark Trail, used for the Missoula, Montana meeting covering the trail and sites within 100 miles of Missoula. $7.95 postpaid. Publications, Don Nell, Box 577, Bozeman, MT 59715.

WE HAVE A LIMITED NUMBER of commemorative plaques left for sale of the "Explorers at the Portage" statue in Great Falls Overlook Park at $500.00 each. Contact: Portage Route Chapter, P.O. Box 2424, Great Falls, MT 59403.

FEBRUARY 1997
MARCUS J. WARE

Marcus J. Ware, a longtime lawyer and historian and a recipient of the Lewis and Clark Trail Heritage Foundation meritorious service award, died in Lewiston, Idaho in late September. He was 92.

Born in Yakima, Washington, Ware was a graduate of the University of Idaho College of Law in 1927. He practiced law in Idaho for more than 60 years. At the age of 86, he was named Idaho Distinguished Lawyer for 1991, the highest honor bestowed by the Idaho Bar Association.

He was a student of history, especially that of the Northwest, and belonged to many historical organizations. He was on the advisory board of the Idaho TV history series from 1988 to 1991 and was a charter member of the Spaulding Foundation. He served for many years as Nez Perce County historian.

From 1955-56 he was chairman of the Lewis and Clark Sesquicentennial Committee. The Sesquicentennial event was a three day celebration of the Lewis and Clark journey through Idaho in 1805 and 1806. In 1961 he chaired the Lewiston Centennial observance. He was a member of the Idaho Lewis & Clark Trail Commission, which promoted the marking and development of historic sites along the 1804 to 1806 route of the expedition. He served as its vice chairman until 1967.

Ware was instrumental in forming the local historical society and establishing what is now Luna House Museum. From 1969 to 1991 he was a member of the Idaho Historical Sites Review Board. He served on the board of the Idaho State Historical Society and was once its chairman. In 1961 he received the Award of Merit from the American Association for State and Local History, and in 1973 was honored by the Idaho Recreation & Parks Society.

A student of languages he spoke Spanish, studied Scottish Gaelic, was fluent in Swedish and studied Nez Perce, Latin and Portuguese.

He is survived by his wife Helena, one son and two daughters. Memorials may be made to the Marcus J. Ware Memorial Fund, U.S. Bank, 835 Main Street, Lewiston, ID 83501.

ARLEN J. LARGE

Arlen J. “Jim” Large, 65, a reporter who worked for 28 years in the Washington bureau of the Wall Street Journal before retiring in 1986, died of lung cancer Nov. 10 at the home of his brother-in-law in Evergreen, Colorado. A former resident of Washington, he had moved to Colorado recently.

Mr. Large was born in Flora, Illinois and graduated from the University of Illinois in 1953. He was farm editor of the Champagne-Urbana Courier for one year, then served for two years in Army Intelligence in Korea. He then joined the Chicago bureau of the Wall Street Journal, covering agriculture news until 1958, when he was transferred to the Journal’s Washington bureau.

His career in the capital included covering agriculture, the Treasury Department and economic agencies, Congress, politics and science. In 1968, he was cited by the American Political Science Association for “distinguished reporting” of public affairs.

His avocations included study of the Lewis and Clark expeditions, about which he had written widely.

He was a former president of the Lewis and Clark Trail Heritage Foundation.

Mr. Large had traveled widely on scientific expeditions involving archaeology and astronomy in the United States and overseas. He boasted of having observed every total solar eclipse since 1950.

He was a member of Alcoholics Anonymous and had been sober for 13 years at his death.

Survivors include his mother, Vivian Large, of Evergreen, Colorado.

MEMORIES OF ARLEN J. LARGE

by Robert K. Doerk, Jr.

"Arlen J." will always be known as Jim to me. When I first met Jim in 1984 he was president of our foundation and I was a member of the Portage Route Chapter (president at that time), hosting the 1984 Annual Meeting in Great Falls. Not knowing what to expect with all these experts coming to our fair town, Jim was the one who, without any pretensions, put our minds at ease. He knew his stuff, but it was a labor of love with him and he did not parade his extensive Lewis and Clark knowledge.

Jim was inquisitive, he had curiosity, and this was the mark of the man. Curiosity is an overlooked quality in most of our scholars. You are probably familiar with Don Jackson’s curiosity back in the mid-80’s when he simply could not understand why Lewis and Clark would name present day Monture Creek (in the middle of Montana) “Seaman’s Creek.” It made no sense…so back to the original journals went Don Jackson and started to study the way Lewis and Clark
From the Past

Lewis and Clarkers Keep An Adventure Alive

EDITOR'S NOTE: Foundation President-elect Jim Peterson sent this article to WPO. In an attached note he commented that reading the article was the first time he had heard of Lewis and Clark.

Reprinted from the Wall Street Journal, August 29, 1978 by Arlen J. Large

VANCOUVER, Wash.—A few years ago Clark Adreon, of St. Louis, was attending a convention at a hotel overlooking the blue Pacific. From time to time he’d amuse his colleagues by looking seaward and saying: “Ocean in view. Oh, the joy.”

It was one of those delicious allusions relished by insiders with a common bond. For everyone there knew that Mr. Adreon’s full name is William Clark Adreon, a direct descendant of the William Clark, who with Meriwether Lewis, led the epic expedition from St. Louis to the Pacific Coast in 1804-06. And everyone knew that when Capt. Clark saw the estuary of the Columbia River, he excitedly wrote in his notebook: “Ocean in view! Oh! The joy.”

The inventively spelled phrase has become a sort of password for members of the Lewis & Clark Trail Heritage Foundation, which recently held its 10th annual meeting here on the north shore of the Columbia. More than 100 of the foundation’s members showed up for three days of historical lectures, visits to nearby landmarks of the expedition and endless discussions of ways to spread “the Lewis and Clark story” to the outside world.

In just the past 20 years a spate of books on the expedition has portrayed that fascinating story to an ever-widening audience. Congress in the 1960s created a federal commission to put up signs on highways closest to the expedition’s route. When the commission’s life expired, the private Lewis & Clark Trail Heritage Foundation took its place as the expedition’s chief cheerleader and keeper of Lewis and Clark lore.

There are 370 persons on the (From the Past continued on page 29)
Keith I. Runyon, book reviewer for the Louisville Courier Journal newspaper, has listed Stephen Ambrose's "Undaunted Courage" as one of the 10 best books of 1996. He said the book "is a compelling account of the Lewis and Clark Expedition, soon to be commemorated nationally in a bicentennial observance."

Atchison Had a Lewis and Clark Fourth

The 1996 Lewis and Clark re-enactment journey up the Missouri River had a Lewis and Clark Fourth of July in Atchison, Kansas. Reporter Chris Taylor noted two moments in history when the Corps of Discovery crew marched from Glen Bishop's replica of the expedition keelboat into Amelia Earhart Stadium in Atchison.

The keelboat was docked on the river front after its journey upriver from St. Charles, Missouri. It was a big day in Atchison for Lewis and Clark as the name of White Clay Creek was changed to its original expedition name of Fourth of July 1804 Creek.

Bishop's keelboat had a little more power than the original oars, poles and pulling power used to move the expedition's boat. He added a motor to move through the powerful currents of the river. However, the original forms of moving the boat were used, particularly for the film of some sequences by Ken Burns' movie film crew. Bishop also left off the swivel cannon from the bow of the keelboat as he did not anticipate many unfriendly natives on the journey.

The 1996 expedition had some amenities the 1804 crew did not, such as Makita cordless drills, an engine and people with food waiting on them along the way. But when it came down to it the river showed who was still in charge, even 192 years later.

During the journey, a sunny day turned sour when a rain storm with 60 mile an hour winds soaked everyone on board. By the time they reached their next stop, the crew found they were closer to re-enacting the original journey than they had anticipated with no lights or phones and downed trees over the area. As one crew member said, "When you're out on the river nature still does pretty much rule the day."

—Atchison Daily Globe
—Atchison, Kansas

Nez Perce Raise $608,000 to Buy Back Own Artifacts

The impoverished and isolated Nez Perce tribe in Idaho used MTV, the World Wide Web and high moral ground to win back 20 artifacts acquired by a Presbyterian missionary 150 years ago.

The artifacts were originally valued at $57.90. Using that amount as a rallying cry, the tribe took only four months to raise the $608,000 needed to purchase moccasins, bags and dresses sent by the missionary, Henry Spalding, to Ohio in 1846. The items are now on display at the Nez Perce National Historic Park at Lapwai, Idaho.

Known as breeders of the Appaloosa horse, the Nez Perce helped Lewis and Clark as they journeyed to the Pacific, feeding them, guiding them and giving them horses. Later, the tribe sent a delegation to Clark's home in St. Louis seeking, "white man's book of heaven."

The items had been donated to the Ohio Historical Society which loaned them to the federal historic park. In 1992 the Ohio society asked for the items back. The tribe asked them to donate the artifacts to the tribe. The non-profit Ohio society did not want to give away one of its most important and valuable collections. An agreement was reached to sell the collection to the tribe if the money could be raised by June 1, 1996. In December 1995 the tribal executive council, facing a 75 percent unemployment rate and devastating winter floods in the tribal village of Lapwai, agreed to raise the funds.

They called it the quest and it worked. People from all over the world made a connection with the tribe. They understood the importance of Native American heritage. From Walt Disney's widow, who donated $100,000, to "a lady from Massachusetts who heard about us on the radio and makes $75 a week and had never donated anything. She asked permission to send $10."

Joanne Spalding-Stacy, the great-granddaughter of Henry Spalding and a participant in the ceremony turning the items over to the tribe, said, "It was a miracle for this little tribe."
North Dakota Lewis and Clark Interpretive Center under Construction

Construction continues through the winter months on the $1.5 million North Dakota Lewis and Clark Interpretive Center at Washburn. The center, set to open June 1, 1997, is located along U.S. Highway 83, two miles away from the reconstructed Fort Mandan. The facility is also at the intersection of N.D. Highway 200A, which will take visitors across the Missouri River to the Knife River Villages National Historic Site, and its own interpretive center.

The 5,000 square foot building will contain 1,100 square feet of interpretive displays, being prepared by Deaton Museum Services of Minneapolis (the same firm is working with the Great Falls facility). Construction of the building and displays is fully funded by a combination of state and federal Department of Transportation grants.

While an overview of the expedition will be included, the primary focus of the center will be to tell the story of the Fort Mandan winter. However, working through the North Dakota Historical Society and other entities, the center will contain original Native American artifacts representing virtually every tribe that Lewis and Clark encountered.

A grand opening/dedication has been set for June 6-8, featuring a writers symposium, re-enactor encampments, interpretive displays along with Washburn’s annual “Riverboat Days” celebration.

For more information, write the North Dakota Lewis and Clark Bicentennial Foundation at Box 607, Washburn, ND 58577.

FUND DRIVE UPDATE: A charter membership fund drive, intended to raise initial operational funding for the center, has passed its original goal of $180,000, and has set a new goal of $300,000 to raise prior to opening day. Charter memberships begin at $100, and include a two-year foundation membership; framed “Mandan Winter” print; recognition at the center and discounts in the gift shop.

Big Year Ahead for Lewis and Clark Center

An article in the Great Falls Tribune in late December 1996 brought Montana residents up to date on the Lewis and Clark Interpretive Center. It was one of a series of articles recapping major events during 1996.

The writer, Mark Downey, noted that, “Teachers and students of Montana history, science, natural history and Native American history, like hundreds of thousands of tourists and Montanans alike, will be able to explore a captivating chapter of the West with a trip to the center.”

Neither winter snow nor a cliff of hard rock could slow work on the North Dakota (above) and Great Falls (below) Lewis and Clark interpretive centers. The concrete structure in the foreground (below) is the elevator shaft down the face of the cliff.

Center board member Ann Goldhahn commented on the multipurpose room with sinks and laboratory equipment that will be included in the center specifically for use by school students. James Parker Shield,
A new book has appeared in bookstores and on library shelves that should be attracting the interest of aficionados and scholars of the Lewis and Clark Expedition. But unless your local bookstore stocks unique western Americana or humanities studies, or your reference librarian shares your own multi-faceted interest in all aspects of the expedition, there is a good chance you have missed Donna J. Kessler's book, *The Making of Sacagawea: A Euro-American Legend*.

Kessler is a humanities scholar and professor at Embry-Riddle Aeronautical University in Daytona Beach, Florida. *The Making of Sacagawea* is a careful and chronological examination of the popularity of this 16-year-old member of the expedition in western Americana, children's literature, popular fiction, biographies and movies.

What is it, Kessler asks in *The Making of Sacagawea*, that causes us to take the few pieces of information we have about the young Shoshoni woman and create the legends we have—of a beautiful Indian princess, a courageous and compassionate heroine and a guiding light in western exploration? What is it that makes her so popular in Euro-American literature and movies?

Kessler clearly states in her introductory chapter that this book is not a biography, nor is it an attempt to resolve the many mysteries surrounding her name, her life, or her role in the Lewis and Clark Expedition.

"It's going to very clearly show that not all Indians are alike and that for different reasons have different traditions and customs," Shields said.

Planners expect 200,000 to 250,000 visitors to the center annually for the first five years, and then it could increase, Gorman said.

Lewis and Clark scholar Gary Moulton noted that, "People are very interested. It's going to be a focal point for Lewis and Clark enthusiasts nationwide."

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**Bicentennial Commission Planned in Montana**

Legislation has been drafted to create a Lewis and Clark Bicentennial Commission in the state of Montana. The draft legislation will create a nine-member commission responsible for Montana's portion of the Lewis and Clark Bicentennial observance. Among other functions, it will coordinate activities of various state agencies, promote local and regional events, cooperate in national bicentennial events, and promote public education of the Lewis and Clark Expedition. The legislation will be introduced in 1997 and builds on the current executive order signed by Governor Marc Racicot that created the Montana Lewis and Clark Bicentennial Advisory Council.
before and after the expedition and her death. Rather, Kessler addresses what she perceives as our need to create a legend, a myth and a heroic figure from a few known historic facts. She contends that at different periods in the last 100 years, authors and historians have felt compelled to create a woman of heroic proportions, an Indian princess, a courageous wife and mother, a guiding light in the wilderness and a pioneer of civilization from the original journals of the expedition. With each telling of Sacagawea's story, the legend grows more romantic and the heroine, more heroic.

Kessler believes the first to create a portion of the legend of Sacagawea was Dr. Elliott Coues. As Coues edited his four-volume The History of the Lewis and Clark Expedition (1893), he utilized all of an editor's tools, including individual page headings, editorial comments and footnotes, to emphasize Sacagawea's role as a member of the expedition. Coues's comparisons between the young mother and her ne'er-do-well French-Canadian husband served to emphasize her contributions to the success of the expedition. Coues begins to create a heroine, the brave and wise young Indian mother "...who contributed a full man's share to the success of the expedition, besides taking care of her baby."

Kessler writes it is Eva Emery Dye, who unabashedly developed the heroine, Sacagawea, for her own purposes. Dye was an activist in the woman suffrage movement and an author of several histories, novels, plays and poems. Her publishers were looking for an author to commemorate the centennial of the Lewis and Clark Expedition, and she was looking for a heroine to help the cause of woman suffrage. What better heroine than a brave and forward-looking Indian princess-woman-mother leading an expedition into the western lands? Dye's book, The Conquest: The True Story of Lewis and Clark (1902), was a best seller. Dye's Sacagawea was a heroine for the cause of women's rights, for the Lewis and Clark Expedition and for westward expansion.

Kessler writes that throughout the 20th century, authors continued to expand upon the legends of Sacagawea. By the 1940s, writers were romantically linking Sacagawea to either Meriwether Lewis or William Clark. In these books it was her love for the captain that motivated her to guide the expedition through the wilderness. In 1979 Anna Lee Waldo's Sacajawea became the consummate popular historical fiction. Waldo's book has everything legends are made of—a handsome and kind captain, unrequited romance, a cruel and abusive husband, a beautiful and brave young woman-mother struggling under the most adverse of conditions and epic historic events in the wilderness. Waldo's book is the culmination of 100 years of biographies, films, children's literature and romantic fiction that attest to the popularity of the legend. Sacagawea is the perfect heroine in a perfect historical event.

Kessler's work is not without problems. She is highly critical of the expedition's journal-keepers, Captains Meriwether Lewis and William Clark, Sergeants Patrick Gass and John Ordway, and Private Joseph Whitehouse. Kessler finds these journal-keepers should not have judged Sacagawea in the light they did—that same light so many other white men judged Indian women by, as slaves and as drudges. One could easily argue that the work white women did and the conditions they lived under were no better and no worse than those of their Indian sisters. Euro-American men wore considerable cultural blinders when they compared the lives of Indian women with those of their own mothers, wives and sisters. It was a faulty observation most of these men, as explorers, fur trappers and traders, settlers and missionaries, made.

Kessler disapproves of the word "squaw" that the expedition's journal-keepers use when they refer to Sacagawea. But, was the word "squaw" considered derogatory in 1805? According to the 1933 Oxford English Dictionary, the word "squaw" is actually an Algonkian word meaning "woman" or "wife." In early colonial times the word was used by Indians in reference to white women and by whites in reference to Indian woman. "Squaw" appears to be another one of those terms the English-speaking colonists adopted from an Indian language. At what time in our history did the use of the word "squaw" become a racial slur?

Kessler seems to feel the journal-keepers should have used Sacagawea's name at all times. Aficionados and scholars of the expedition's journals could not agree more. It would be so much better if Clark, Lewis, Gass, Ordway and Whitehouse would have consistently used everyone's names. Instead, the journals are filled with terms like "one man," "two men," "the sergeant" or "two hunters." At least we know when Sacagawea is an active participant in the expedition. She is consistently identified as "squaw" or "our interpreter's wife" or "the wife of Shabono."

Kessler's bibliography is extensive. The list of reference materials about Native American-white relations in literature and movies is considerable, as are the resources about the making of our myths and legends about Indian cultures.
Kessler has made extensive use of the journals of the two captains, Gass, Ordway and Whitehouse, and her reading of biographies and historical fiction about Sacagawea is diverse and lengthy.

However, she chose not to use Dr. Gary Moulton’s *The Journals of the Lewis and Clark Expedition*. Coues is good, as is Gass, Osgood, Thwaites and Quafe, but in many cases Moulton has added insights that was simply not known nor available even 30 years ago. Kessler has neglected to use some of the most well-documented and insightful biographies of Sacagawea, including those by Bob Saindon and Blanche Schroer. Kessler’s book is a chronological path through the creation of a complex, historical legend, Sacagawea, yet two of the most recent works in the genre of historical fiction, James Alexander Thom’s *From Sea to Shining Sea* and Scott O’Dell’s *Streams to the River, River to the Sea: A Novel of Sacagawea*, are not mentioned.

There are numerous errors in the “Works Cited,” Kessler’s bibliography. Drury’s work, “Sacagawea’s Death, 1812 or 1884?” is incorrectly cited. Helen Howard’s “The Mystery of Sacagawea’s Death” and C.S. Kingston’s “Sacagawea as Guide: The Evaluation of a Legend” both appear in the *Pacific Northwest Quarterly*, which is incorrectly identified as the *Northwest Quarterly* and the *Pacific North West Quarterly*, respectively.

Donna J. Kessler has written a thorough and thought-provoking book. She challenges us to read, to write and to think carefully. *The Making of Sacagawea: A Euro-American Legend* is a reminder to all of us, that history is a matter of accuracy and careful interpretation, and that we must be careful lest our heroes and heroines become greater than life based on less than accurate history. As we approach the bicentennial, it will be tempting to allow hero-worship to enhance our celebrations. History, simply told and truthfully said, is always best.

*Barbara Kubik is the executive director of the foundation.*

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**BICYCLE—**

*Cont. from p. 9*

We crossed over Lolo Pass, spending three nights camped in the forest between Missoula and Lewiston. The slow pace of a bicycle has its attractions! Fort Clatsop, the End of the Trail Monument at Seaside, Oregon and the Salt Works ended our Lewis and Clark adventure.

Robin D. Williams with the original journals of Lewis & Clark at the American Philosophical Society.

Robin D. Williams is best known for his historical custom tours and film documentaries of great travelers of history. His video films include Paul’s Journeys (the travels of St. Paul according to ACTS...eleven years to complete), Christopher Columbus, Wolfgang Amadeus Mozart, Charles Lindbergh and Lewis & Clark. All of his videos are filmed on the exact locations. He has been leading his own custom tours concentrating on historical subjects since 1958. He was voted SPEAKER OF THE YEAR and placed in the HALL OF FAME in 1992 by INTRA-FILM, a professional film presenters group. He narrates his films with “in-person” narration in civic theaters and auditoriums nationwide. His stage appearances are dynamic and laced with wholesome humor!

Robin D. Williams is operating a personally guided tour of the Lewis & Clark Trail this coming July. The tour will follow Meriwether Lewis from his home in Charlottesville, Virginia to the mouth of the Columbia River. Members of the **Lewis & Clark Trail Heritage Foundation** will be transported directly to Skamania Lodge in time for registration and reception at the conclusion of the tour. His new video entitled "THE TRAIL," is the exact itinerary. The tour is limited to 35 persons.

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FROM THE PAST—
Cont. from p. 23

the foundation’s membership rolls, understandably concentrated in the key “trail” states of Washington, Montana and Oregon. There is also a hotbed of members in Charlottesville, Virginia, the home stamping-ground of both Capt. Lewis and President Jefferson, the expedition’s mastermind. Members also are scattered in California, Colorado, Ohio, Pennsylvania and New York, and there’s even one (me) in the District of Columbia.

The foundation publishes a newsletter called “We Proceeded On,” a phrase that appears repeatedly in the journals kept by expedition members. The newsletter contains chatty items about foundation activities, publication announcements about forthcoming new books on the expedition and footnote-studded scholarly articles about the journey in its most picky detail. To raise money the organization sells Lewis and Clark tie-clasps, pen sets and a rather expensive bronze figure of Capt. Lewis and his dog.

What was the dog’s name? Scannon, a Newfoundland. Everybody knows that, at least everybody present at a foundation meeting, where a certain defensive body of knowledge is essential. Lewis and Clark share a great love of controversy over everything in the expedition’s massive written record. For example, there has been considerable cannonading between scholars over the modern location in Montana of a stream known to Lewis and Clark by its intriguing Indian name, “The River That Scolds at All Others.”

At this meeting, an auto caravan up the spectacular Columbia River gorge produced a typical Lewis and Clark inside joke when one car made a false turn. “It must have been driven by Shannon,” somebody cracked, referring to expedition member George Shannon’s reputation for always getting lost from the main party. That’s just another heresy, say Private Shannon’s defenders, who argue his disappearances weren’t always his fault.

Nobody, however, can inspire joyous disagreement like the Shoshone Indian woman who accompanied the exploring party. Foundation members in good standing spell and pronounce her name three different ways, Sacagawea, Sacajawea and Sakakawea, though the scholarly establishment leans toward the first version. One lecturer here produced buzzing in the room by claiming Sacagawea died in Wyoming instead of South Dakota, which is preferred by the dominant faction. Any suggestion that she “guided” the expedition along its route is accorded deep scorn.

All this might be dismissed as just another cult dealing in obscure trivia. But people spend their own money to come to these meetings for a reason they find compelling. Beginning with the captains’ journals themselves, which fill eight volumes, the literature of the expedition is vast. Foundation meetings provide some needed mutual reinforcement for individuals trying to master it. Participants get a chance to hear top professional historians discuss the trip in all of its geographic, scientific and political aspects. Even the governor of Washington turned up to address the group.

Not everything about the expedition was a total success. Capt. Lewis returned to St. Louis in 1806 to report to President Jefferson that “we have discovered the most practicable rout which dose exist across the continent by means of the navigable branches of the Missouri and Columbia Rivers.” But later, builders of railroads and highways found easier paths across the Rockies.

Bad luck mainly prevented publication of the captains’ journals in time to influence follow-up explorations in the 19th Century. Nevertheless, these shortcomings don’t deter devout Lewis and Clarkers from coming together annually to re-celebrate one of the most gripping adventure stories of all time.

Mr. Large was a member of the Journal’s Washington bureau.

LETTERS
to the Editor

Captains Lewis and Clark would have very pleased, as I am sure all foundation members are, with James J. Holmberg’s informative and comprehensive article in the August 1996 edition of We Proceeded On: Monument to a “Young Man of Much Merit.”

The article, with its accompanying footnotes, contains—through apparent diligent research—a compelling portion of the factual history that expedition enthusiasts will turn to again and again for a more complete understanding of the Corps of Discovery’s journey to the Pacific.

You and your staff are again to be commended, not only for giving us Mr. Holmberg’s excellent work but for also including Jo Ann Brown’s study of the “Engages” and the interesting articles on “Sacagawea” and the “15-Star Flag.”

This edition was, as usual, the epitome of professionalism, not only for the editorial content (including the abundant short items, notes and notices) but also for the excellent photo selection.

Keep up the good work; proceed on.

Wallace H. Ashenfelter
Virginia Beach, Virginia
DOZES—
Cont. from p. 15

ond horse in exchange for medicine for a little girl with rheumatism.

Lewis noted, “[M]any of the natives apply to us for medical aid which we gave them cheerfully so far as our skill and store of medicine would enable us. Sore throats, ulcers, rheumatism, sores, and the loss of the use of their limbs are the most common cases among them.” 97, v.7, p. 243

One of the most interesting patients among the Nez Perce was a paralyzed chief. Lewis wrote: “A chief of considerable note at this place has been afflicted with it for three years, he is incapable of moving a single limb but lies like a corpse in whatever position he is placed, yet he eats heartily, digests his food perfectly, enjoys his understanding, his pulse is good, and has retained his flesh almost perfectly, in short were it not that he appears a little pale from having lain so long in the shade he might be taken for a man in good health.” 97, v. 7, p. 245

Lewis perceptively observed that the chief’s muscles were not atrophied and he looked well. The usual remedies of sulfur, purgatives, and dietary changes did not help. Relatives of this chief had seen Bratton’s sweat therapy and subsequent recovery. They persuaded Lewis and Clark to sweat the chief even though the Indians could have done this themselves. Before the first sweat, the captain-physicians sedated the chief with a dose of laudanum. After the sweat the chief began to use his arms, and after several more treatments, he regained the use of his limbs. After a month in the camp “hospital,” he had nearly recovered.

Like Clark’s fever at Three Forks, this illness has undergone little analysis by medical historians. The chief was possibly disabled by a conversion reaction resulting from past psychological trauma that remained unresolved in the male Indian tradition and culture of the time.

Why were these Army captains effective healers among the Indians? Lewis noted that “everything which is incomprehensible to the Indians they call big medicine, and is the operation of the presents and power of the great spirit.” 97, v. 4, p. 10. Since Lewis and Clark presented a novel appearance, spoke a strange language, dressed differently, had unusual colored skin and hair (Clark had red hair and Clark’s servant, York, was black) and employed unique remedies, they were perhaps considered to be personifications of the Great Spirit. Their treatments seemed to produce powerful results for the Indians.

Lewis gave credit to his partner, Captain Clark, as the Indians’ “favorite physician.” 97, v.7, p. 209. Lewis and Clark acknowledged they were not actual physicians, but in their circumstance they felt that it was “pardonable to continue this deception for they will not give us any provision without compensation in merchandise and our stock is now reduced to a mere handful.” 97, v.7, pp. 209-10. This “pardonable deception” enabled the Corps of Discovery to secure the critical provisions and pack-horses needed to return over the mountains.

Similarly to Hippocrates, Lewis stated: “we take care to give them no article which can possibly injure them.” 97, v.7, p. 210. Their journals give evidence that as good physicians, the captains truly cared for these native people and deserved as good an outcome as possible.

In June 1806 they retraversed the rugged Bitterroot Range and proceeded on their homeward voyage. In August of that year an accident of grave potential occurred at the junction of the Yellowstone and Missouri Rivers, when Meriwether Lewis was accidentally shot in the leg by one of his own men. Fortunately, it was only a superficial wound. He recovered quickly, and shortly thereafter, the Corps of Discovery “proceeded on.” Arriving in St. Louis on September 23, 1806, they “received a hearty welcome.” Writing from St. Louis to President Jefferson, Meriwether Lewis summarized the importance of the health of the troops: “The whole of the party who accompanied me from the Mandans have returned in good health, which is not, I assure you, to me one of the least pleasing considerations of the voyage.” 91, p. 324

The role of Captain Lewis and Captain Clark as expedition physicians was vital to the overall success of this mission. Included among the physician-captains’ patients were their troops, Sacagawea, her baby, the natives, and each other. Their aid to the Indians assured the success of travel and prevented starvation. With the exception of one tragic encounter with a Blackfeet hunting party on Lewis’s return, their interaction with the native people was friendly. By using diplomacy, honesty, and their medical skills, Lewis and Clark achieved more than any conquering army might have for their president and for their country.

—FOOTNOTES—
PRESIDENT'S MESSAGE—
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headquarters. These quarters will be in space allocated in the new interpretive center presently under construction.

EDITOR'S DESK
Cont. from p. 3

bleweed Dr., Cheyenne, WY 82009.

I promised in the November WPO to tell you about the really swell offer from Steve Ambrose for the magazine. Steve's book about Meriwether Lewis, "Un-daunted Courage," stayed on the national non-fiction best seller list for most of 1996. Over 400,000 copies have been sold. He told me he had asked the book's publisher to take the 250,000th copy of the book and certify it as such. He is giving the book to WPO as a fundraiser for the magazine. Steve said he would match the highest bidder for the book up to $10,000. He also said he and his wife Moira would escort the highest bidder on a trip through the Gates of the Mountains and take him/her to dinner as their guest.

It sounds like a heck of a deal to me, so here is what we are going to do. We will have a silent auction from now until July 1, 1997. Fill out the bid form on the insert enclosed in this issue and send it to me at 1203 28th Street South, #82, Great Falls, MT 59405. There will only be one winner of the book and trip and dinner but we will all be winners with a better magazine. You may ask, "How can it get any better?" I'll be darned if I know, but something is bound to happen.

The resignation of Jay Vogt, our executive director, in the spring of 1996 created a minor problem. However, the foundation was most fortunate in developing a relationship with Barbara Rubik, then secretary of the board, to become interim executive director. It has been my pleasure to work with her in this role.

Following a meeting of the National Lewis and Clark Bicentennial Council in the spring of 1996 and in concert with the National Park Service and the Lewis and Clark Trail Heritage Foundation it was decided to seek a full-time executive director whose duties would be divided equally between the council and the foundation. A job description was developed which was acceptable to all three organizations. The council and the foundation each appointed two members to serve with the presidents of the two organizations in the selection process. Members from the council are Chet Orloff, president; David Nicandri and Dark Rain Thom; board members and from the foundation; Sid Huggins, president; Cynthia Orlando and Ludd Trozpek, board members. The current understanding is that the person selected would serve for two years until late 1998. At that time the organizations will negotiate with the incumbent concerning extending the existing position, or the establishment of separate executive director positions, one for each organization. It is expected that because of the increasing work load, a full time executive director for each organization will be needed.

The Monetary Grants Committee was authorized to award a grant to the Filson Club in Louisville, Kentucky to partially defray the cost for publishing the letters of William Clark.

The Finance Committee, chaired by Ed Wang, after more than a year in active discussions submitted several proposals for board action. Only those that were approved will be listed.

a) to strive to increase the paid membership by 5-10% annually. The current membership now totals 1600+.

b) to encourage an increase in the voluntary-extra membership contributions by 5% annually.

c) to maintain and to increase the current fiscal relationship with the National Park Service (NPS) and to seek additional funding with the goal of financial self-sufficiency.

d) to encourage an increase in contributions to existing restricted funds and operating revenues.

e) to aggressively seek grants from foundations, corporate donors, and government sources to support special foundation projects.

f) to develop strategies for increasing revenues from publications as well as WPO.

g) to serve as a consultant for tours, books, trail maps, journals, CDs and videos.

h) the board authorized the formation of an Audit Committee. Its purpose is to protect the treasurer as well as the foundation and to assure that appropriate checks and balances conform to good fiscal management.

In order for the reader to make plans for attending future annual meetings of the foundation, I am pleased to suggest that you mark your calendars for late July and early August 1997, 1998, 1999 for Stevenson, Washington; Great Falls, Montana and Leavenworth, Kansas, respectively. Should any reader of this journal wish to plan for the development of a chapter of the Lewis and Clark Trail Heritage Foundation it is suggested that you contact Ron Laycock, chair, Chapter Formation and Liaison Committee, 1000 Oakwood, Benson, MN 56215-2024, (320) 843-3264.
CAPT. WM. CLARK - "MAPMAKER"
by ROBERT M. "BOB" SCRIVER

See ad on page 21.