



# Cahuila Tribe

by **Ryan**



The tribe I will be telling you about is the Cahuila tribe. A lot of the food they ate grew wild in California. There were berries and plants that they could eat. In the mountain streams, they caught fish. The tribal men spent a lot of their time hunting for meat. They dried the fish and meat to store it for the winter so they would have food to eat year round.

Central and southern California's fine weather made clothes much easier for the Cahuila people. They made willow bark shirts from the tree bark. When they killed an animal for meat, they skinned it and used then hide for

clothes and for capes that they wrapped around their bodies. The capes kept them warm, and in the rainy times they used them like raincoats.



The religion of the Cahuila tribe was very important to them. They believed in a powerful higher being which was neither good nor bad. Religious rituals like the eagle ceremony were passed down from

generation to generation. All Cahuila shamans were men. Some shamans were ritual doctors; others could tell the future. The curing doctor was usually a woman, but did not have an important place in the village. She could use herbs to heal people and could fix broken bones. Today we still use some of the herbs to heal people.

