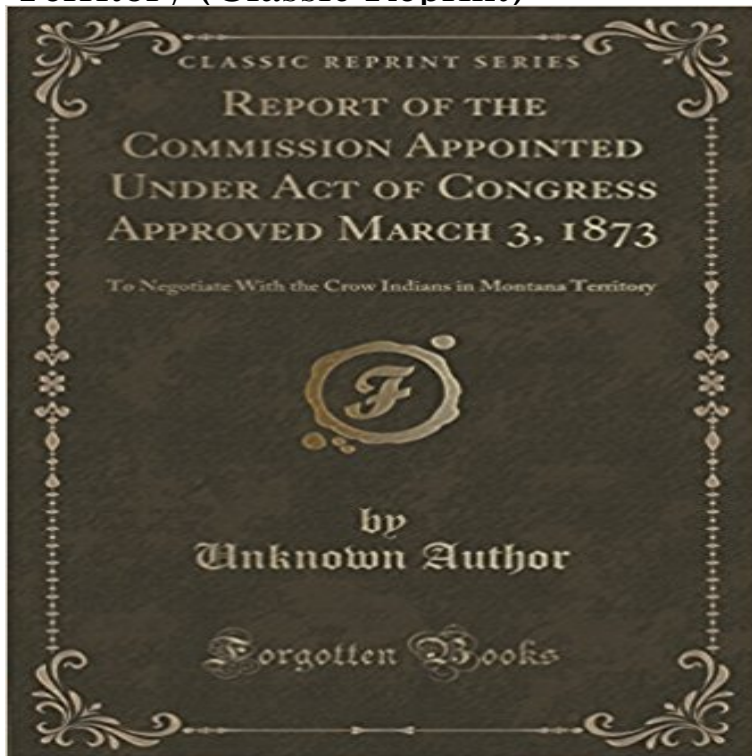


# Report of the Commission Appointed Under Act of Congress Approved March 3, 1873: To Negotiate With the Crow Indians in Montana Territory (Classic Reprint)



Excerpt from Report of the Commission Appointed Under Act of Congress Approved March 3, 1873: To Negotiate With the Crow Indians in Montana Territory Pursuant to the provisions of the foregoing act, and in compliance with the directions contained in letter of the honorable Secretary of the Interior, under date of the 14th instant, you are informed that a special commission has been appointed, consisting of yourself, as chairman, in conjunction with Col. E. C. Kemble, of New York, and H. E. Alvord, of Virginia, to visit the Crow tribe of Indians and negotiate an agreement with them to the end that the objects of said act may be effected. You will proceed to the Crow agency, and, after consultation with the United States agent for the tribe, will assemble the Indians in open council, at some point on the reservation deemed most desirable for the purpose, and explain to them the purport and objects of the act of March 3, 1873, and of your visit. The Crow reserve was established pursuant to the treaty with them concluded May 7, 1868, and is bounded as follows: Commencing where the 107th degree of longitude west of Greenwich crosses the south boundary of Montana Territory; thence north along said 107th meridian to the mid-channel of the Yellowstone River; thence up said mid-channel of the Yellowstone to the point where it crosses the said southern boundary of Montana, being the 45th degree of north latitude; and thence east along said parallel of latitude to the place of beginning. Such an extent of territory being greatly in excess of the quantity required for the necessities of the Indians, and the northern boundary thereof, throughout its entire length, being in close proximity to the proposed line of the Northern Pacific Railroad, it is desirable that the Indians should relinquish to the Government at least a portion thereof, and consent to confine themselves within more

circumscribed limits. It is with this end primarily in view that you should conduct your negotiations under the foregoing appointment. You will explain to the Indians that it is the desire of the Government that they should adopt agricultural and pastoral pursuits to the end that they may in time become self-sustaining and prosperous, and that in order to encourage them in the cultivation of such pursuits all possible aid will be afforded them in the way of stock and agricultural implements. Should you find them willing to relinquish upon reasonable terms any portion of their reservation to the United States, you will cause written articles of agreement to that effect to be prepared and duly signed by the chiefs and head-men of the tribe, and by each member of the commission. Such agreement must clearly describe the portion of the reservation ceded and the consideration to be paid therefor, expressed in such form as to admit of the largest discretion being exercised by the Department in relation to the manner of investing or expending such consideration for the welfare of the Indians. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at [www.forgottenbooks.com](http://www.forgottenbooks.com) This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.

Skip to content Fitness & Diet Experts Exercise & Nutrition Matters! Menu Home About Us Terms and Conditions Privacy Policy Contact Us Personal Trainers & Bodybuilding Choosing a Personal Trainer(Personal Trainers & Bodybuilding) Why a trainer might be appropriate for you Selecting a personal trainer may be a step in the direction that is right if you desire to lose weight, get healthy and/or build muscle. A great coach can assist you to set up a plan that meets your aims and educate you the greatest way to exercise. Finding and selecting a trainer may be daunting a bit

confusing and, for some. It is challenging going in with extra information about how fitness works can allow it to be a little simpler, although requesting assistance. (Personal Trainers) What is a Personal Trainer? A personal trainer should be, at the very least, educated and certified through a recognised fitness organization (see below). This individual's job will be to assess your level of fitness, figure out what your aims are (or help you establish targets) create a plan and keep you motivated. She or he will push you beyond your comfort level — something tough to do by yourself. A trainer additionally provides:

1. Guidance on achieving your goals
2. Instruction about fundamental nutrition, cardio and bodybuilding
3. Each week a reason to appear at the gym
4. Accountability
5. Methods to assist monitor your improvement

What is a Program Like? Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how much weight to use and just how to do the exercises. What to try to find In a Personal Trainer

1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial.
2. CPR: your coach should have an updated qualification in CPR and/or firstaid.
3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area.
4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor.
5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say.
6. Attention: A good trainer should be targeted only during your sessions on you.
7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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