

And just north of there, there's a ridge or mountain where there's kind of a certain ridge--just a low ridge, and on the foot of that ridge there, there's a plant--a weed--that grows about that tall (2½ feet). It has sort of a maroon-orange flower. And the root of that is what we call the "white root." But when you get it out of the ground, in a little while the root and the bark turn black. But it's got a very hot taste and effect. That's a good medicine, too. I've used that myself.

(What's the Arapaho name for that?)

n ʌ.k ʌxú. I know the Arapahoes gathers that over there.

(How do you use this "white root"?)

Well, they just chew it and sometimes they stew it and pulverize it, and put it on aches and pains. It's a liniment root. It's a liniment herb. It's good for sore throat, too, you know, and chest cold. They put it on the chest, too, on the outside--on your chest.

(What does the top of the plant look like?)

Well, the stem don't grow any bigger than my small finger. It grows about that tall, and the leaves spread out, but there's a little dark reddish-yellow-orange flower--blossom. And when that withers, that's the time to gather it. Usually about August. I know those Geronimo Apaches that used to live there at Fort Sill--eventually when they were released some of them lived at Apache. They'd always come to this place--Poafpybitty's place--and ask the old man if they could gather some of that root. And he'd say, "Yeah, go ahead. Help yourself." And they had another root--I never could tell or never could find out and never knew how they used it--but they used to--along the creek there, right