

(Yeah, I wish I knew what to look for in the woods and along the creek bottom and things. The Indians have told me that it's possible to live out in the woods on especially in the spring or summertime and never go hungry if they knew what to look for. And have a balanced diet.)

Yeah that's right. I don't know whether you know it or not but I remember and I've told my children and they laugh about it, I said I never did know what it was to be sick in those days. When come spring of the year, along the first of the year, coming spring, when it come springtime my mother would get up and she go to hunting. sasafras root. And sasafras and she make sasafras tea. And every morning for a week we drink that stuff. And we'd ask her why we had to drink that stuff and she'd say well to purify your blood. And it did purify our blood because we'd been sick. And we never had no sores like they have now days. They have sores and boils and one thing and another and always complaining. We never did do nothing like that. And she always had a remedy for everything that come along. And if anybody come up with a high fever, she always got out and got some kind of weeds and I didn't pay no attention to what kind of weeds she got.

(It would have been wonderful if you could have recorded all of those remedies.)

Yeah. And then she'd beat these leaves up, what ever kind of weeds it was and then she put it on a rag and wet it and put it on whoever it was that was sick, had fever and it would be no time until their fever would run down. And it bound to be doing some good. We didn't know what it was to go to the hospital cause there wasn't no