

doctor--they didn't have any doctors. They just doctor themselves. I know I used to hear them talk about taking a salts--they all talk about taking salts. Then they like to go take sweat you know, and take that herb in there in the sweat house. But when you took that herb, they said that herb's "bitter." But they chew it up you know, and drink a lot of hot water with it and that would sure bring that bile out.

(Just clean you out all over?)

Just clean you out all over.

(Well, they must have had to keep them as healthy as they did--they were you know, back there. You know, I guess we quit doing that a little sooner than these other tribes out west, you know. Seem like those Cheyennes and those people, their tribes practiced it long after we did you know. It seems like they cured people where these white medical doctors didn't do any good.)

Then you know later, why they used peyote for medicine. For fevers--they say breaks fevers and knocks colds.

(They say it's good for kind of--diabetes too. I mean, it levels it off you know.)

Who was it saying the other day that said they got--he's got diabetes, but--was Lola Louise. She said that doctors told her that she had diabetes, but--
(Was that Miss Crow?)

Uh-huh. She said that her doctor said that she didn't have nothing for her to take insulin or anything--only she just have to stay on her diet you know. Well she just stays on--watches what she eats, but she is sure gettin' fat, but I don't hardly overeat either, I believe it's just the cookin' that's makin' me fat. And she was usin' that Sweeta instead of sugar--said she didn't want to use too much sugar to keep from gettin' that way, keep from havin' diabetes.

(Well I guess they had people that would--like if you got your arm broke or