

If you do that while you're young, well, you not apt to get gray-headed.

(Well, now, I heard too, you can tell me if you've heard about this one. Taking cedar and boiling and then using the water from the cedar and put 'on your hair. Have you ever heard anything like that?)

Huh-uh. No. I have never heard that.

(Keeps you from having gray hair. Sort of use it as a rinse on your hair.)

No, I haven't heard about that.

(I guess, cause it's evergreen.)

#### TEA FROM PINE NEEDLES GOOD FOR TOOTHACHE

Yeah. You know, you can take the pine needles, too, and make tea out of it. And that's good for toothache.

(It is?)

Uh-huh. Pine needles.)

Uh-huh. Yeah, the pine needles. And they use the pine cone. They dry the pine cone; real dry, and they smoke it for toothaches. And some of them know ways of fixing tobacco, too. You know, they smoke when they have a toothache. That really helps, too.

(Yeah. Course now, this is all herb medicine. This is different than going to an Indian doctor and having him fix tobacco for you.)

Yeah.

(Right. And that's a different type of work all together, isn't it?)

Uh-huh. Because the one that knows how has to fix the tobacco hisself.

But now, if they just told you what they got as an herb for medicine, you can use it your own self.

(That's all right. In other words, they have things they say over that. In other words, they're Indian doctor.)

Yeah. Uh-huh.

#### MASSAGE WITH DRY MUSTARD FOR RHEUMATISM