

and pull them off and put it in a sack and bring it home. And (not clear) if anybody paralyzed and can't get to walk again, my mother used to fix it. One of my nieces was paralyzed never did walk. All these years she is walk. She went to the hospital and stayed there. I did, I took her out and see what I could do for her. But we not doing her no good up here so we took her home. And they went up there after that medicine. They come back and they made some hot water and then she put her in the tub and they let her stay there for a long time. Just lay in it. It was warm water in that medicine she mix it with. She boiled it with it. And she done that for about a whole month, I guess. Every day I see her doing that to her. Then she got better. Then she move her knees, and then her ankles, then her arms. They were mostly down on her knees, from her knees down from her hips. Short I guess. And then she was bedfast and every day she would rub that medicine on--took that water you know. Rub it on her arms and like that. Finally, in about two months she was walking. She got up and walked. And now she's still living. She's walking. She stayed there in that hospital three or four months and never would walk. Because she was already in bed for a year. Then fixed it up, she's alright. One medicine we use on that--if anybody's paralyzed. (Recorder is being manipulated and there is some static)

USE OF STEAM BATH

The two men doctors, hard to get them up there, oh so high. They make a place about that big around. Two or three people could go in. And then you build a fire outside and then in those rocks you get about eight rocks so big and put them in the fire and get them red hot. And then they stays like that where you scrape and just scrape all grass away from it. And put them in a bucket and just get them in there or just pour over--just set them in the ground you know. It be red hot you know and they tie a sage about that long, just like that little broom like that and tie it here and