

so people learned how to live. You can go back here in these mountains and you can find persimmon in certain parts of the country and you can make the same kind of stuff right today that they made a hundred years ago. But people don't have time for anything like that now. They can go buy it. What's the use of going out and finding it. They used, there was certain things that they could go back there in the woods and hunt for, and that ((not clear)) and that yellow root and stuff like that. Well, later on why, they got to where they could take that to these places and trade that ((not clear)) and that yeller root for things that they needed. And so people that done that why they didn't get alot out of it, but they could live on what they could make out of it.

#### ROOTS AND HERBS FOR MEDICINES

(And the Indians also knew how to make medicine?)

Yeah, they take, there's certain kinds of roots that they could cook them, them roots and take the moisture from them and they made their own medicine out of these roots. Now you can get out here and today you can have as bad a case of runnin' off as you can get and you can take what you call a milk weed root and you can take that and make a tea out of it. And you take these old mule tail weeds, and you can take them things and you can cure as bad a case of runnin' off as you ever get, by just, why where you've got teeth why you cant just break the top off those old muletail weeds, and you can chew that. And that'll stop as bad a case as you'll find anywhere. You had to learn to live, and so that's the reason so many people lived to be such an old age. They knowed what, they'd hear somebody else talk about this, well, they'd try it, and it worked. So you can take those kind of people and. . . there wasn't so many doctors in them days and times, and you had if you raised