

VERY BRIEF INTRODUCTION

(December 9, 1968. Today I'm visiting with Bennie Whiteday an eighty-two year old Shawnee of Carsolowry Prairie, Craig County, Oklahoma. He tells of many things he has observed in his life time.)

MEDICINAL REMEDIES - COMMON ROOTS AND HERBS

(The Redbud leaf.)

Uh-huh. Redbud.

(Yeah. And just put it on sores.

Uh-huh for sores. Just put them together.

(Yeah, Redbud leaf.)

That's all you use.

(Redbud and the sycamore)

Uh-huh. You know they have good size of leaves on them.

(Yeah. Uh-huh. Put them together to put on sore.)

Yeah.

(Yeah, there's lots of good Indian medicine if we knew just what they was.)

Yeah

(And they use Peach tree sometime too.)

Uh-huh. Oh them peach trees is good. They're good for the vomiting, you know. They just get piece of limb about that long. And scrap it down, then put some of that glass water. Use cold water, not boiling. Drink that.

(Uh-huh)

Drink that.

(Uh-huh)

And it stop the vomiting.

(Yeah, there's all kinds of them we can use.)

Use that for medicine.