

# MELODIC MOUNTAIN MEMORIES



**A collection of  
Southern Appalachian Remedies**

Illustrated by Jancy Caldwell  
Edited by Lesa Miller  
Compiled by Ron D. Vance

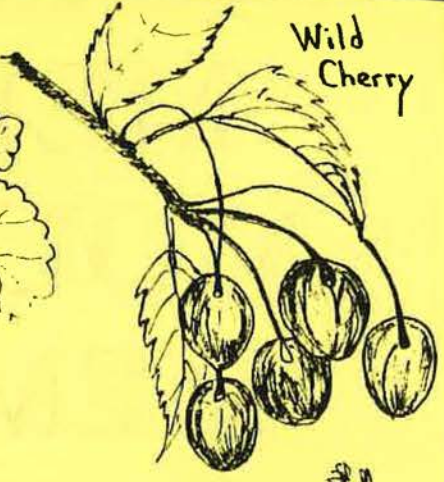


Ground Ivy

Wild Cherry



Star Root



St. John's Wort

Cover photo courtesy of Mary Smith  
Copyright 1983



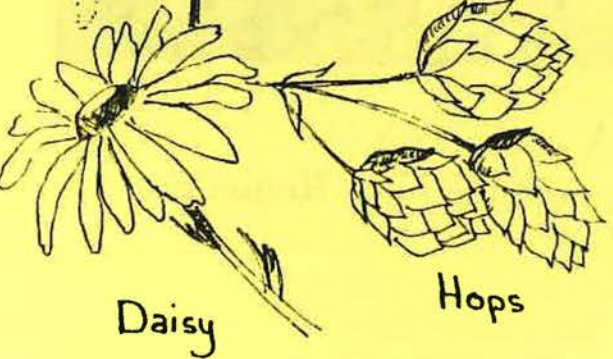
Bedstraw



Alder



Yarrow



Daisy

Hops



White Clover

FOREWORD

This book is the culmination resulting from many hours of endless work by students and their ancestors in the immediate Roan Mountain community. (See Page ii). However, the remedies are truly representative of all the Appalachian Mountains.

Many regards must be extended to the many people who contributed to this book.

Roan Mountain resembles many other small towns located in the Appalachian Mountains, being remote and isolated from medical facilities. Its inhabitants, therefore, had to resort to other means to remedy illnesses. Most of the remedies, whether originating from Indian, English, French, or African origin, had to do with what was conveniently at hand: plants and herbs. These remedies were handed down generation after generation to the present. Hopefully, this book will offer a means of preservation for future generations to come.

Although the validity of these remedies is undoubted by the contributor, it is recommended that none should be used for medical purposes unless so advised by a physician.

This book was beautifully illustrated by Jancy Caldwell, librarian at Cloudland High School; edited and typed by Lisa Miller, former student at Cloudland High School; and compiled by Ron D. Vance, naturalist for Southern Appalachian Highlands Conservancy and biology teacher at Cloudland High School.

Thank you for aiding in the protection of these mountain remedies and for supporting our project.



## CONTRIBUTORS

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AMERICAN ALDER

Corylaceae

Alnus serrulata

In Appalachia, the chewed bark is used to treat wounds and ulcers. The bark has also been used for brown dye.



WHITE ASH

ASH (WHITE)

Oleaceae

Fraxinus americana

In Appalachia, the bark is chewed for sores, and a tea is made from the buds for snakebite. It is also effective in treating headaches.

ANGELICA

Umbelliferae

Angelica atropurpurea

The drug contains oil that is used as a flavoring agent and in treating colic. Sugaring the boiled stems is considered a gourmet favorite. In other lands, it is used to treat stomach diseases and dyspepsia.

ANGELICA





BALSAM POPLAR

Salicaceae

Populus balsamifera

A particular quality of the bark has reportedly been used to treat infections of the chest, kidneys, stomach, and for rheumatism, gout, and scurvy.



BALSAM POPLAR

BEDSTRAW

Rubiaceae

Galium aparine

The herb is used to treat inflammation of the kidneys and bladder. The seeds are used as a coffee substitute in Sweden; and the dried plant is used as a tea in some countries. It is also listed as a plant which promotes the cure of spasms, as well as the secretion and flow of urine.

BEE BALM

Labiatae

Monarda didyma

This herb is used as a stimulant, to redden the skin, and to expel wind. This plant is a source of the drug Thymol, which is used as an antiseptic and flavor.



BEE BALM



BLACKBERRY

BLACKBERRY

Rosaceae

Rubus

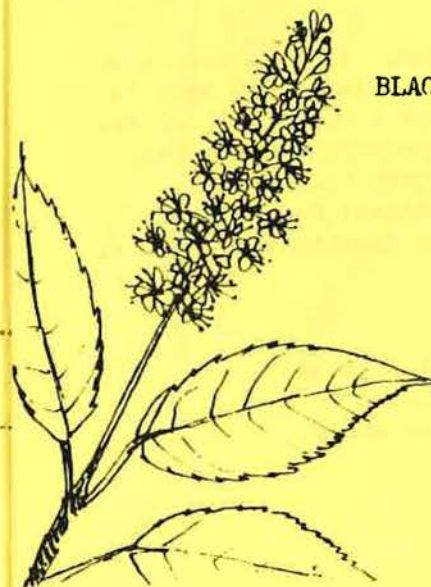
In Appalachia, a tea made of roots is used to stop secretions. A fruit juice and wine from the berries is used to control diarrhea. The roots and rhizomes, thick stems running along or under the ground, producing roots below and shoots above, have been used to contract the tissues and check discharges because of their high tannin content.

BLACK CHERRY

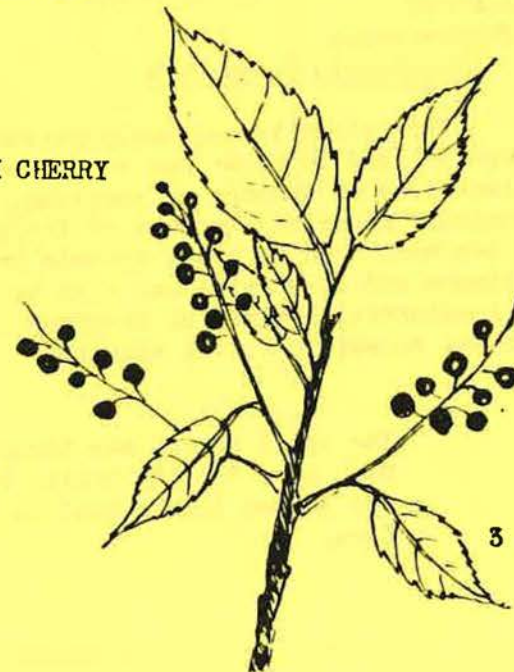
Rosaceae

Prunus serotina

The bark is used primarily as a flavoring agent. The drug is an excellent promoter of mucous ejection from the lungs.



BLACK CHERRY





BLACK WALNUT  
Juglandaceae  
Juglans nigra

The root bark is cathartic, causing one to purge. It is also useful for the evacuation of the bowels. A leaf infusion is used as an astringent, a substance causing contraction of the tissues and checking of discharges, and against bedbugs.

BLESSED THISTLE  
Asteraceae  
Cnicus benedictus

The upper portion of this plant has been used to treat worms; and it is also used to stimulate the menstrual flow and to induce vomiting. In Europe, ground parts of the plant are mixed with wine for use as an appetite stimulant.

BLOODROOT  
Papaveraceae  
Sanguinaria canadensis

This plant is extremely poisonous. It is a source of morphine, and improper use should be avoided. The drug is a laxative, an inducer of vomiting, and a stimulator of the menstrual flow; and because of its expectorant qualities, it has been used to treat chronic bronchitis. A pain reliever and a sedative can also be derived from the plant. In Appalachia, a piece of bloodroot is sometimes carried as a charm to ward off evil spirits.

The spice nutmeg was thought to have been good for the brain, because it was shaped like a head in its whole form.



BLESSED THISTLE

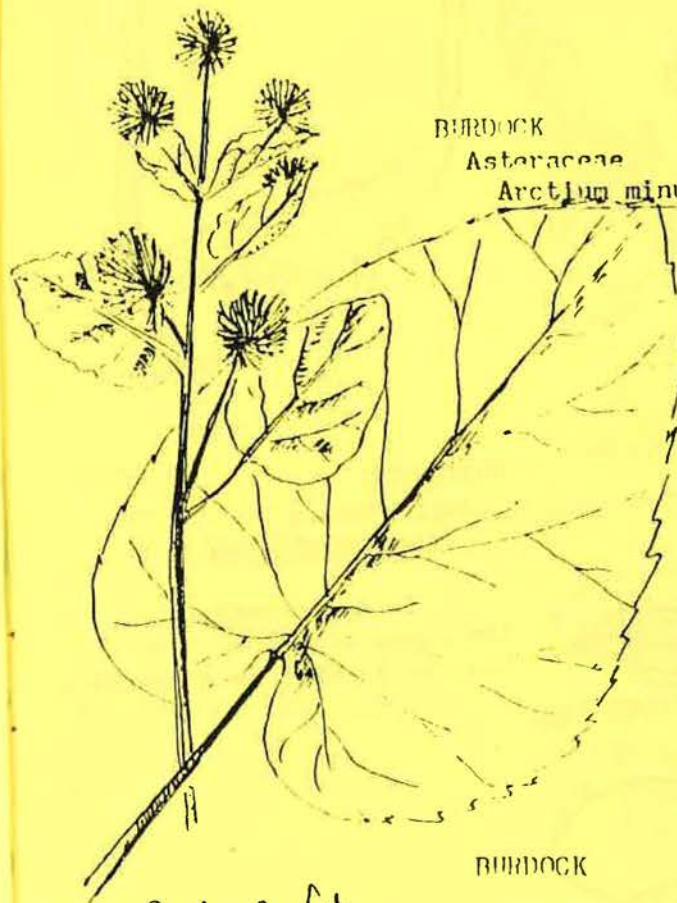
BONESET  
Asteraceae  
Eupatorium perfoliatum

This plant is used as a stimulant to promote digestion, restore body tone, and strengthen the heart, lungs, liver, and intestines. In Appalachia, a tea made of the leaves is used in the treatment of coughs and consumption, and it is used as a laxative.



BONESET

BURDOCK  
Asteraceae  
Arctium minus



This plant can be used in salves or in washes for burns, skin irritations, and minor wounds. It can also be used to produce perspiration and to purify the blood.

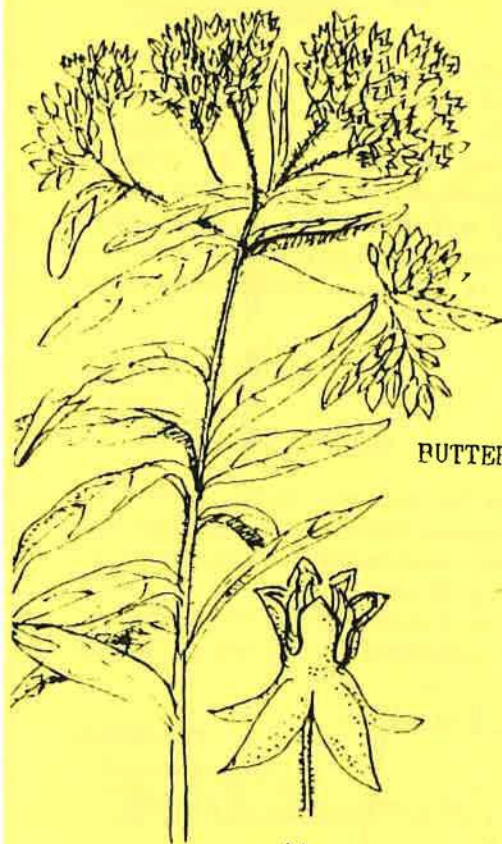
BURDOCK

3 to 8 ft



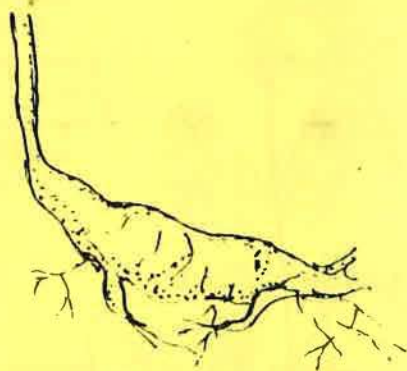
BUTTERFLY ROOT  
 Asclepiadaceae  
Asclepias tuberosa

In Appalachia, the Indians used a tea made of this plant's roots to induce vomiting. It is also effective in the treatment of rheumatism and to produce perspiration.



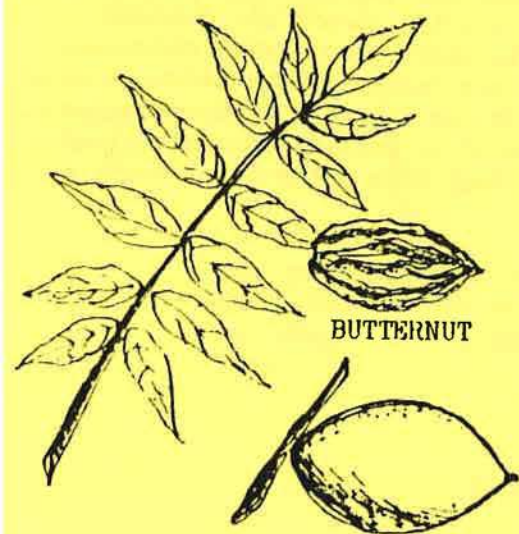
BUTTERFLY ROOT

1/2 in



BUTTERNUT  
 Juglandaceae  
Juglans cinerea

In Appalachia, when the bark is made into a tea, it is used as a laxative.



BUTTERNUT

CALAMUS  
 Araceae  
Acorus calamus

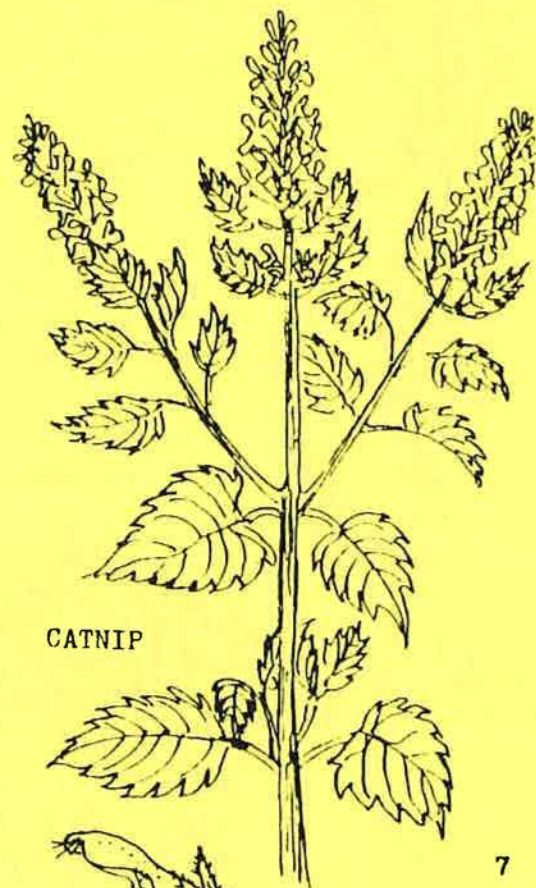
This plant has many uses, ranging from a flavoring agent and insecticide to tonic. In Appalachia, the root is chewed to cure stomach gas and to clear the throat. The powdered or ground plant is used in sachets.



CALAMUS

CATNIP  
 Lamiaceae  
Nepeta cataria

In Appalachia, a tea is made and used for treating colds and nervous disorders.

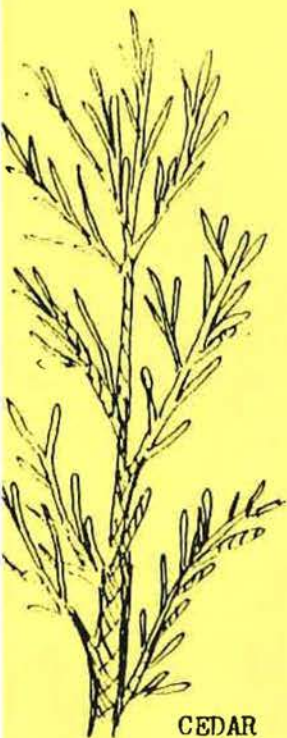


CATNIP



3/4 in





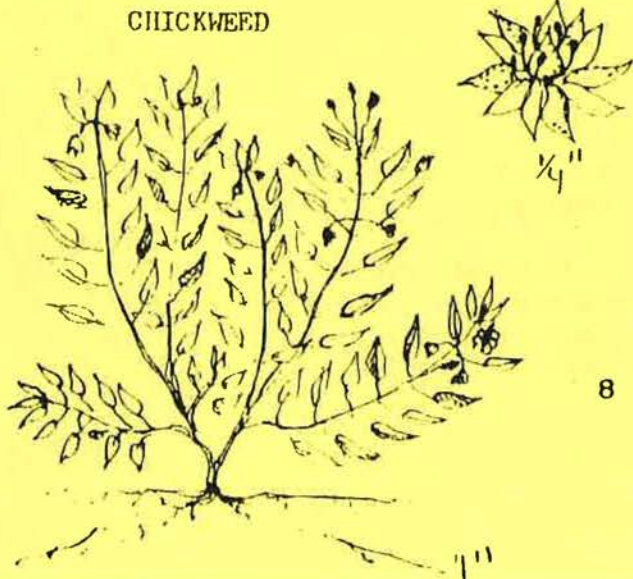
CEDAR

CEDAR  
Pinaceae  
Juniperus virginiana

In Appalachia, bronchitis is treated by boiling a mixture of nuts, leaves, and twigs. Some Spanish-speaking people in New Mexico use a boiled mixture of bark and water to treat skin rash. The leaves have been used as a stimulant, a remedy for expelling tapeworms, and a method for stimulating the menstrual cycle.

CHICKWEED  
Caryophyllaceae  
Stellaria media

This herb brings coolness to the body and is used to soothe and protect the mucous membrane. It is also used to expel mucous from the respiratory tract.



If you are looking for a simple and inexpensive way to make your hair shine, look no further. Simply rinse with diluted vinegar.

8



CLOVER

CLOVER  
Fabaceae  
Baptisia tinctoria

This herb has effectively been used as an antiseptic and tonic. It is also used to reduce and dispel fever.

COCASHWEED  
Asteraceae  
Senecio aureus

This herb is used to stimulate the menstrual flow, to cure wounds, and to soothe

chest discomfort.

COHOSH  
Ranunculaceae  
Cimicifuga racemosa

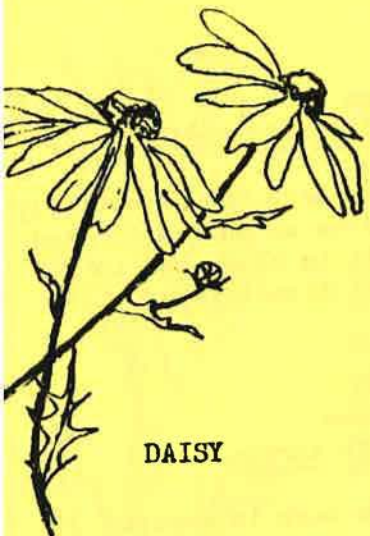
In Appalachia, a tea made from the root of this plant is used to treat sore throat and rheumatism. It is also used to stimulate the menstrual flow, as a bitter tonic, and an astringent.



COHOSH

9





DAISY

DAISY  
 Pinnatifidum  
Chrysanthemum leucanthemum

This flowers primary use  
 is in the perfume market.

DANDELION  
 Compositae  
Taraxacum officinale

Portions of this plant have  
 been used to increase the volume  
 of the urine and bile, to stimulate  
 the appetite and increase secretion  
 of the digestive juices, and as  
 a laxative. Many times, the leaf  
 and roots of this plant are used  
 in salads.



DANDELION

Grapes are effective  
 in helping the kidneys  
 and expelling body  
 poisons.

Crushed pumpkin seeds  
 are an effective cure  
 for prostrate  
 troubles, or for  
 a simpler cure, eat  
 a few sunflowers.

DEVIL'S BIT  
 Lillaceae  
Aletris farinosa



DEVIL'S BIT

This plant has been used to treat colic  
 and rheumatism. A mixture of the roots,  
 brandy, or whiskey is used in Appalachia  
 to treat rheumatism.

DEWBERRY  
 Rosaceae  
Rubus

A tea made of the roots of this  
 plant is used to stop secretions, while  
 the wine from the berries is used to  
 control diarrhea.

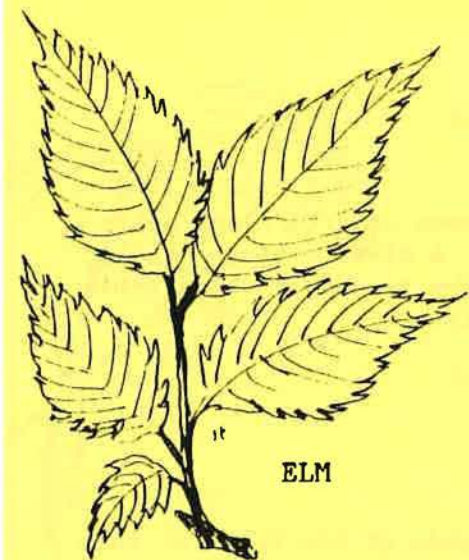
DILL  
 Umbelliferae  
Anethum graveolens

This herb is used to relieve  
 gas and colic, to stimulate the appetite  
 and increase the secretion of the  
 digestive juices. It is mainly used,  
 however, as a flavoring and spice.

DUTCHMAN'S PIPE  
 Aristolochiaceae  
Aristolochia serpentaria

This plant produces perspiration, stimulates the  
 menstrual flow, and helps to counteract spasms. Its  
 leaves are heart-shaped.





ELM  
Ulmaceae  
Ulmus rubra

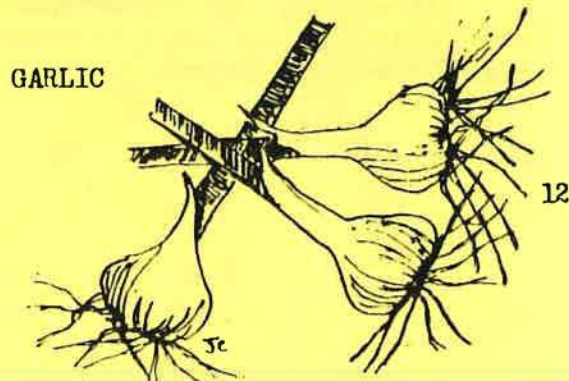
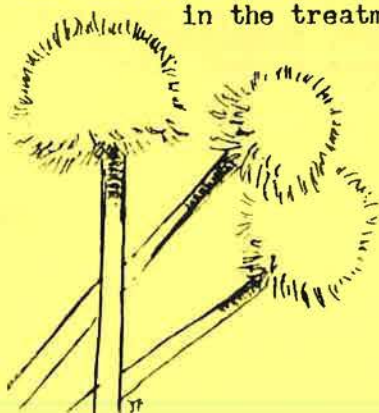
In Appalachia, a tea made from the bark is used as a laxative. Upon soaking in warm water, the tree's inner bark produces a gummy substance which allays irritation. It can also serve as a laxative, a protective, and a preparation for the healing of wounds.

FRINGE TREE  
Oleaceae  
Chionanthus virginicus

A liquid of the boiled root bark of this tree is applied to skin irritations. The bark is also used as a tonic, a promoter of the secretion and flow of urine, and an astringent; it is also used to reduce fever.

GARLIC  
Liliaceae  
Allium sativum

This herb is effective in the treatment of high blood pressure and hardening of the arteries. It helps protect against the common cold, dysentery, typhoid and other infectious diseases. Garlic also increases the flow of bile and the fresh juice was used at one time as an inhalation in the treatment of pulmonary tuberculosis.

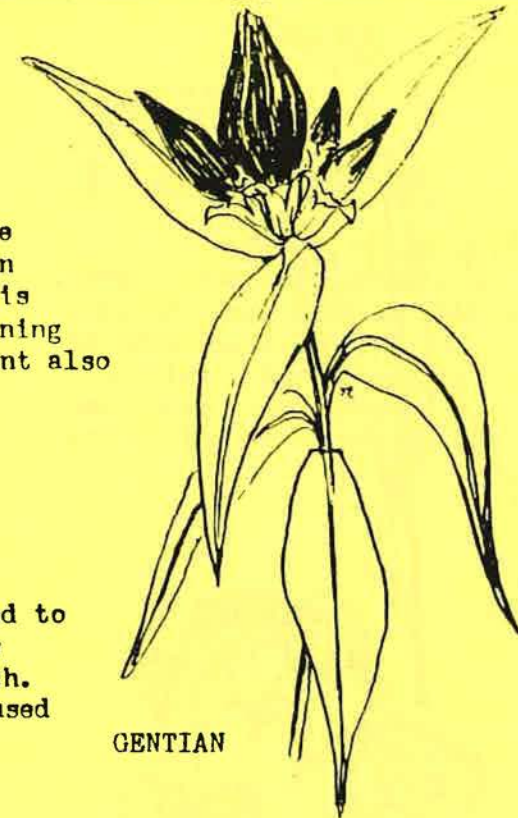


GENTIAN  
Gentianaceae  
Gentiana lutea

If taken an hour before eating in small doses, it can stimulate the appetite. It is used as a tonic and for cleaning wounds externally. This plant also promotes salivation.

GINGER PLANT  
Asteraceae  
Tanacetum vulgare

This herb has been used to stimulate the menstrual flow and to strengthen the stomach. The flower heads dried are used in flower arrangements.



GENTIAN



GINSENG  
Araliaceae  
Panax quinquefolium

This herb is used as a tonic. Researchers in other countries have found that ginseng helps build up the body's resistance to disease, either physical or nervous.





**GOLDENROD**  
Compositae  
Solidago virgaurea

This plant is effective in the treatment of chronic skin problems, inflammations, and tissue healing. It is also an astringent, an expectorant, and is used in the treatment of wounds.

Honey is said to be good for hay fever, coughs, burns, and nerves. It also helps one to sleep.

GOLDENROD

2 ft

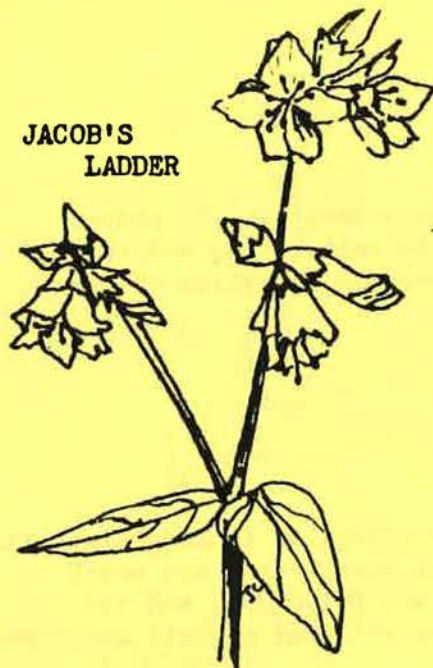
To cure an earache, pour warm urine into the ear, leaving it for five to ten minutes. Rinse with salt water.

To treat a sprain, catch a cow lying down, grab its tail, pulling the cow up. fecalizes, take the fresh feces and make a poultice, applying it to area sprained, leaving 24 hours.

GOLDENROD



14



**JACOB'S LADDER**

**JACOB'S LADDER**  
Polemoniaceae  
Polemonium caeruleum

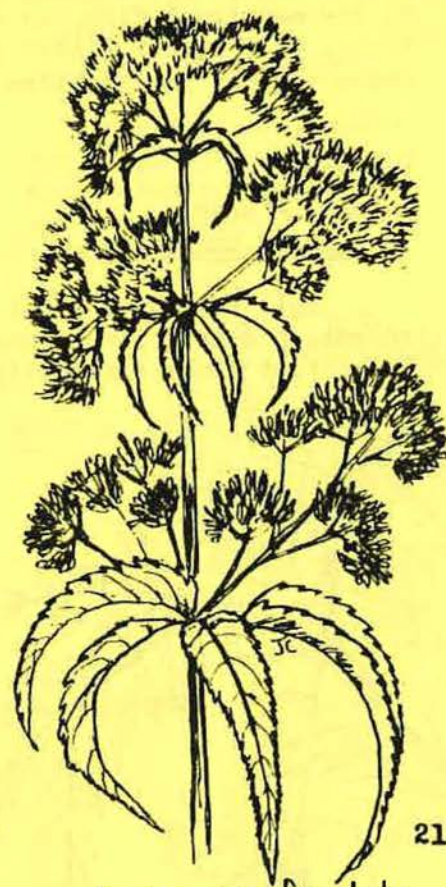
This plant, while no longer used for medical purposes, was once considered to have blood-purifying qualities. Its principal use today is in formal and historical gardens.

**JIMSONWEED**  
Solanaceae  
Datura stramonium

This plant is extremely POISONOUS. In Appalachia, a poultice is made from its blossoms to treat wounds and kill pain, while the dried leaves were smoked in a pipe to relieve asthma.

**JOE-PYEWEED**  
Asteraceae  
Eupatorium purpureum

This plant is used for urinary disorders and was used by the American Indians for red or pink dye. The roots and herb are astringent, tonic.



21

3 to 10 ft. ht.

JOE-PYEWEED



## HELIOTROPE

Valerianaceae

Valeriana officinalis

This plant has been used as a sedative, to reduce spasms and prevent convulsions, to relieve gas and colic, and to stimulate appetite and increase secretion of the digestive juices.

## HELLEBORUS

Ranunculaceae

Helleborus niger

This plant has been proven effective in the stimulation of the menstrual flow, as a local anesthetic, and heart tonic. All parts of this plant are POISONOUS, and can cause violent inflammation of the skin and certain membranes.

## HEMLOCK

Umbelliferae

Conium maculatum

This POISONOUS plant has been used to reduce spasms, prevent convulsions, as a sedative, and was used in ancient times externally to treat breast tumors.



HEMLOCK

16

GROUND IVY



HAWTHORN

Rosaceae

Crataegus monogyna

This plant is very effective in treating high blood pressure associated with various heart conditions and hardening of the arteries.

GROUND IVY

Ericaceae

Gaultheria procumbens

True wintergreen oil is extracted from this plant. It can be used as a flavor, an astringent, and to expel wind and relieve colic. Wintergreen oil is extremely poisonous if consumed internally.

GROUND LILY (PURPLE OR WET DOG

Liliaceae

TRILLIUM

Trillium erectum

This plant induces vomiting. The Indians of Appalachia recognized its worth as a sexual stimuli and to stimulate the menstrual flow.



HAWTHORN



HOLLYHOCK

Malvaceae

Althaea rosea

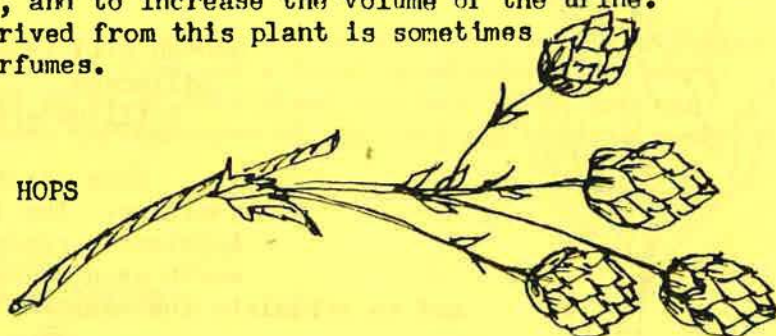
This plant can be used externally to soften and protect the skin and as a mouthwash.

HOPS

Cannabaceae

Humulus lupulus

This plant has been used as a mild sedative, a weak antibiotic, and to increase the volume of the urine. The oil derived from this plant is sometimes used in perfumes.



HOPS

HOREHOUND

HOREHOUND

Labiatae

Marrubium vulgare

This plant is an agent which helps to expel mucous from the respiratory tract, stimulates the menstrual flow, and to increase perspiration.



1/8 "

HUSKWOOD

Liliaceae

Aletris farinosa

This plant is used to treat colic and rheumatism. To treat rheumatism in Appalachia, a mixture of roots and brandy or whiskey is drunk. This plant is also referred to as huskwort.



HUSKWOOD

HYDRANGEA

Saxifragaceae

Hydrangea arborescens

The roots of this plant have been used to increase the volume of urine, to cause evacuation of the bowels, and to stimulate the restoration of tone to the muscles.

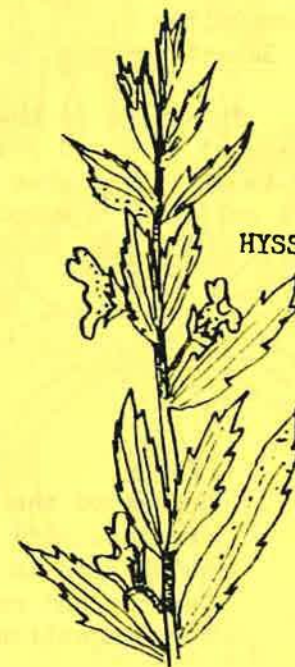
HYSSOP

Scrophulariaceae

Gratiola officinalis

This plant is an agent which causes vomiting, and helps in the treatment of jaundice and various heart ailments as a heart tonic.

For a refreshing herb bath, mix together: one cup of Rosemary, one cup of dried Mint leaves, one cup of Thyme, and one cup of Comfrey Roots. Tie in a bag of cloth and let it boil for five minutes. Remove the bag, and pour the liquid into bath water.



HYSSOP



IRONWEED

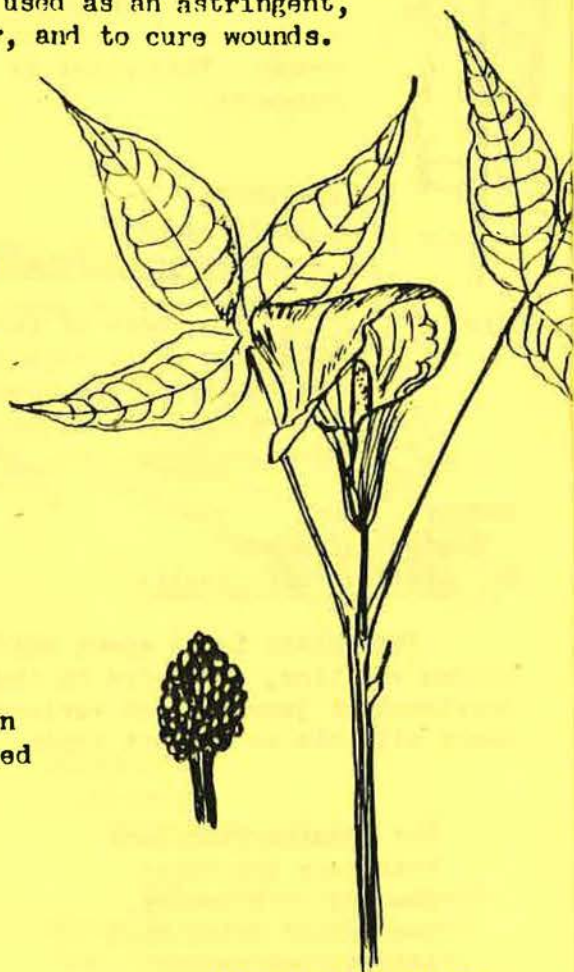
Verbenaceae  
Verbena hastata

This herb has been used as an astringent, a tonic, to relieve fever, and to cure wounds.

JACK-IN-THE-PULPIT

Araceae  
Arisaema triphyllum

This plant is used to eject mucous from the lungs and to produce perspiration. The raw corm of this plant is extremely irritating and poisonous.



JACK-IN-THE-PULPIT

JACKSCREW (LIFEROOT)

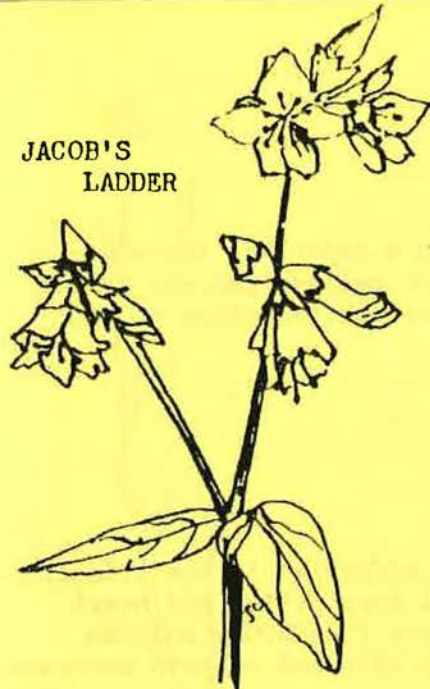
Compositae  
Senecio aureus

This aids in the treatment of blood poison and is effective when used as a poultice for a wound.



Spicewood tea and liquor breaks out the measles. Add honey to liquor for a mixture which aids in the treatment of coughs. Camphor and rock candy make a good remedy for congestion.

JACOB'S  
LADDER

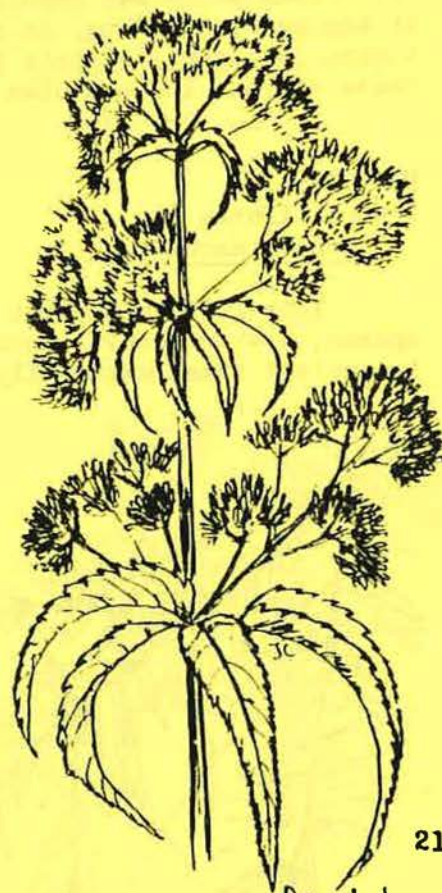


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Datura stramonium

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JOE-PYEWEED  
Asteraceae  
Eupatorium purpureum

This plant is used for urinary disorders and was used by the American Indians for red or pink dye. The roots and herb are astringent, tonic.

3 to 10 ft. ht.

JOE-PYEWEED



### HELIOTROPE

Valerianaceae

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Umbelliferae

Conium maculatum

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HEMLOCK



LAKSWEED

### LETTUCE (WILD)

Compositae

Lactuca virosa

This plant has been used to treat insomnia, restlessness, and irritable coughs. It is also a mild sedative.

### LAKWEED

Polygonaceae

Polygonum hydropiper

Because this herb promotes the flow and secretion of urine, it has been used in certain uterine disorders.

### LAMB'S QUARTERS

Liliaceae

Trillium erectum

This plant is used to promote and stimulate the menstrual flow, to reduce spasms and prevent convulsions. It also induces vomiting and causes expulsion of mucous from respiratory tracts.



LAMB'S  
QUARTERS



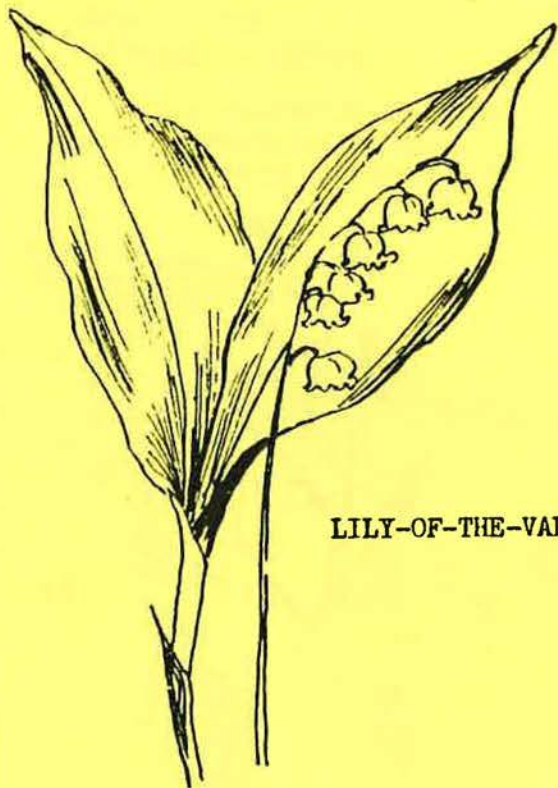
LIFE-OF-MAN

Araliaceae

Aralia racemosa

Portions of the roots of this plant have been used to treat rheumatism and syphilis, a form of venereal disease. In Appalachia, a tea is made of the roots to treat headache.

To get rid of warts, prick the wart with a locust thorn until it bleeds, then bury the thorn. When the thorn rots, the wart will be gone.



LILY-OF-THE-VALLEY

LILY-OF-THE-VALLEY

Liliaceae

Convallaria  
majalis

This flower helps to induce vomiting and to increase the volume of the urine. It has also proven to be a safe and effective way to regulate heart action.

24



LOBELIA

LOBELIA

Campanulaceae

Lobelia inflata

This herb yields a substance which is used in anti-tobacco therapy. It is also used as a stimulant and expectorant in cases of bronchitis.

MAPLE

Aceraceae

Acer Spicatum

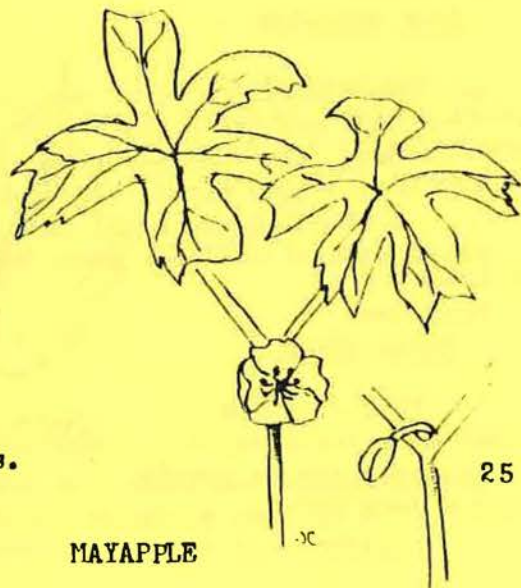
The bark of this plant is used as a tonic and in the treatment of eye diseases. The bark was used in Colonial times as a rose-tan dye.

MAYAPPLE

Berberidaceae

Podophyllum peltatum

In Appalachia, a tea made of the bark and roots is used to treat constipation, but improper use of this plant can be very dangerous. A substance from this plant has been used to treat venereal warts.



MAYAPPLE

25

1 to 1 1/2 ft ht





MELILOT

MELILOT (SWEET CLOVER)  
Fabaceae  
Trifolium pratense

The flowers of this plant are used in the treatment of spasms, as a sedative, and to aid in the healing of wounds.

MILKWEED  
Asclepiadaceae  
Asclepias syriaca

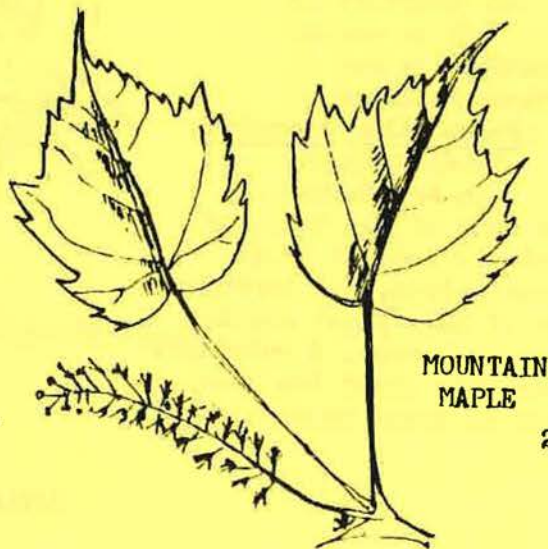
In Appalachia, it is used to treat moles and warts, but, be careful, the white juice of this plant is extremely irritating to the eyes.

MOUNTAIN MAPLE  
Aceraceae  
Acer spicatum

The bark of this plant is used to treat eye diseases and as a tonic.

MULBERRY  
Moraceae  
Morus nigra

This plant is used as a laxative, a nutritive, and to remedy and reduce fever.



MOUNTAIN  
MAPLE

26

MULLEIN  
Scrophulariaceae  
Verbascum thapsus

The leaves and flowers of this plant are used to relieve pain, as an astringent, and as a respiratory sedative. In Appalachia, a tea made from the leaves is used for colds.

ORCHID  
Orchidaceae  
Orchis spectabilis

This plant aids in the treatment of bronchial ailments and congestion of the lungs due to colds and pneumonia. The small orchid blooms in May.

PARSLEY (TURNIP ROOT)  
Umbelliferae  
Petroselinum crispum

This plant helps to relieve colic and stimulates the menstrual flow. The dried stems are used for dyes. A tea made from the leaves is used to stimulate the appetite. Large doses should be used only when under the supervision of a doctor, as it may cause abortion in some cases.

PARTRIDGEBERRY  
Ericaceae  
Gaultheria procumbens

The leaves of this plant are shiny and waxy and are a source of true wintergreen oil which is used as a flavoring. The oil may be TOXIC if taken internally.

MULLEIN



7 ft.

27



PEPPERMINT  
Lamiaceae  
Mentha piperita

This herb is the source of peppermint oil. In Appalachia, it has been used generally to treat colic and indigestion and as a flavoring agent.

PERENNIAL  
Loganiaceae  
Spigelia marilandica

A tea is made from the leaves to aid in digestion in Appalachia. It is also used to expel or destroy worms in the body. This plant is also referred to as perennial wormgrass.



3 ft. ht.

Did you know you could use plants to keep insects out of your flower bed or garden? Well, you can. Growing onions with your potatoes keeps the bugs away, while growing mint or tomatoes by your cabbage keeps the worms away. Now, tell the truth, did you really know you could do that?

28

FIGWEED  
Amaranthaceae  
Amaranthus hybridus

This plant has been used in treating acute diarrhea, ulcers, and hemorrhage of the bowel.



FIGWEED

PIPSISSEWA  
Pyrolaceae  
Chimaphila umbellata

This perennial evergreen grows to nine inches and is used as a tonic, astringent, and to promote the secretion and flow of urine.

PLANTAIN  
Plantaginaceae  
Plantago

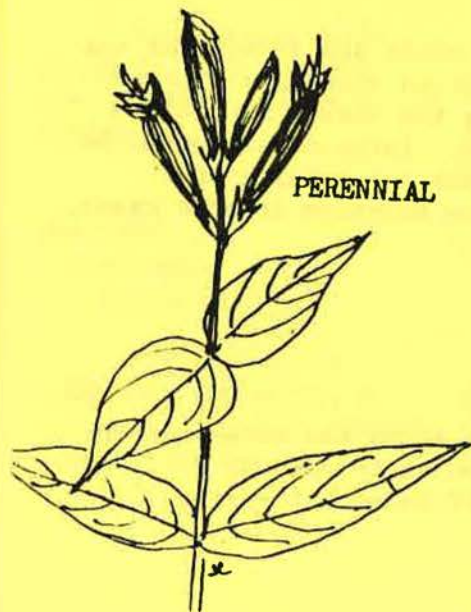
In Appalachia, wet leaves of the plant were found to be effective as a poultice for snakebite and wounds, while crushed fresh leaves can be rubbed on wounds and skin eruptions. The leaves were also used to make a tonic tea. The seeds are an effective bulk laxative.

PLANTAIN



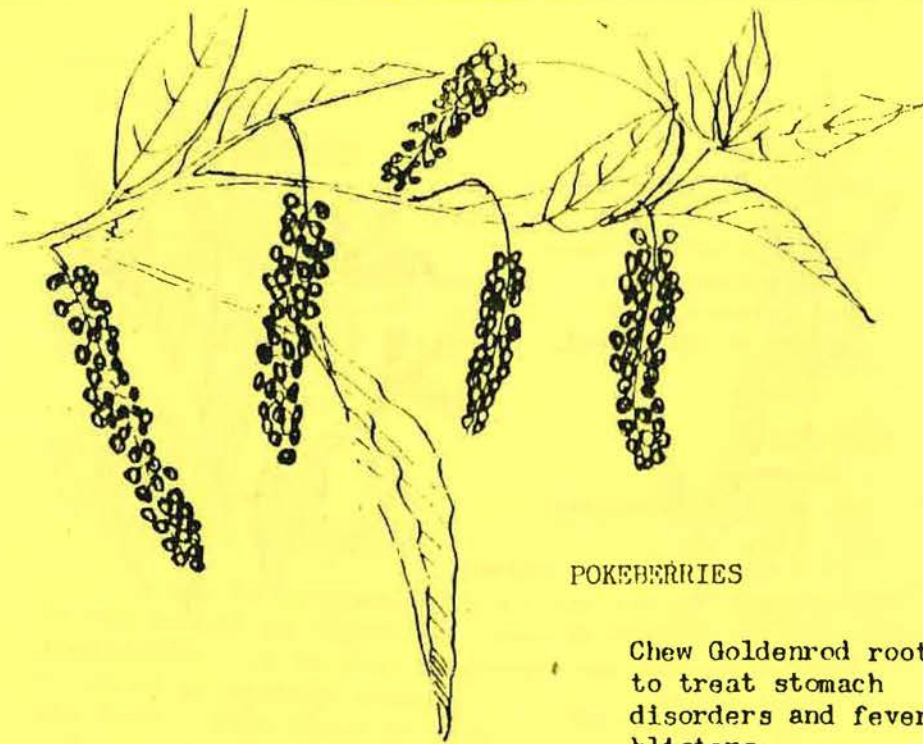
Sassafras tea is used to treat high blood pressure, while pokeberry root is boiled and used to kill poison ivy. Wash warts in stale stump water to remove them.

29



PERENNIAL





POKEBERRIES

Chew Goldenrod root to treat stomach disorders and fever blisters.

POKEBERRY

Phytolaccaceae

Phytolacca americana

The dried root is reported valuable in treating hemorrhoids. In Appalachia, pokeberry wine is thought to help alleviate rheumatism; and in some areas dried fruits are used as a poultice on sores. Young shoots, when properly prepared in spring, are edible. Consumption of the plant is dangerous because it becomes POISONOUS as it matures.

QUEEN ANNE'S LACE (WILD CARROT)

Umbelliferae

Daucus carota

This plant is useful in the treatment of kidney stones and stomach disorders, just like carrot juice. This is the same plant as the cultivated carrot and is also called the chiggers nest.

RED ELM

Ulmaceae

Ulmus rubra

The inner bark of this tree, when soaked in warm water, is used to protect and soothe the mucous membrane, to soften the skin and protect it when applied externally, to heal open wounds and as a laxative.

REDROOT

Papaveraceae

Sanguinaria canadensis

This plant is extremely POISONOUS and is a source of morphine. Improper use should be avoided. It has been used as a sedative, to treat chronic bronchitis, and as a pain reliever.

SAGE

Lamiaceae

Salvia officinalis

In Appalachia, this herb has been used as a laxative, a gargle, to treat baldness, loose teeth, and gas. It has also been used to bring about a regular menstrual period. It is mostly used, however, for culinary or cooking purposes.

For a nice gray dye, boil rhododendron leaves and add one tablespoon of Copperas.



2 1/2 ft.



QUARTERED

Polygonaceae

Polygonum hydropiper

This herb has been used in various uterine disorders and to increase the volume of the urine.



SOLOMON'S SEAL

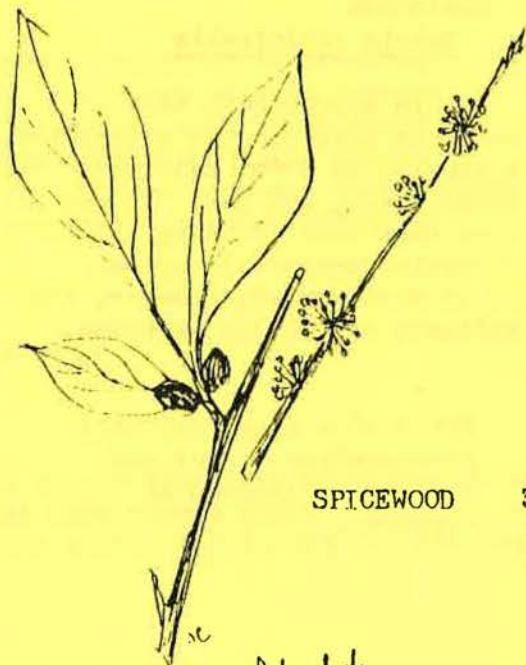
3 ft

SOLOMON'S SEAL

Liliaceae

Polygonatum biflorum

Portions of the roots of this plant help to increase the volume of the urine, to induce vomiting, to cause contraction of the tissues, and to aid in the restoration of tone to the muscles.



SPICEWOOD 32

Shrub - 15 ft ht

SPICEWOOD

Lauraceae

Lindera benzoin

The bark of this plant has been used to treat acute diarrhea, coughs, colds, and to expel and destroy worms from, and in, the body.

SPIKENARD

Araliaceae

Aralia racemosa

This has been used to treat rheumatism, syphilis, coughs, and shortness of breath. In Appalachia, a tea made of the roots is used for backache treatment.

SPOTTED GERANIUM

Geraniaceae

Geranium maculatum

In Appalachia, a tea made from the whole plant is used to treat dysentery and sore throat. The roots are very astringent and antiseptic.



10 in.

SPOTTED WINTERGREEN

Pyrolaceae

Chimaphila maculata

This plant is used to treat skin eruptions, certain types of cancer, acute rheumatism, and syphilis. It is also used as a tonic and astringent.

STAR ROOT



STAR ROOT

Liliaceae

Chamaelirium luteum

This herb has been used as a tonic, and a promoter of the secretion of urine.



STRAWBERRY  
Rosaceae  
Fragaria virginiana

The leaves of this plant are mildly astringent; the fruit has been used as an old-time gout remedy.

SWEET FLAG  
Araceae  
Acorus calamus

In Appalachia, the root is chewed to cure stomach gas. The powdered or ground root is used in perfumed sachets. The root was also chewed to clear the throat.

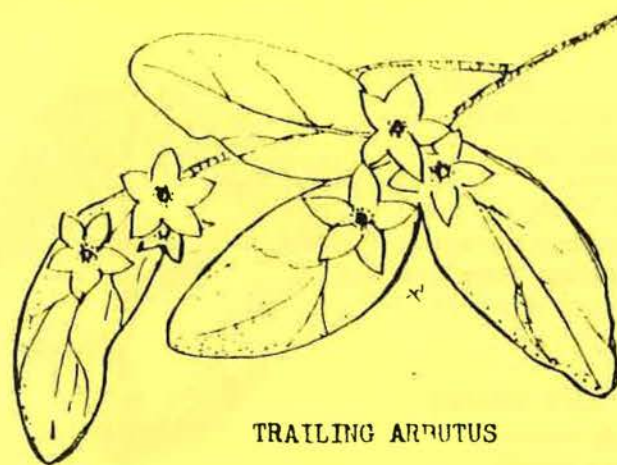
SWEET GUM  
Hamamelidaceae  
Liquidambar styraciflua

The tree grows up to one hundred feet and has star-shaped leaves. It is used as an oral antiseptic, to take away tobacco stains. The twigs, when soaked in water, are helpful in cleaning the teeth.

If you want to get rid of your warts, make sure that when they bleed, get nine grains of corn and dip them in the blood. Feed the grains to one chicken. The warts should be gone within two weeks.



STRAWBERRY



TRAILING ARBUTUS

TRAILING ARBUTUS  
Ericaceae  
Epigae repens

This is a very effective remedy for cystitis, bladder stones, and urethritis.

WHITE OAK  
Fagaceae  
Quercus alba

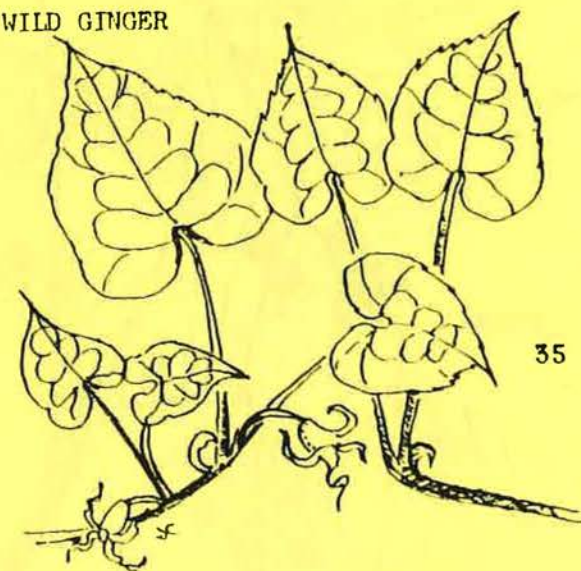
In Appalachia, a tea made from the bark is used to treat burns and sore mouth. It is also used as an astringent and antiseptic.

WILD GINGER  
Aristolochiaceae  
Asarum canadense

In Appalachia, a root tea is used to relieve stomach gas. A portion of the root is used as an antiseptic and tonic.

For a quick cough remedy, mix together one teaspoon butter, one teaspoon lemon, and one teaspoon honey. Heat the mixture together and take.

WILD GINGER





WILD PUSLEY  
 Portulacaceae  
Portulaca oleracea

This plant is used as a salad plant and potherb. It has an extremely high iron content.

WILD THYME  
 Labiatae  
Thymus serpyllum

This herb helps to prevent a spasm, and is helpful in the treatment of stomach disorders.

WILLOW  
 Salicaceae  
Salix nigra

In Appalachia, willow leaves and bark are used in a tea to break up fever. It is also effective in stopping internal hemorrhage, as an astringent, and as a tonic.



WITCH  
 HAZEL

WITCH HAZEL  
 Hamamelidaceae  
Hamamelis virginiana

In its distilled form, it is used on bruises and sprains.



YARROW

YELLOWROOT  
 Ranunculaceae  
Hydrastis canadensis

Portions of the roots have been used to treat mouth ulcers and as an astringent to treat certain eye conditions. A root tea is used as a tonic.



YELLOWROOT 37

YARROW  
 Asteraceae  
Achillea millefolium

This herb produces perspiration and the menstrual flow. It has also been used for the treatment of wounds.

YELLOW PINE  
 Pinaceae  
Pinus palustris

In Appalachia, this tree is a valuable source of turpentine, pine oil and tar. This tree grows to be very large.



APPENDIX

\*Listed in alphabetical order by cure.

Colic Angelica, Heliotrope, Ground Ivy  
Huskwood, Peppermint

Menstrual problems Blessed Thistle, Cedar, Cocash-  
weed, Cohosh, Ground Lily,  
Horehound, Juniper, Lamb's  
Quarters, Sage, Yarrow

Stomach ailments Angelica, Calamus, Ginger Plant,  
Queen Anne's Lace, Sweet Flag,  
Wild Ginger, Wild Thyme

Diarrhea Blackberry, Boneset, Butternut  
Dandelion, Dewberry, Elm, Garlic,  
Mulberry, Pigweed, Plantain,  
Red Elm, Spicewood

Ulcers American Alder, Goldenseal,  
Pigweed

Kidney problems -  
Urinary ailments Balsam Poplar, Bedstraw, Fringe,  
Ground Holly, Hops, Hydrangea,  
Joe-Pyeweed, Kidneyroot, Lake-  
weed, Lily-of-the-Valley,  
Pipsissewa, Queen Anne's Lace,  
Smartweed, Solomon's Seal, Star  
Root

Colds - Coughs -  
Fever - Sore Throat Boneset, Catnip, Clover, Cocash-  
weed, Cohosh, Goldenseal,  
Ironweed, Lettuce (Wild),  
Mulberry, Mullein, Orchid,  
Spicewood, Spotted Geranium,  
Sweet Flag, Willow

Lungs - Asthma -  
Bronchitis - Chest Balsam Poplar, Black Cherry,  
Bloodroot, Boneset, Chickweed,  
Jack-in-the-Pulpit, Jimsonweed,  
Bronchitis, Lamb's Quarters,  
Lobelia, Mullein, Orchid,  
Redroot

Headache  
Rheumatism

Breast Tumors  
Sores - Wounds -  
Burns

Snakebite  
Gout  
Scurvy  
Bladder  
Discharges  
Bedbugs  
Insomnia  
Cancer  
Sexual stimuli  
Baldness  
Jaundice  
Backache  
Heart

Pain  
Moles - Warts  
Venereal diseases  
Insecticide  
Perfume  
Typhoid  
Liver - Intestines  
Dyes - Flavorings -  
Cooking

Nervous Problems  
Blood  
Worms

Ash (White), Lady's Slipper  
Balsam Poplar, Butterfly Root  
Cohosh, Devil's Bit, Huskwood,  
Life-of-Man, Pokeberry, Spikenard  
Spotted Wintergreen  
Hemlock  
American Alder, Burdock,  
Cocashweed, Elm, Gentian,  
Goldenrod, Ironweed, Jackscrew,  
Melilot, Plantain, Pokeberry,  
Red Elm, White Oak, Yarrow  
Ash (White), Plantain  
Balsam Poplar, Strawberry  
Balsam Poplar  
Bedstraw  
Blackberry, Black Walnut  
Black Walnut  
Lettuce (Wild)  
Spotted Wintergreen  
Ground Lily  
Sage  
Hyssop  
Spikenard  
Hawthorn, Hyssop, Lily-of-the-  
Valley  
Mullein, Redroot  
Milkweed  
Life-of-Man, Mayapple, Spikenard  
Calamus  
Daisy  
Garlic  
Boneset  
American Alder, Angelica, Bee  
Balm, Black Cherry, Calamus,  
Dandelion, Dill, Ground Ivy,  
Partridgeberry, Peppermint,  
Sage, Wild Pusley  
Catnip, Ginseng, Lady's Slipper  
Burdock, Jacob's Ladder  
Blessed Thistle, Perennial,  
Spicewood



Bowels  
Body tone

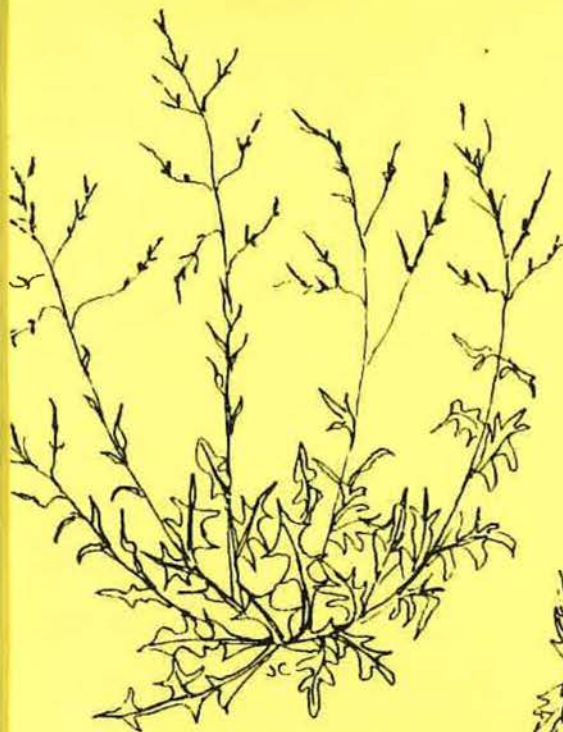
Spasms - Convulsions

Vomiting

Skin - Mouth -  
Teeth

Perspiration

Black Walnut, Hydrangea, Pigweed  
Boneset, Hydrangea, Solomon's  
Seal  
Dutchman's Pipe, Heliotrope,  
Hemlock, Lamb's Quarters  
Blessed Thistle, Butterfly Root,  
Hyssop, Lamb's Quarters  
Bee Balm, Cedar, Goldenrod,  
Hollyhock, Red Elm, Spotted  
Wintergreen, Sweet Gum  
Burdock, Butterfly Root, Dutch-  
man's Pipe, Horehound



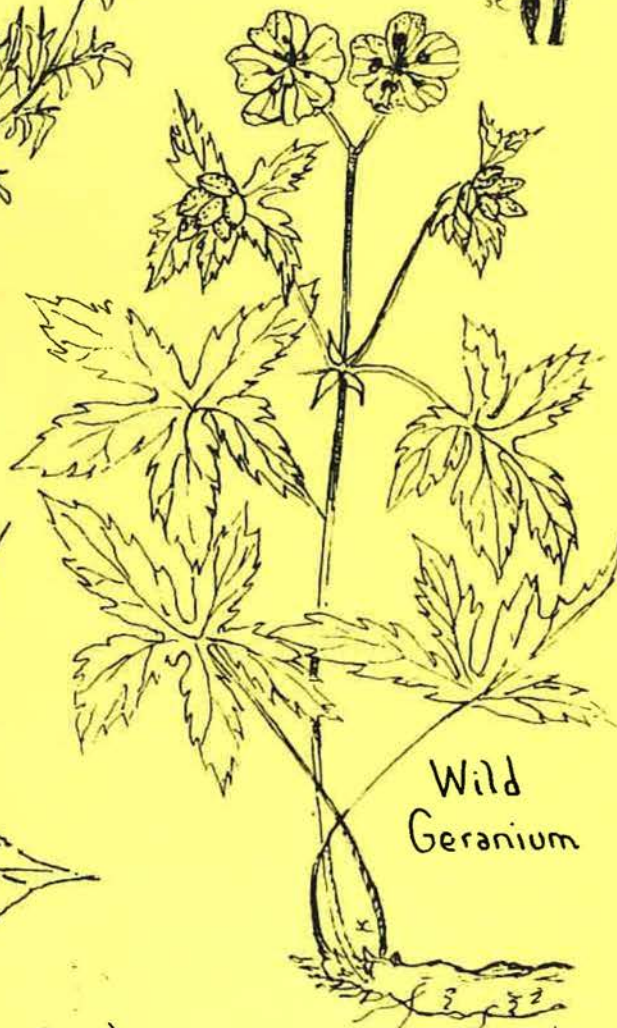
Wild Lettuce



Witch  
Hazel



Balsam Poplar



Wild  
Geranium

1 to 2 ft. ht.