

EXCERPT FROM RECORDED INTERVIEW OF HOWARD LUKE TALKING ABOUT THE
USE OF BIRCH

CONDUCTED BY BILL SCHNEIDER AND CHARLES HAMBY

IN FAIRBANKS, ALASKA

SEPTEMBER 12, 1996

ORAL HISTORY 96-35_PT.1

CHARLES HAMBY: Ok. What other herbs and -- ?

HOWARD LUKE: And, this one is from the birch tree. And -- and if you got the flu -- and you got the flu and stuff, it's just -- it's just like a seed. You know, they come out in springtime and the seed, it's got a shell in there, shell in there, and you take this, and break it up like that. And I keep that on hand all the time. When I get flu, I use -- I use this one here. And --

CHARLES HAMBY: Now do you make this up into a tea to drink it?

HOWARD LUKE: Yeah, when you drink it, yeah. It's awful tasting stuff, but it's -- Yeah, it'll cure you, though. Any kind of a flu you got, it'll -- it'll -- it'll work for you.

CHARLES HAMBY: Okay, when you make up this into a tea, how much of it do you put into the water?

HOWARD LUKE: Well, it depends on how much water you -- how much -- how much you got. Like a -- like a dipper. You take -- You want it really strong, if you want strong coffee, what you do, you add more coffee to it?

CHARLES HAMBY: Yeah.

HOWARD LUKE: Well, it's the same thing as this one here. You put more. You put about half of this one here. Half of this here.

CHARLES HAMBY: Okay, so if you had real bad flu, you would make a strong one?

HOWARD LUKE: Yeah, mom always carried this all the time in a bottle. In a bottle. Now they got plastic and stuff and that plastic is the worst thing you can put your -- your stuff into, you know. Like your drinking water and stuff like that, you know, that plastic bottles and stuff like that. They said that's -- I don't know how people used to know that this stuff was going to come out. And they said, whatever you do, don't put it in these things like this, you know. Don't put them in there. Otherwise, it'll -- And if you want to pick herbs and stuff like that, you got to go someplace where nobody haven't been. Like, you know, where there's a lake and the water is not running? It's got more herb to it. I mean, more nourishment to it. 'Cause that water is still, you see, and it stays right there. But if you go around out here and you pick herb, it's not going to do you any good, because people walk around there and it takes the nourishment right out of it and there's nothing left.

CHARLES HAMBY: Okay.

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