

anvil. You can expect a thunderstorm if this cloud is moving in your direction.

#### **Cirrostratus Clouds**

These clouds are a fairly uniform layer of high stratus clouds that are darker than cirrus. Cirrostratus is a small, white, round cloud at a high altitude.

Cirrostratus and cirrocumulus clouds indicate good weather.

#### **Scuds**

A loose, vapory cloud driven before the wind is a sign of continuing bad weather.

*Herbal Remedies and much more...*  
**WEEPING  
WILLOW**

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### *introduction/disclaimer...*

The nature of civilized society has treated individual problems as just that, isolated. Any look into the 'necessary evils' of our society and the kind of shit we put into our bodies (by our choice or not) will show that this is no way to deal with the increasing pain, deterioration, and disease that come along with the existence of the State; The removed social order which exists in the physical institutions and through the Imaginary 'collective consciousness', the totality of civilized thought, which Imposes Itself on us, and pushes us into a life of servitude and sacrifice, for the sake of such concoctions as 'progress' and 'development'. It is in the interests of the State to always maintain, and give the Illusion of, order. This applies to all aspects of life under Empire, from the stress we get from working, or living in accordance with a synthetic system of 'time', from the brutality of the police to the brutality of the army as it kills to feed the megamachine: our impossible order, from the internal deterioration from pumping ourselves with 'food' covered and filled with chemicals or remnants of science experiments to increase profits, to the sole of completely synthetic and lethal medications which we accept since they so quickly and easily cover up the immediate pain. The capitalist framework that we live, breathe, sleep, work, and rot under, seeks to sell us this shit because it is efficient and profitable. It lives up to the disgustingly fast pace of our society. It doesn't matter to them that the medicines they sell us are slowly killing us, and it's not in the State's interest to care. It is within this framework that we are living under, and we are dying for the continuation of that very order which is killing us. It is for these reasons that it is in the State's interests to suppress any information on natural remedies which seek to lessen pain and sickness. The Medicinal Institution is just as much a part of the state apparatus as any other institution. This is just another way of making us dependent on the State for life. It gives us medicine when we are having problems, and we are taken in by the speed and seeming efficiency which those medicines work at. What we are not seeing or being told, is that those some medicines are tearing us apart inside, just as the civil order is destroying our world. To look into these kinds of alternatives to the system the State furthers in the same isolated manner is another way to efficiently help the State bury the natural world and welcome the synthetic. When looking into this, we need to ask ourselves very basic questions of the nature of our ills, and not just try and deal with the headache or cramps of what aches you. We need to look and see what is making these problems so bad in the first place, and not just pillage the age old knowledge of peoples who existed within the natural world which our society is killing off, and Quickly. These are oil remedies that are products of millions of years of human coexistence with the natural world, It should be fully acknowledged that oil of these plants and herbs are like family to these people. For them it is a common understanding to know that nothing is good in excess, a lesson we must learn. The uses of those remedies should not be overdone, and it is strongly encouraged that

vised using a pit under a fire, a closed container, or wrapping of leaves or clay. You can also try other methods such as digging a pit and partly fill it with hot coals. Put your food with some water in a covered container. Place the covered container in the pit. Cover the container with a layer of coals and a thin layer of dirt.

### **Weather signs**

#### **Wind**

You can determine wind direction by dropping a few leaves or grass or by watching the tops of trees. Once you determine the wind direction, you can predict the weather that is imminent. Rapidly shifting winds indicate an unsettled atmosphere and a likely change in the weather.

#### **Smoke**

Smoke rising in a thin vertical column indicates fair weather. Low, dense or flattened out smoke indicates stormy weather.

#### **birds and insects**

Birds and insects fly lower to the ground than normal in heavy, moisture-laden air. This indicates that rain is likely. Most insect activity increases before a storm, but bee activity increases before fair weather.

#### **low pressure**

Slow-moving or imperceptible winds and heavy, humid air often indicate a low-pressure front. This is a promise of bad weather that will probably linger for several days. You can smell and hear low pressure: The sluggish, humid air makes wilderness odors more pronounced than during high pressure. In addition, sounds are sharper and carry farther in low pressure than high pressure.

### **Clouds**

#### **Cirrus Clouds**

These clouds are the very high clouds that look like thin streaks or curls. They are usually 4 miles or more above the earth and are usually a sign of fair weather. In cold climates, however, cirrus clouds that begin to multiply and are accompanied by increasing winds blowing steadily from a northerly direction indicate an oncoming blizzard.

#### **Cumulus clouds**

These clouds are fluffy, white, heaped-up clouds. They are much lower than cirrus clouds, and are often fair weather clouds. They are apt to appear around midday on a sunny day, looking like large cotton balls with flat bottoms. As the day advances, they may become bigger and push higher into the atmosphere, piling up to appear like a mountain of clouds. These can turn into storm clouds.

#### **Stratus Clouds**

These clouds are very low gray clouds, often making an even gray layer over the whole sky. This generally means rain.

#### **Nimbus Clouds**

This is a rain cloud of uniform greyness that extends over the entire sky.

#### **Cumulonimbus Clouds**

Cumulonimbus is the cloud formation resulting from a cumulus cloud building up, extending to great heights, and forming in the shape of an

### **fire pit**

Dig a 4 to 5 inch diameter hole 10 to 12 inches deep. Dig soother hole 15 to 24 inches from the first hole to serve as the chimney. Dig a tunnel connecting the two holes. Use dry twigs only for fuel, keeping the fire as small as possible.

### **lighting the fire**

You should always light your fire lay from the upwind side. To light your fire make a bundle of dry materials and place it near your fire lay. Light your match, or whatever you are using, quickly grab the dry materials, hold it slightly downward, and apply the flame. As the dry materials ignite, turn the bundle in your hand until it is burning well. Light the dry and combustible materials in your fire lay. Do not waste your matches, or lighter fuel. If you have a candle on you light it, it will burn longer and will help you save your lighting materials for later use. If you don't have matches or a lighter there are other ways to light a fire:

### **Convex Lens**

This method can only be used on bright sunlight day, and it takes time. You can use the lens from your binoculars, camera, telescopic sight, or the magnifying glass from a compass. Angle the convex lens until the sun's rays are concentrated on the dry materials. Hold the lens so that the sun-rays stay directed over the same spot until the dry materials begin to smolder. Gently fan or blow the dry materials into a flame and proceed as above.

### **Metal Match**

Arrange some dry materials in the shape of a bird's nest and place a dry leaf, thin dry bark, or a piece of paper in the dry materials nest. Place the dry materials near your fire lay. Holding your knife or similar item in one hand and the metal match in the other, place the metal match point on the dry leaf, bark, or paper, in the center of the dry materials nest. Scrape your knife against the metal match as if you are whittling. The sparks will hit the scrapings and dry materials.

### **Battery**

You may be able to strike a spark using a battery. The technique, however, depends upon the battery you have. With a vehicle battery attach a wire to each terminal. Set the battery where the wires will reach the dry materials. Touch the bare ends of the wires together next to the dry materials so the spark will ignite it.

### **Flint and Steel**

If you have a piece of steel—a knife blade, for instance—and a piece of flint, you can strike a spark to light dry materials. You can use a piece of hard stone if you have no flint. Hold the flint as close to the dry materials as possible. Strike the piece of steel downward on the flint. So the sparks will hit the center of the dry materials.

### **Containers for Cooking Food**

You can use coconut shells, seashells, turtle shells, and half sections of bamboo to boil food. You can use a dry rock for your food. Just place a flat or slightly concave rock on the fire, when the rock is hot, place grease and your food on it and heat until cooked. An oven for baking can be impro-

ved. The reader researches the individual plants and herbs. In accordance with reading this. This being said, we give the disclaimer: These remedies or\* not Intended to diagnose, treat, cure\* or prevent any disease.

## **Abdominal Problems**

A sitz bath is recommended for genito-urinary tract, rectum, lower abdominal area as well as for inflammations, pelvic congestion, cramps, menstrual problems, kidney pains, and intestinal pains. Taking a sitz bath: put warm or hot herbal bath water in the tub. You will likely be using your tub and not a tub specially designed for sitz baths. Fill the tub with 4 inches of water, keep your knees up and splash your abdomen with water. Stay in the tub for 10–20 minutes. Rinse with a short cold bath or shower. (It is also recommended to wrap your body that is not in the tub with blankets or towels.)

## **Acne**

Recommended for skin problems such as acne, bad complexion, and eczema.

- mix up 2 oz. each of: Beet Juice, Celery Juice, and Tomato Juice. Drink this 2–3 times a day.
- mix equal parts of: witch grass root, elecampane root, juniper berries, ground ivy, and elder leaves and flowers. Steep in 1 tsp. in 1/3 cup of boiling water. Take 1/3 to a cup a day. Do not sweeten. Drink in mouthful doses. Take daily over an extended period.
- Mix equal parts (1 part) of: black elder leaves, pansy, and english walnut leaves. Mix in 2 parts of speedwell, steep 1 tsp. in 1/3 cup boiling water.

Take 1 to 1 1/2 cups a day. Do not sweeten. Drink in mouthful doses.

## **Allergies**

I would suggest looking into these herbs.

- Skunk cabbage
- Papaya
- red eyebright
- Ma-Huang
- Cuses

## **Anemia**

- Mix equal parts of mother of thyme and nettle. Steep 1 tsp. in 1/3 cup boiling water. Take 1 to 1 1/2 cups a day. Sweeten with whatever suits you. Drink in mouthful doses.
- Mix equal parts of european centaury and st. johnswort. Steep 1 tsp. (leveled) in 1/3 cup boiling water. Add a sweetener. Take 1 to 1 1/2 cups a day. Drink in mouthful doses.
- Mix in equal parts of european centaury, wormwood, nettle leaves, and brier hip. Soak 1 tbsp. in 1 cup of cold water for 3 hours. Then boil quickly and steep for 10 minutes. Sweeten, and take in the course of a day. Drink in mouthful doses.

## Appetite

The following if for a lack of appetite.

- mix equal parts of juniper berries, balm leaves, nettle leaves, and european centaury. steep 1 tsp. in 1/3 cup boiling water. Take 1/3 to a cup a day. Sweeten. Drink in mouthful doses.

## Backache

I would suggest looking into these herbs:

- alpine cranberry
- american spikenard
- barberry
- bearberry
- betony
- black cohosh
- black elder
- buchu
- dwarf nettle
- german chamomile
- horsemint
- nettle

## Blackheads

Tomatoes are good against blackheads.

- apply slices of a tomato to your face. Leave on for 15 minutes and then rinse. (mashed tomatoes work as well.)

## Blood Pressure

The following is for both high and low blood pressure.

### High:

- mix 1 part of caraway, fennel, anise, and milfoil. Mix 2 parts of chamomile and peppermint leaves. Steep 1 tsp. in 1/3 cup of boiling water. Take 1 to 1 1/2 cups a day. Drink in mouthful doses.

### Low:

- add 1 lb. chopped sweet flag root to 5 qt. cold water. let stand for 2 hours. Quickly bring to a boil and steep for 5 minutes. Add the mix to your bath water (full bath).

## Bruises

I would suggest looking into these herbs.

- aloe
- birch
- celery
- cinnamon fern
- comfrey
- dwarf nettle
- flax
- garden thyme

wrist size trunks can be broken easily in the cold. Cut or break several green logs and lay them side-by-side on top of the snow. Add one or more layers, laying the top layer logs in a direction opposite to those on the bottom layer.

### Materials for building fires

dry materials that ignite with little heat-just a spark

Birch bark, shredded inner bark from cedar, chestnut, red elm, fine wood shavings, dead grass, ferns, moss, fungi, straw, sawdust, very fine pitch-wood scrapings, dead evergreen needles, the rotted portion of dead logs or trees, evergreen tree knots, fine feathers, milkweed, dry cattails, dandelion, fine-dried vegetable fibers, lint from pocket and seams, charred cloth, waxed paper, gunpowder, cotton.

### Combustible material to add to the burning dry materials

Small twigs small strips of wood, split wood, heavy cardboard, pieces of wood removed from the inside of larger pieces, wood that has been soaked or doused with highly flammable materials such as gasoline, wax, or oil.

### Fuel

Dry standing wood and dry dead branches, insides of tree trunks and large branches, green wood that is finely split, dry grasses twisted into bunches, peat dry enough to burn, dried animal shit, coal.

### Cone

Arrange dry materials and a few sticks of combustible materials in the shape of a cone. Fire the center. As the core burns away, the outside logs will fall inward, feeding the heart of the fire. This type of fire burns well even with wet food.

### Lean-to

Push a green stick into the ground at a 30 degree angle. Point the end of the stick in the direction of the wind. Place some dry materials (a handful deep inside the lean-to stick. Lean pieces of combustible material against the lean-to stick. Light the dry materials. As the combustible materials catch fire from the dry materials, add more combustible materials.

### Cross-ditch

Scratch a cross about 1-foot in size in the ground. Dig the cross 3 inches deep. Put a large wad of dry materials in the middle of the cross. Build a pyramid with combustible materials above the dry materials. The shallow ditch allows air to sweep under the fire lay to provide a draft.

### Pyramid

Place two small logs or branches parallel on the ground. Place a solid layer of small logs or branches across the parallel logs. Add three or four more layers of logs or branches, laying each layer vertical to and making it smaller than the layer below it. Make a starter fire of dry materials and combustible materials on top of the pyramid. As the starter fire burns, it will ignite the logs below it. This will give you a fire that burns downward, radiates heat evenly all around, and requires no attention during the night.

### Fire stick

Place two rocks on the ground about 10 inches apart. If there are no rocks available, stick two thick sticks or forked sticks in the ground. Lay the fire stick across the two rocks. Place a large handful of dry materials under the fire stick. Lean combustible materials on the lee side of the fire stick.

braid the bark together to make cord. After you make the cord, test it to be sure it is strong enough for your purpose.

## **Knots**

### **Square Knot**

You can use square knot@ to tie the ends of ropes of equal diameter together. A square knot tightens under strain, but is easy to untie by grasping the ends of the two bights and pulling the knot apart. If the ropes are wet or are not the same diameter the square knot will not hold.

### **prusik Knot**

You can use a prusik knot for tying a sling rope to a climbing rope. The knot will hold the sling in place when tension is put on it, but will slide up or down the climbing rope when you release the tension. You can also use this knot when weaving a fishnet.

### **Clove Hitch**

You can use the clove hitch to fasten a rope to a pole, post, or similar object. You can make the knot at any point on the rope; however, to make the knot hold, you must either keep tension on it or run an extra loop around the anchor object and under the center of the clove hitch.

### **Round Turn With two Half Hitches**

You can use the RTWTHH to tie the end of a rope around an object such as a pipe, post, or tree.

### **bowline**

The bowline knot has many uses. It is one of the best knot@ for forming a single loop that will not become smaller when tension is placed on it.

### **double Sheet Bend**

You can use the double sheet bend to join two ropes of unequal diameter, two ropes that are wet, two tubular nylon cords, or two straps.

## **Fire building. etc..**

A fire fulfills several needs: It keeps you warm, dry; it can be used for cooking food, or used to purify water, etc... When building a fire look for a dry spot, make sure it will be protected from the wind. If there is a shelter you want to make sure your fire is suitably placed, that it will concentrate the heat in the direction you desire, and that there is wood or fire-burning materials available. If you are in a wooded or brush-covered area, clear brush away and scrape the surface soil from the spot you selected. The cleared circle should be at least 3 feet (1 meter) in diameter so that there is less chance of the fire spreading. Do not use wet or porous rocks in your fire, they may explode when heated. Never fall asleep without turning out your stove or lamp if you have it in your shelter. Carbon monoxide is a great danger. It is colorless and odorless. A yellow flame freely generates it; so if you see a yellow flame, check your ventilation.

### **Dakota fire hole .**

This is a good fireplace for cooking. First, dig a hole in the ground, second, on the upwind side of the hole, poke one large connecting hole for ventilation, third, build your fire in the hole as illustrated.

### **Base for fire in snow-covered area**

You want to use green logs to make a dry base for your fire. Trees with

- garden violet
- laurel
- nettle
- olive
- willow

## **Burns**

I would suggest looking into these herbs as well.

- aloe
- chickweed
- comfrey
- houseleek
- olive
- pumpkin
- wild daisy

## **Calcium**

As we all know, calcium is important to our bodies. It is for bones, teeth, clotting of the blood, nerve tissue, muscles, etc... Some recommended foods:

- kelp
- irish moss
- blackstrap molasses
- dried almonds
- mustard greens
- parsley
- dandelion greens
- cabbage
- lentils
- cauliflower
- maple syrup
- celery
- peas
- oranges

## **Chest Problems**

The following mixtures are for congestion and chest colds.

- Mix 1 part of lance-leaf plantain, mullein flowers, and lungwort. Mix in 2 parts of speedwell. Steep 1 tsp. in 1/3 cup of boiling water. Take to 1 1/2 cups a day. Sweeten (raw sugar). Take in mouthful doses.
- Mix 1 part of ainse seed. Mix 2 parts of coltsfoot leaves and lungwort. Steep 2 tsp. in 1/3 cup boiling water. Mix this tea with 1 1/2 cups of althea tea which is prepared by soaking 1 tbsp. althea root, leaves and/or flowers in 1/3 cup cold water for 5 hours. sweeten. take in mouthful doses.



## Childbirth

The following is to ease childbirth. I would suggest looking into these herbs.

- birthwort
- blind nettle
- comfrey
- flax
- garden raspberry
- garden violet
- iceland moss
- pansy
- primrose
- ragwort
- cotton
- wild red raspberry
- wormwood

## Constipation

A good old laxative!

- drink 2 parts tomato juice and 1 part sauerkraut juice
- eat an apple before bed with a glass of water.

## Coughs

The following is a mixture for a natural cough syrup.

- Cut six white onions. Put in a double boiler. Add 1/3 cup maple syrup. Slowly cook over low heat for 2 hours and strain. Take at regular intervals. You are best off taking it warm.

## Diarrhea

The following tea remedy is to help control uncontrollable diarrhea.

- Mix in equal parts of milfoil herbs, pansy herbs, st. benedict thistle, german camomile flowers, american senna leaves, and peppermint leaves. Steep 1 tbsp. in 1/3 cup boiling water for 10 minutes. Take warm.
- Mix in equal parts of oak bark and horse chestnut bark. Boil 2 tsp. in 1/3 cup water for a short time. Do not sweeten. Take in mouthful doses.

## Dizziness

I would suggest looking into these herbs.

- catnip
- hawthorn
- lavender
- lemon
- motherwort
- peppermint
- rose
- sage

## Diarrhea

Diarrhea is usually caused from a change of water or food, drinking contaminated water, eating spoiled food, using dirty dishes, and becoming fatigued. Below are a few ways to get rid of diarrhea:

- Limit your intake of fluids for 24 hours.
- Drink 1 cup of a strong tea every 2 hours, [check out the herbal remedies section under diarrhea or check out the plant broad leaf lawn plantain under edible plants-above, until the diarrhea slows or stops. The tannic acid in tea helps control diarrhea. tannic acid is also found in the moist inner bark of hardwood trees. boil the inner bark for 2 hours or more to release the tannic acid. This may be vile and may stink, but it cures most cases of diarrhea.
- Make a solution of one handful of ground chalk, charcoal, or dried bounts and treated water, try to get it at the consistency of kapectate. if you have some apple pomace or the finds of citrus fruit, add an equal portion to the mixture to make it more effective. Take 2 tablespoons of the solution every 2 hours until the diarrhea slows or stops.

And remember when you are better, replace the liquids that you lost during the diarrhea days.

## Burns

The below will help relieve the pain somewhat. caused by burns, help speed up the healing process, and offers some protection against infection.

- Soak dressing or clean rag for 10 minutes in a boiling tannic acid solution [of tea or bark-boiled in water].
- Cool the dressings or clean rags and apply over the burns.

Never apply grease or fat to the burn.

## Weapons and Tools

### simple club

You can make a club out of a staff or branch short enough for you to swing easily but long enough and strong enough for you to damage whatever you hit.

### weighted club

Make a simple club with a weight on one end. The weight may be a natural weight, such as a knot on the wood, or it may be something added, such as a stone. You will also need some type of lashing material. First find a stone that has a shape that will allow you to lash it securely to the club. A stone with a slight hourglass shape works well. Find a piece of wood that is the right length for you. A straight-grained hardwood is best if you can find it. lash the stone to the bandit.

### lashing materials

You can use natural materials or manmade materials to make lashing. A good man-made material would be a cotton web belt, take it apart and braid enough strands together to give you a strong cord. If you have no manmade materials use the inner bark of some trees, such the linden, elm, hickory, white oak, mulberry, chestnut, or red and white cedar. Shred and

### *Treating an infected wound*

Place a warm, moist compress directly on the infected area. Change the compress when it cools, keeping a warm compress when it cools, keeping a warm compress on the wound for a total of 30 minutes. Apply the compresses three to four times daily.

**Drain the wound.** Open and gently probe the infected wound with sterile Instrument: knife, glass, wood, or another Item. You want the pus to drain Gently remove all accumulations of pus or crusted matter.

**Dress and bandage the wound.** Drink lots of water. Continue the above treatment daily until all signs of infection have gone away.

### **Using maggots to clean a wound**

Using maggots has its benefits but it also may cause complications. The best time to use maggot therapy is when you have so antibiotics or when the wound becomes severely infected, or does not heal. You must first expose the wound to flies. This will bring about maggots. Flies may dirty the wound with bacteria that they carry, considering they land on poop and all. Maggots will invade live, healthy tissue when the dead tissue is gone or not readily available. To use maggot therapy do as follows:

- Expose wound to flies for one day and then cover wound.
- Check daily for maggots.
- Once maggots develop, keep wound covered but check daily.
- Remove all maggots once they have cleaned out all dead tissue and before they start on healthy tissue. Increased pain and bright red blood in the wound indicate that the maggots have reached healthy tissue.
- Flush the wound every 4 hours for several days to ensure all maggots have been removed.
- bandage the wound and treat it as any other wound. It should heal normally.

### *Treating boils*

Apply warm compresses to bring the boil to a head. Then open the boil using a sterile knife, wire, needle, or similar item. Thoroughly clean out the pus using soap and water. Cover the boil site; checking it periodically to ensure no further infection develops.

### *Fungal infections*

Keep the skin clean and dry, and expose the infected area to as much sunlight as possible. Do not scratch and do not use strong substances such as iodine and alcohol. You cannot burn out fungus.

### *Heat Rash*

Keep the area clean and dry. Apply powder if available. A cold compress may help relieve itching.

## **Eczema**

See page 3, Acne

## **Eyes**

I would suggest looking into these herbs.

- American Angelica
- Carrot
- Cornflower
- Dandelion
- Fennel
- Jasmine
- Oat
- Parsley

## **Fever**

The following tea mixture is to comfort and reduce a fever.

- Mix equal parts of sallow bark, and yellow gentian root. Steep 1 tsp. in 1/3 cup boiling water for about 5 minutes. Take 1/3 to 1 cup as needed. Take in mouthful doses.

## **Gallstones**

The following is a tea to help pass gallstones.

- Mix st. benedict thistle, mallow flowers, calendula, pansy, alder buckthorn bark, and milfoil. Steep 1 to 2 tsp. in 1/3 cup boiling water. Take 1/3 to 1 1/2 cups a day.

## **Gums**

The following is for bleeding gums. I would suggest looking into these herbs.

- Blackberry
- Comfrey
- Dogwood
- Echinacea
- Watercress
- Willow

## **Headache**

I would suggest checking these herbs out.

- Birch
- Chamomile
- Catnip
- Feverfew
- Garden Thyme
- Ground Ivy
- Henna
- Rose
- Sage

## Hemorrhoids

The following is a healing enema.

- Mix 8 parts willow bark and red oak bark, Mix 3 parts wild sage leaves, pilewort, and horseweed. Slowly boil 1 1/2 tsp. mixture in 1 pt. water. Let sit until cold, then strain. Use this mixture as a enema before going to bed.

## Insomnia

Tea to help you sleep.

- Mix 1 part fragrant valerian, 2 parts st. johnswort, 3 parts hops, 5 parts lavender flowers, and 10 parts primrose flowers. Steep 1 1/2 tsp. in 1/3 cup boiling water for 10 minutes. drink when cool, sweeten. Of course drink this before bed.

## Menopause

I suggest looking into these herbs.

- Balm
- Birthwort
- Blind Nettle
- Fragrant Valerian
- Hawthorn
- Motherwort
- Rosemary
- Wormwood

## Menstrual Problems

- Mix equal parts of blind nettle, lady's mantle, and milfoil. Steep 1 tsp. in 1/3 cup boiling water. Take 1 to 1 1/2 cups a day. Do not sweeten. Take in mouthful doses.
- Mix 1 part rosemary and shave grass, 2 parts shepherd's purse and milfoil. Add 1 tbsp. to 1/3 cup cold water. Briefly boil and steep. Take 1/3 to 1 1/2 cups a day. Do this by medical direction.

## Nausea

If you are vomiting consider looking into these herbs.

- Anise
- Asparagus
- Barley
- Basil
- Clove
- Fragrant Valerian
- Ginger
- Ginseng
- Lavender
- Peach Tree
- Peppermint
- Sage
- Savory
- Spearmint

speed up. This could affect your recovery because your body will absorb the toxin quickly. All snakes have several rows of teeth. Some snakes, however, have one or more pairs of fangs. large, grooved, or hollow teeth. Through the fangs the snake injects venom. All snakes that have fangs are likely to be poisonous. Knowing if the snake that bit you was poisonous or nonpoisonous is always good. if you can't tell, just look at the marking, if there's fang punctures at the site of the bite-one or two punctures sometimes three or four is generally means a poisonous snake bit you. Symptoms of a poisonous snakebite are:

- Pain at the site of the bite.
- Swelling at the site of the bite within a few minutes or within 2 hours.
- paralysis, weakness, twitching, and numbness. These are signs of neurotoxic venoms, and usually appear 1 1/2 to 2 hours after the person is bitten.

### *To remove the venom*

Remove any necrotic tissue. Watch for infection. If infection appears, keep wound open and clean. Remove necrotic tissue as needed. If scrubbing does not remove all necrotic tissue and the infection is getting worse, consider maggot therapy. Flush the wound daily with water or fresh urine, do not store urine for later use. Use heat after 24-48 hours to help prevent spread of local infection. Keep wound covered with dry sterile dressing. Have victim drink large amounts of fluids until Infection is gone. The victim might want to lie down with head slightly lower than the rest of the body. Do not move around because activity makes the blood circulate faster thereby speeding up the spread of the venom. Remove toxin as soon as possible by using a mechanical suction device or by squeezing. Do not use your mouth to suck out venom. The vessels under the tongue will absorb toxins almost immediately and carry them to the heart. Clean the bite site and hands extremely well. Do not put hands on because venom may be on hands. Remove watches, rings, bracelets, and any other restricting item. Do not put ice on the bite. Do not use a tourniquet. Do not drink alcoholic beverages.

### *Open wound*

Clean the wound right away after the wound occurs.

- Remove or cut clothing away from the wound.
- Thoroughly clean the skin around the wound.
- Rinse, do not scrub, the wound with large amounts of the cleanest water available. You can use fresh urine if water is in short supply. Fresh urine is sterile.
- Do not use common antiseptics. They can cause tissue damage. Use antiseptics only if diluted.
- Do not attempt to sew up a wound. You want to leave it open to let it pus and so infectious material can drain.
- Cover the wound with clean dressing. Place a bandage on the dressing to hold it in place.
- Change the dressing daily to check for infection, and to keep it clean.



### ***To remove a tick***

use vaseline, heavy oil, or tree sap. This will cut off their air supply. This will release the ticks grip and then you can easily remove it. Be sure to remove the whole tick. Use tweezers if you have them. grasp the tick where the mouth is connected to the skin. Do not squeeze the tick's body. Wash your hands after removing the tick. Clean the tick wound well each day until the wound is healed.

### ***if you have a chigger or mite infested area***

wash your skin thoroughly with soap and water, repeating several times,

### ***If a bee or wasp stings you***

immediately remove the stinger and venom sac if attached by scraping with a fingernail or knife blade. Do not squeeze or grasp the sac or stinger with tweezers or with your fingers.

You don't want to force more venom in the wound. Wash the sting wound thoroughly with soap and water. You can apply an ice pack to lessen the chance of a secondary infection.

### ***To treat a spider or scorpion bite***

Clean the wound extremely well and try to remove the toxin by suction or by squeezing the bite site. If you have any type of tobacco, chew it and place it over the bite site. this will help to ease the pain. Treat the bite as you would an open wound.

### ***Intestinal Parasites***

You can avoid parasites if you take preventive measures. One way to keep safe is to not go barefoot. Although it is nice to walk barefoot, there is a chance of becoming a host. To stay away from intestinal parasites do not eat raw meat, eating raw vegetables that have been contaminated with raw sewage or human feces used as a fertilizer-night soil-is another way of getting an intestinal parasite. if you do get a parasite here are some ways to treat them.

**Saltwater.** mix 4 tablespoons of salt in 1 quart of water and drink. Do not repeat this treatment.

**Tobacco.** Eat 1 to 1 1/2 cigarettes. The nicotine in the cigarette will kill or stun the worms long enough for your system to pass them. If the infestation is severe, repeat the treatment in 24 hours, but no sooner.

**Kerosene.** Drink 2 tablespoons of kerosene but no more. If necessary, you can repeat this treatment in 24-48 hours but no sooner.

**Hot peppers.** Peppers are effective only if they are a steady part of your diet. You can eat them raw or put them in soups or rice and meat dishes.

### ***Snakebite***

First off, death from snakebite is rare. getting bit by a snake is rare as well, especially if you know the snake and their habitat. If bitten do not get excited, hysteric, or panicky doing so will cause your circulatory system to

- Star anise
- Wild Red Raspberry
- Wild Yam

### **Poison Ivy or Oak**

Liquid extracts or decoctions of these plants can be helpful towards poison ivy.

- A decoction of jewelweed is great (preserve by freezing).

- gum plant
- Mugwort
- Sumac
- Sweet Fern
- Witch Hazel
- Loselia
- Solomon's Seal

### **Prostate**

I would suggest checking out these herbs

- Blind Nettle
- Dwarf Nettle
- Garlic
- Indian Corn
- Nettle
- Parsley
- Rosemary
- Thuja
- White Pond Lily
- Wintergreen

### **Skin**

The following remedies are for dry and oily skin.

#### ***Dry:***

- Mash a avocado and heat it over double boiler until it is warm.
- Use fresh or dried mashed apricots mixed with warm olive oil to make a paste. Spread on face.

#### ***Oily:***

- pulverize almonds and make into a paste with a small amount of liquid. Leave on for 15-20 minutes and wash off with warm water with a cold rinse afterwards. Do not apply to eye area. Be sure to wash face with cream before using mask.

### **Smoking**

The following are plants to look into to help stop smoking.

- Catnip
- Echinacea
- Fragrant Valerian
- Magnolia

- Motherwort
- Nerve Root
- Peppermint
- Slippery Elm

## Sore Throat

Check these herbs out.

- Black elder
- Blackthorn
- Blazing star
- English Walnut
- Ginger
- Ground Ivy
- Lemon
- Rose
- Slippery Elm
- Wild Ginger
- Wild Plum
- Wild Strawberry

## Toothache

I suggest checking out these herbs.

- Clove
- Periwinkle
- Rose
- Sassafras
- Savory
- Tansy

## Ulcers

The following is for stomach ulcers.

- Mix equal parts of calendula flowers, speedwell, celandine, nettle, and oak bark. Steep 2 tsp. in 1 cup boiling water. Take 1 cup a day. Do not sweeten. Take in mouthful doses.

## Warts

Check into these herbs.

- Dandelion
- Garlic
- Houseleek
- Lemon
- Milkweed
- Wild Sage

## Whooping Cough

- Mix equal parts of elecampane root, thyme, nettle leaves, and lungwort. Steep for 10 minutes in boiling water. Strain. Sweeten. Drink

in the tree, you can rest the pole in it instead of tying it in place. Place one end of the beams, 10-foot poles, on one side of the horizontal support. Make sure the backside of the lean-to is placed into the wind. Crisscross sapling or vines on the beams. Cover the framework with brush, leaves, pine needles, or grass, starting at the bottom and working your way up like shingling. Place straw, leaves, pine needles, or grass inside the shelter for bedding.

## Tree-pit snow shelter

If you are in a cold, snowy area with evergreen trees and a digging tool, you can make the Tree-pit snow shelter! To make a shelter find a tree with bushy branches that will give you overhead cover. Dig out the snow around the trunk of the tree until you reach the depth and diameter you desire or until you reach the ground. Pack the snow around the top and on the inside of the hole to provide support. Find and cut other evergreen boughs and place them over the top of the pit to on you additional overhead cover.

## Beach-shade shelter

You will be protected from the rain, wind, and heat if building a Beach-shade shelter. Find and collect driftwood or other natural material to use as support beams and to use as a digging tool. Select a building site that is above the high-water mark. Scrape or dig out a trench running north to south so that it receives the least amount of sunlight. Make the trench long enough and wide enough for you to lie down comfortably. Mound soil on three sides of the beach. The higher you make the mound, the more space you will have in your shelter. Lay support beams, driftwood or other natural material, on top of the mound spanning the trench to form the framework for a roof. Enlarge the entrance to the shelter by digging out more sand in front of it. Use natural materials such as grass or leaves to form a bed inside the shelter.

## Fallen tree

Fallen trees make good shelters.

## Insect Bites and stings. etc...

Being bitten or stung can cause many health problems. One you could be allergic or two they may carry a disease. Mosquitoes may carry malaria, dengue, and many other diseases. Flies can spread disease from contact with infectious sources. are causes of sleeping sickness, typhoid, cholera, and, in rare cases, dysentery. fleas can transmit plague. Lice can transmit typhus and relapsing fever. Ticks can carry and transmit diseases such as Lyme disease and Rocky Mountain spotted fever that is common in many parts of the U.S. Bee and wasp stings can be dangerous and even fatal in individuals who are sensitive to their venom. It is never good to scratch a bite or sting because it could get infected. You can sometimes relieve the itching and discomfort caused by insect bites by applying cold compresses, a cooling paste of mud and ashes, the milky sap from dandelions, coconut meat, or crushed leaves of garlic.

### **Poison sumac**

This shrub grows up to 12 feet tall. It has alternate, pinnately compound leaves; the leaflets are dark green in color and have an entire margin. Flowers are greenish-yellow and inconspicuous. The fruits hang in clusters and are a greybrown in color. AU parts should be considered poisonous at all seasons. Contact with plant may cause serious dermatitis. Poison sumac grows only in wet acid swamps and is found only in North America.

### **Death lily**

This plant arises from a bulb and may be mistaken for an onion-like plant. Its leaves are grasslike. The flowers are six-parted and the petals have a green heart-shaped structure on them. The flowers grow on showy stalks above the leaves. AU parts of this plant are very poisonous. You will find the death lily in wet, open, sunny habitat; although some species favor dry rock slopes. They are common in parts of the Western U.S. Some species occur in Eastern U.S. and in parts of western subarctic North America and Eastern Siberia.

### **Rosary Pea**

This plant is a vine with alternate compound leaves, light purple flowers, and beautiful seeds which are red and black. Out seed may contain enough poison to MU an adult. This is one of the most dangerous of all poisonous plants. AU part should be considered poisonous to ingest. This is a common weed in parts of Africa, Southern Florida, and Central and South America.

### **Shelters**

If you don't know the area you are in always look for shelter or an area to build a shelter at least 2 hours before sunset. You want to look for two main things in the area you plan on staying at. 1.) It must contain material to build the shelter you need. 2.) It must be large enough and level so you can sleep and relax comfortably. You also want to check for things that could be unsafe such as some wild animals, rock falls, dead trees that might fall, and certain insects and other hazardous bugs or rodents. In extreme cold do not use metal for shelter or shelter building. The metal will conduct what little heat you can generate away from the shelter. Always make sure you ventilate your shelter if you plan on building fires in it. Never directly sleep on the ground. Especially in cold climates, the ground absorbs your body heat. Lay down pine boughs, grass, or other insulated materials.

### **Field expedient lean-to**

If you are in a wooded area and have natural materials, you can make an expedient lean-to without the aid of tools or with only a knife. The expedient lean-to will protect from most environmental elements. You need two trees, or two upright poles. The trees need to be at least 6 feet apart. You will also need a pole about 7 feet long and 1 inch in diameter, five to eight poles about 10 feet long and 1 inch in diameter for beams; cord or vines for securing the horizontal support to the trees; and other poles, saplings, or vines to crisscross the beams. Tie the 7-foot pole to the trees at a point about waist to chest high. This is your horizontal support, if there is a fork

### **Survival Tips**

In this section there will be some survival tips that can be used in any kind of case.

A really good idea is to watch animals around you. They will lead you to food, shelter, and water. Note that you cannot eat or drink everything animals do. Never eat unknown plants that have a 1. milky sap or a sap that turns black when exposed to air. 2. Are mushroom-like. 3. Resemble onion or garlic. 4. Resemble parsley, parsnip, or dill. 5. Have carrot-like leaves, roots, or tubers.

### **Adequate water**

You lose water through sweating, urinating, and defecating. In circumstances such as heat and/or cold exposure, intense activity, high altitude, burns, or illness your body may lose water. The water that you lose must be gained back. When you lose too much water you will get nauseous, weak, dizzy, & headaches. When it gets bad symptoms are dim vision, painful urination, swollen tongue, deafness, numbness in skin, or even DEATH. Dehydration is a result from not putting the water that you lose back into your body. Nobody can tell you how much water you should drink, there are no adequate means of measuring how much water you should be drinking. But it is always good to drink water even when you are not thirsty. Drink small amounts of water to prevent dehydration. Drink enough liquids to maintain a urine output of at least 1 pint every 24 hours. If you live in a hot climate drink 4 to 8 gallons of water a day!

### **Obtaining water**

Plant roots may provide water. Dig or pry the roots out of the ground, cut them into short pieces, and remove the bark. Usually you can suck water from the roots.

### **Filtering system**

You can use sand, crushed rock, charcoal, or cloth in bamboo, a hollow log, or an article of clothing. If there is an odor to your water you can add charcoal from a fire. Let the water stand for 45 minutes before drinking it.

Stills are used to obtain water. You can use stills in various areas of the world. There are two different stills: the above ground and below ground.

### **Aboveground Still**

To make an above ground still you must have a sunny slope, where you will place the still. You need a clear plastic bag filled with air. Fill the bag with air by turning the opening into the breeze or by scooping air into the bag. Fill the bag half to three-fourths full of green leafy vegetation. Remove anything that may puncture the bag. Do not use poisonous vegetation. Place a small rock in the bag as well. Close the bag and tie the mouth securely as close to the end of the bag as possible to retain the maximum amount of air space. If you have a piece of tubing, small straw, or hollow reed, insert one end in the mouth of the bag before you tie it securely. Then tie or plug the

end of the tubing so that the air will not escape. This will allow you to drain out condensed water without untying the bag. Make sure the mouth faces downhill, in full sunlight. The mouth of the bag should be slightly higher than the low point in the bag. Settle the bag in place so that the rock works itself into the low point in the bag. To get the condensed water from the still, loosen the tie around the bag's mouth and tip the bag so that the water collected around the rock will drain out. Then retie the mouth securely and reposition the still to allow further condensation.

### ***Belowground Still***

You will need a digging tool. Select an area where the soil is moist. You want a place where it is easy to dig and where there is direct sunlight most of the day. Dig a bowl-like hole, must be at least 3 feet across and 2 feet deep. Dig a sump in the center of the hole. The depth and the perimeter of the sump will depend on the size of the container that you have to set in it. The bottom of the sump should allow the container to stand upright. anchor the tubing to the bottom of the container by forming a loose over-hand knot in the tubing. Extend the unanchored end of the tubing up, over, and beyond the lip of the hole. Place the plastic sheeting over the hole, covering the edges with soil to hold it in place. Place a rock in the center of the plastic. Allow the plastic to lower into the hole until it is about 5 inches below ground level. The plastic now forms an inverted cone with the rock at its apex. Make sure that the apex of the cone is directly over your container. Also make sure the plastic cone does not touch the sides of the hole because the earth will absorb the condensed water. Put more \*oil on the edges of the plastic to hold it securely in place and to prevent loss of moisture. Plug the tube when not being used so that moisture will not evaporate. Use the tube as a straw. You can use plants in the hole to provide “a moisture source. If you do so, when you dig the hole you should dig out additional soil from the sides of the hole to form a slope on which to place the plants. Then proceed as above. If polluted water or salt water is your only moisture source; dig a small trough outside the hole about 10 inches away from the lip of your still. Dig the trough about 10 inches deep and 3 inches wide. Pour the polluted water in the trough. Be sure you do not spill any polluted water around the rim of the hold where the plastic touches the \*oil. You want the trough to hold the polluted water so that the soil will filter it as it is drawn into the still. The water then condenses on the plastic and drains into the container.

### ***Adequate Food***

To stay healthy it is good to have an adequate amount of food irk your body, although you can go without food for a few days. Without food you will also become weak physically and mentally. Below you will find edible plants that may be in your area. [I would like to add pictures to an descriptions but that is too much scanning for me! I advise you to look these up and do some research).

consistency, and have several seeds. This tree is a common forest mar& tree. It is widespread in Africa, Eastern Noah America, and the Far East. The leaves are a good source of vitamin C. The fruits are edible raw or baked. To make tea, dry the leaves and soak them in hot water. Note that some people are unable to digest persimmon pulp.

### ***Pincushion cactus***

Members of this cactus group are round, short, and barrel-shaped without leaves. The entire plant is covered with sharp spines. They are a good source of water when in the desert. You can find these cacti throughout much of the desert regions in Western U.S. and parts of Central America.

### ***Rock tripe***

Rock tripe forms large patches with curling edges. The top of the plant is usually black. The underside is lighter in color. Look on rocks and boulders for We plant. It is common throughout North America. The entire plant is edible. Scrape it off the rock and wash it to remove grit. The plant may be dry and crunchy; soak it in water until soft. Rock tripe may contain large quantities of bitter substances; soaking or boiling in several changes of water will remove the bitterness. Note that there have been some reports of poisoning from rock tripe.

### ***Sassafras***

This shrub or small tree has different leaf borne on the same plant. Some leaves will have one lobe, some two lobes, and some no lobes. The flowers, which appear in early spring, are small and yellow. The fruits are dark blue. Sassafras grows at the margins of roads and forests. They can usually be found in open sunny areas. It is a common one throughout Eastern North America. The young twigs and leaves can be eaten fresh or dried. The dried young twigs and leaves can be added to soups. Dig the underground portion, peel off the bark, and let it dry. Then boil it in water to prepare sassafras tea.

### ***Poisonous Plants***

There are plants that harm you externally and internally. Remember never eat plants that you don't know.

### ***Poison Ivy and Poison Oak***

These two woody plants look a lot alike. They are often confused. Both have alternate, compound leaves with three leaflets, are deciduous, and have berry-like fruits. The stem may be rusty brown in color. Poison Ivy is a vine that can grow high in trees. The individual leaflets are only slightly lobed and the grey fruits are not hairy. Poison Oak is often shrubby but can climb. The leaflets are usually lobed and resemble oak leaves. The fruits are hairy. All parts of poison oak and ivy can cause serious dermatitis, especially in sensitive individuals. You can find both plants in almost any habitat. They are restricted to North America.



### **Crowberry**

This is a dwarf evergreen shrub with short needle-like leaves. It has small, shiny black berries that remain on the bush throughout the winter. Look for “plant in tundra throughout arctic region\* of North America and Eurasia. The fruits are edible fresh and raw or they can be dried for later use.

### **Dandelion**

The leaves have a jagged edge, grow close to the ground, and are seldom more than 8 inches long. The flowers are bright yellow. There are several species of dandelion. Dandelions grow in open sunny areas throughout the Northern Hemisphere. All parts of the dandelion are edible. Eat the leaves raw or cooked. Roots can be roasted and ground for a good coffee substitute. You can use the white milky juice in the stem as glue.

### **Foxtail grasses**

These are weedy grasses readily recognized by the narrow, cylindrical head containing long hairs. The grain\* are small, less than 1/4 inch long. The dense heads of grain often droop when ripe. You can find these plants in open sunny areas, along roads, and at the margins of fields. Some species can be found in wet marshy areas. You can find these plants in the U.S.A., Europe, Western Asia, and tropical Africa. In some parts of the world foxtail grasses are grown as a food crop. The grains are edible raw, but are hard and bitter. Boiling helps remove some of the bitterness and makes them easier to eat.

### **Indian potato**

Another name is Eskimo potato. All species of *Claytonia* are somewhat fleshy plants only a few inches tall with showy flowers about an inch across. Some species occur in rich forests where they are conspicuous before the leaves develop. Western species are found throughout most of the northern U.S. and in Canada. The tubers are edible but should be boiled before eating.

### **Lotus**

There are two species of lotus; one has yellow flowers and the other pink flowers. The flowers are large and showy. The leaves, which may float on or rise above the surface of the water, often reach 5 feet in radius. The fruit has a distinctive flattened shape and contains up to 20 hard seeds. The yellow flowered lotus is native to North America. The pink flowered species, which is widespread in the Orient, is planted in many other areas of the world. Lotus are found in quiet freshwater. You can eat all parts of the plant, raw or cooked. The underwater parts contain lots of starch. You can dig the fleshy parts out of the mud and bake or boil them. Boil the young leaves and eat as a vegetable. The seeds have a pleasant flavor and are nutritious. Eat them raw or parch and grind into flour.

### **Persimmon**

These trees have alternate, dark green, elliptic-shaped leaves with entire margins. The flowers are inconspicuous. The fruits are orange, have a sticky

### **Acacia**

This tree is usually short with spines and alternate compound leaves. The individual leaflets are small. The tree has fragrant, bright yellow, ball-shaped flowers. The bark is whitish grey. The fruit is dark brown and pod-like. There are about 500 different types of Acacia. Acacia grows in open, sunny areas, it is found throughout tropical regions. It can be found in: Southern Asia, Africa, Australia, and many kinds can be found in warmer and drier parts of America. Edible parts of acacia are the young leaves, flowers, and pods [are edible raw or cooked].

### **Agave**

Agave has large clusters of thick, fleshy leaves growing close to the ground and surrounding a central stalk. The plants flower only once, and then die. They produce a massive flower stalk. They grow mainly in dry, open areas. They can be found throughout Central America, the Caribbean, and parts of the western deserts of the United States and Mexico. Edible parts of Agave are the flowers and flower buds, boil before eating. Note that some species' juices cause dermatitis. You can also use the huge flower stalk by cutting it and collecting juice for drinking. Some species have very fibrous leaves, pound the leaves and remove the fibers to use for ropes and weaving. Most species have thick, sharp needles at the tips of the leaves, these can be used for sewing or making hooks. Some species contain a chemical that can be used as soap.

### **Arrowroot**

This plant grows up to 5 feet tall. The leaves are 1 foot long and 4 inches wide. At night the leaves fold. Arrowroot is native to South America, but can be found grown in the humid tropics. Look for it in open areas. Edible parts are the rootstock. The rootstock is a high quality starch. Boil the rootstock and eat as a vegetable.

### **Bamboo**

A panda's favorite! Bamboo is a woody grass that grows up to 50 feet tall. The leaves are grass like and the stems are the familiar bamboo used in furniture and fishing poles. You can find bamboo in warm, moist regions; it is in open and/or jungle country, in lowland, and on mountains. Bamboo is native to the Far East. It is in both temperate and tropical zones, but has been widely planted around the world. Edible parts are the young shoots of almost all species. These are edible both raw and cooked. Eating the shoots raw will give you a slight bitter taste. If you boil the shoots the bitterness will be removed. Prepare by removing the tough protective sheath, which is coated with tan or red hairs. The seed grain of the flowering bamboo is also edible. Boil the seeds like you would rice. You can make into cakes.

You can also use bamboo to build structures or to make containers, ladles, spoons, and other cooking utensils as well as tools and weapons.



### ***Bananas and plantains***

We all know bananas and plantains [little bananas) but here is a link in-formation. These are treelike plants with several large leaves at the top. The flowers are borne in dense hanging clusters. You will find bananas in open fields or margins of forests where they are grown as a crop. Bananas grow in humid tropics. Edible plantains are the fruit of course. They may be boiled or baked. The flowers can be boiled and eaten like a vegetable. The root-stalks and leaf sheaths of many species can be cooked or eaten. The center and/or "heart" of the plant is edible year round, raw or cooked. You can also use the layers of the lower third of the plant to cover coals to roast food. The stump can be used to obtain water.

### ***Bearberry***

This is a very common evergreen shrub. It has reddish, scaly bark and thick, leathery leaves 1 1/2 inches long and 1/2 inch wide. It has white flowers and bright red fruits. The plant is found in arctic and subarctic regions. Most can be found in sandy or rocky soil. Edible parts are the berries, which could be eaten cooked or raw. Use the young leaves to make tea.

### ***Black, Rasp, and Dewberries***

These plants have prickly stems. They grow upward, arching back toward the ground. They have alternate, usually compound leaves. The fruits may be red, black, yellow, or orange in color. These plants grow in open sunny areas and at the margins of woods, lakes, streams, and roads. \*You can find them in temperate region\*.

Edible parts are the fruits, and peeled young shoots. The leaves could be used to make tea. You could also treat diarrhea by drinking a tea made by brewing the dried root bark of the blackberry bush.

### ***Blue and Huckleberries***

The shrubs vary in size from 1 foot to 12 feet tall. All have alternate, simple leaves. The fruits may be dark blue, black, or red with many small seeds. These plants prefer open, sunny areas. You can find them throughout much of the North Temperate regions and at higher elevations in Central America.

### ***Bracken***

This fern has coarse; compound leaves about 13 feet long that rise from a tough, wiry rhizome. Bracken is found throughout most of the temperate and tropical regions of the world. It is found in open sunny areas and the margins of forests and in burned or cut forests.

### ***British soldier's lichen***

This is a low-growing, grey-green plant only a few inches tall. It does not flower but does produce bright red reproductive structures. You can find lichen in open dry areas. It is very common in much of North America.

The entire plant is edible but has a crunchy bristly texture. Soak the plant in water with some wood ashes to remove bitterness, then dry, crush, and add to milk and/or a milk substitute or to other food.

### ***Broad leaf lawn plantain***

These plants have broad leaves, over 1 inch across, that are borne close to the ground. The flowers are on a spike that arises from the middle of the cluster of leaves. Look for these plants in lawns and along roads in North Temperate region\*. The young leaves are edible raw or boiled. You can use &is plant to relieve pain from wounds or sores, wash and soak the entire plant for a short while and apply it to the injured area. To treat diarrhea, drink tea made from 1 ounce of the plant boiled in 1 pint of water.

### ***Cattail***

Cattails are grasslike plants with strap-shaped leaves 1/2 inch to 2 inches wide and growing up to 6 feet tall. There are several species, but all are recognized as cattails. The male flowers are borne in a dense mass above the female flowers. These last only a short time, leaving the female flowers that develop into the brown cattail. Pollen from the male flower is often abundant and bright yellow. These plants are found throughout most of the world. You can find them in full sun at the margins of lakes, streams, canals, rivers, and brackish water. The young tender shoots are edible raw or cooked. The rhizome is often very tough but is a rich source of starch. Beat the rhizome to remove the starch, use as flour. The pollen is also an abundant source of starch. When the cattail is immature and still green, the female portion may be boiled and eaten like corn on the cob. Other uses you can get out of cattails are using the dry leaves for weaving material and can be used to make floats and rafts. The cottony seeds make good pillow stuffing and insulation. The pollen can be used as a "dry mate" for starting fires.

### ***Cereus Cactus***

These cacti are tall and narrow with angled stems and numerous spines. You can find them in arid deserts and other dry open, sunny areas throughout the Caribbean region, Central America, and Western U.S. & The fruits are edible, but some may have a laxative effect. The pulp of the cactus is a good source of water. Break open the stem and scoop out the pulp.

### ***Chickory***

Chickory grows up to 6 feet tall. It has leaves clustered at the base of the stem and some leaves on the stem. The leaf leaves resemble those of the dandelion. Its flowers are sky blue but remain open only on sunny days. Chickory has milky juice. You can find this plant in old fields, waste areas, weedy lots, and along roads. It is a native of Europe and Asia but is found in Africa and most of North America. It is considered a weed. All parts of the plant are edible. Eat the young leaves raw as a salad or boil to eat as a vegetable. Cook the roots "a vegetable. For a coffee substitute, roast the roots until they are dark brown and then pulverize.