

EXCERPT FROM RECORDED INTERVIEW OF ANESIA NEWYAKA TALKING ABOUT
LABRADOR TEA
CONDUCTED BY JUDITH MORRIS
IN KOKHANOK, ALASKA
AUGUST 10, 1997
ORAL HISTORY 98-21-07

JUDITH MORRIS: Do you think people were healthier when they were eating more native food and not so much store food?

ANESIA NEWYAKA: Yeah, long time ago.

JUDITH MORRIS: Do you remember people getting sick very much?

ANESIA NEWYAKA: Yeah, I remember they used to have mumps, chicken pox. Bad colds. That's what I used to remember.

JUDITH MORRIS: How would your mom take care of you if you were sick? What did she use? What kind of medicine did she use, or whatever, to take care of you, do you remember?

ANESIA NEWYAKA: She let me use the steamer with Vicks, steam the air, boil the water with steam -- I mean Vicks.

JUDITH MORRIS: Do you remember her using any plants or?

ANESIA NEWYAKA: Wild tea.

JUDITH MORRIS: Oh, is that Labrador tea?

ANESIA NEWYAKA: Something, wild tea.

JUDITH MORRIS: Wild tea?

ANESIA NEWYAKA: Uh-hum.

JUDITH MORRIS: What, she would cook it up and you would drink it?

ANESIA NEWYAKA: She would cook it and boil it and cool it off, let me drink.

JUDITH MORRIS: Uh-hum.

ANESIA NEWYAKA: Even if we don't like it, we used to drink it, me and Nick.