

EXCERPT FROM RECORDED INTERVIEW OF HOWARD LUKE TALKING ABOUT THE
USE OF SPRUCE BARK
CONDUCTED BY BILL SCHNEIDER AND CHARLES HAMBY
IN FAIRBANKS, ALASKA
SEPTEMBER 12, 1996
ORAL HISTORY 96-35_PT.1

CHARLES HAMBY: What other type of herbs do you know of being used?

HOWARD LUKE: Well, you see them spruce trees out there.

CHARLES HAMBY: Yes.

HOWARD LUKE: You take that spruce. Would you take that little can off there? Yeah, set it someplace. It's -- it's -- You see you take the bark off that and you take the bark off. You take the bark off and inside there there's a skin about this big, this much, and you take that skin off. In the wintertime, you put it by stove and you let it thaw out and you -- and you dice it up. You can get 'em right now and you dice 'em up and you put 'em in the bag like that. And if you've got a flu or something like that, you drink that. You drink that two times a day. And I'll tell you, it -- nothing would bother you.