

Traditional Medicine is the practice of using naturally occurring plants and their extracts to provide relief and cures for a broad range of medical issues including various sicknesses, and physical injuries. Indians of North America, including the numerous Algonquin tribes, since their arrival on the North American continent more than 10 millennia ago, have practiced Traditional Medicine, in response to the medical needs of tribal citizens. In the book *Indian Herbalogy of North America*, the author Alma R. Hutchens describes the nature and evolution of this medical practice over the course of the Indians' tenure on the North American continent and the influence European colonizers arriving in the 16<sup>th</sup> century, may have had on its persistence. Using an extensive and comprehensive research data base from more than 150 American Indian language groups integrated with knowledge from European and Asian practitioners of Herbalogy, the author has compiled an exhaustive collection of Native American Traditional Medicine tools that can supplement modern medical practices and can provide models for every-day use.

Central to the book are details on 205 medical plants ranging from Adder's tongue to Yerba Santa. The following specifics are included for each plant: Scientific name; Common names; Features; Medicinal parts; Solvent; Bodily influence; Uses; Dose; and Externally. A detailed pencil drawing enabling identification in the field is included with each plant. The plants listed provide remedies for literally hundreds of common and exotic ailments ranging from simple injuries like abrasions to more complex sicknesses like yellow fever.

During book preparation, the author was advised by and received encouragement from a cross-section of Native Americans from both the United States and Canada. As a tribute to them and as a measure of the ability of the identified medical plants to cure sicknesses, the author has stated: "The Indians were never at a loss to know which plant was best, or the time it should be gathered to heal them of diseases." For those interested in learning of the uses and efficacy of Native American Traditional Medicine, *Indian Herbalogy of North America* is highly recommended. For a deeper exposition of the subject matter, a comprehensive, 32 page-long Bibliography is included in the book.

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