

Bush Medicine in the Exumas and Long Island, Bahamas A Field Study¹

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Reports from native informants backed with voucher plant specimens were obtained in a 1969–1970 field study on the Bahama islands of Great Exuma, Little Exuma and Long Island. Over 130 plant species of some 60 families are used within this culture for a wide variety of medicinal purposes. Pertinent background material and personal observations during field work indicated that knowledge of "bush medicine" is fading. The information recorded includes common names of each medicinal plant, uses, and preparations. A systematic list cross-referenced with common names is provided.

INTRODUCTION

A study of folk uses for medicinal purposes of native, adventive and introduced plants was conducted during summer 1969, January 1970 and summer 1970 on the Exumas and Long Island, Bahamas (Figs. 1, 2). The study was undertaken because of a desire to know more about how Bahamians use plants in their environment; their almost universal acknowledgement of medicinal properties in many common plants gave this study its direction. Young adults apparently neither knew nor desired to know the kinds of information this study amassed. Their increased access to and acceptance of modern medical practices and facilities clearly indicate why such folk information is disappearing. This report is a description of pertinent background

material, personal observations made during field work, and data collected on plants used by native inhabitants. All information recorded was as reported by Bahamians; no experimental studies on validity of the information were undertaken. Botanical nomenclature and treatment of the families follow that of Britton and Millspaugh (1920). Specimens collected as vouchers are deposited in the Tufts University Herbarium, Medford, Massachusetts.

Concurrent with a redeveloping interest in plant materials as potential sources of new pharmacological compounds, there has been a developing ethnological interest in the study of bush medicine in the Bahamas. Higgs (1969) recorded 60 plant species used medicinally. The booklet *Out Island Lore* (Rolle and Ellingsen, 1966), in capturing some of

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The Tufts Herbarium was destroyed by fire in April, 1975; the author re-collected nearly all specimens in August, 1975, which are once again on deposit.

the spirit, customs, and beliefs of the Exumians, included the common names of a few medicinal plants along with their uses and methods of preparation, indicating that these plants have played a significant part in island culture. Sawyer (1955) recorded 32 species of plants used by Inaguans and included, where possible, comments as to possible validity of uses. William C. Coker (1905) included a section on indigenous medicinal plants in his description of vegetation of the Bahama Islands.

Ethnobotanical studies in the Caribbean have been performed for Cuba (Coombs, undated), Jamaica (Beckwith, 1927; Fawcett, 1891; Storer, 1958), Dominica (Hodge and Taylor, 1957), Puerto Rico (Nunez-Melendez, 1964), Barbados (Bayley, 1949; Gooding, 1940-1942), and the Virgin Islands (Oakes and Morris, 1958). Even if one takes into account the possible existence of fallacious information, one does not require an extensive review of available literature to realize the potential store of pharmacological knowledge to be gained from study of a culture such as that of the Bahamas.

STUDY AREA

Information on the geographic, historic, and economic status of the Bahamas indicates that it is now crucial that the Bahamians' knowledge of bush remedies be studied and recorded—or else be written off as unimportant—since, with the influx of technology, it is in danger of being lost to history. The Bahama Out Islands (other than New Providence, where Nassau is located, and Grand Bahama, the site of Freeport) are even now a mixture of the old and the new, with the old ways fast disappearing. Although electricity and plumbing are still rare, air travel is common, and with this comes an exposure to new ideas and ideals as well as the opportunity to adopt them. A British Colonial influence is still in evidence but it is fading. This disappearance, regardless of how worthwhile it may be, carries many of the native traditions on its coattails.

1. *Geography*

The Bahamas are located southeast of Florida (Fig. 1). The land area of its 29 islands, 661 cays, and 2387 rocks comprises only approximately one-twentieth of its total geo-

graphical area (Commonwealth Dept. of Statistics, 1970). The Exumas and Long Island are located in the central Bahamas at about the mid-point of the archipelago (Fig. 2). The Tropic of Cancer nearly bisects the islands. Great Exuma is 40 miles long and from 1 to 2 miles in width; Little Exuma is 12 miles long and maximally 1 mile wide. Total land area with cays is 112 square miles. Long Island is 54 miles long and of varying width, for a total of 230 square miles. (Moseley, 1926; Commonwealth Dept. of Statistics, 1970).

2. *History*

After Columbus' discovery of the Islands in 1492, the Spanish visitors annihilated the original inhabitants, the Lucayans of the Arawak tribe, by transporting them for slavery to other more economically lucrative New World colonies. Ancestors of 85% of today's black Bahamians are the slaves brought by British traders from West Africa, north of the Congo (U.S. Dept. of State, 1971), probably largely from the Mandingo, Fulani, and Hausa peoples (Craton, 1968). Several Out Islands, including the Exumas and Long Island, were not permanently settled until British claim to the Islands was established in 1783 by the Treaty of Versailles. At this time the British Crown granted American Loyalists compensatory land under the already existent plantation system (Craton, 1968).

The 1833 Emancipation Act, coupled with soil exhaustion and an increase in cotton pests, ended a brief period of prosperity. The freed slaves, able to obtain land through in-commonage grants in perpetuity, squatter's rights, or purchase with concomitant development of Crown property, resorted to the subsistence farming still practiced today. The historically "monoculture" Bahamian economy (Bounds, 1966) today is based on tourism—centered, however, on New Providence and Grand Bahama Islands—which accounted for 71% of the gross national product, 55% of the government revenues, and 66% of employment in 1969 (Quart. Econ. Rev., 1972). Home rule attained in 1964 became independence within the British Commonwealth on 10 July 1973 (Business Week, 1973).

3. *Out Island Economy*

The typical Out Island family today is poor and relies on its average 2 acre (Bounds, 1966) farm partially cleared by burning and machete



Fig. 1. Map of the Bahama Islands. Bimini lies 75 miles E. of Miami. Caicos and Turks Islands are each politically separate entities.

or, in rare instances, by a tractor rented with Government assistance. Approximately 48% of the Exumas' 1963 labor population and 62.5% of Long Island's were engaged in agriculture, as opposed to 1.6% on New Providence and 1.4% on Grand Bahama Islands. (Commonwealth Dept. of Statistics, 1970). The main crops of the Exumas are onions, Irish potatoes, bananas, tomatoes, and cabbage; individual householders grow pigeon peas [*Cajanus cajan* (L.) Millsp.], corn, pumpkins, and other crops for local consumption. Georgetown has some tourism, which reportedly provides Great Exuma's economic basis (G. Eneas, Bahamian Ministry of Agriculture and Fisheries, personal communication,

23 July 1971). On Long Island, cash crops are bananas, citrus, mangoes, and peppers (*Capsicum* sp.). There is a solar salt plant (Diamond Crystal) in the south and some tourism around Stella Marais in the north. Both strawwork for tourism and construction for foreign investors contribute to the islands' economies.

The diet of Out Islanders is based principally on subsistence agriculture and on what they can catch from the sea. Farmers may raise chickens and goats, but all other meat has to be brought in from outside the Bahamas, which, with the import and emergency taxes levied, makes it too expensive for common use. Some milk is available from a dairy

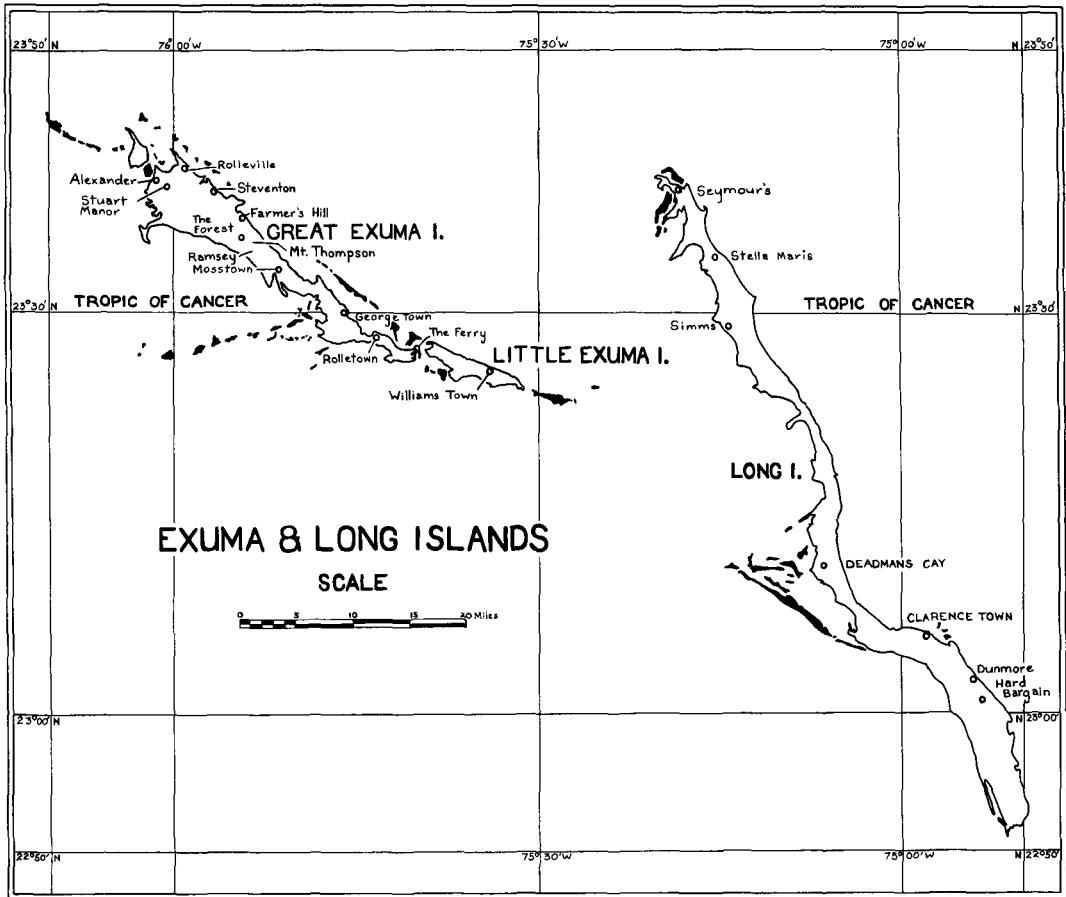


Fig. 2. Detail of the islands of the Exumas and Long Island, showing principal settlements.

herd on Eleuthera, but milk is usually imported and/or reconstituted. One major protein source is the pea [*Cajanus cajan* (L.) Millsp.] in a national dish, peas and rice.

THE FIELD STUDY

1. Procedure

All field work for this paper was carried out in 1969 and 1970 on the Exumas, on Jewfish Cay, and briefly on Long Island while the author was a student at the Hummingbird Cay Biological Station on Hummingbird (Jewfish) Cay off Georgetown, Great Exuma, then being managed by Earlham College, Richmond, Indiana (Fig. 2). Concurrent collection of information and voucher specimens was made. Bahamian cultural nuances beyond the scope of this paper caused previous

acquaintance with a local resident and the author's role as a student to both facilitate and hinder field work.

Up to several days were spent in each native settlement. All major settlements on Great and Little Exumas were visited, most several times. The Long Island study included Dunmore, Deadman's Cay, Simms, Seymours, and some lightly settled areas in between these settlements. Approximately 60 Bahamians of estimated age over 35 cooperated in the study. One-quarter of these were males, whose role generally was to provide introduction to information sources among the females in the settlement.

2. Field Observations

The principal sources of information were the older black Bahamians, especially the

midwives or “grannies”. Each settlement visited would generally have one or a few of these older women for whom the title was reserved. The Bahamians were in the main freer with information about remedies for common ailments, such as colds and sore throats, than with information about more personal matters, such as fertility and child-bearing. Many of the younger generation were acquainted with only the more common medicinal plants, such as catnep and sailor’s flower, which are used for overall daily complaints.

Several factors influenced a granny’s readiness to discuss bush remedies for more personal troubles. One was the degree of previous contact with visitors from the U.S. On Long Island native contacts were less reticent in providing information and their attitude was more accepting. Several grannies claimed to have restricted or terminated their practice; some of this restriction was apparently self-imposed for fear of displeasing either the island doctor or the government authorities. A Midwives Statute Law [Chapter 212 (Revised edition 1965)] made government certification necessary to practice midwifery on New Providence, but no petitions have been made to extend this law to the Exumas or to Long Island (G. Eneas, 23 July 1971). Many potential older contacts, in their words “feeling poorly,” were reluctant to trek into the “bush” to collect plants. In some instances they were hesitant to discuss information about “granny medicine” with someone who had not had a child. Others regarded the information as privileged or professional and would not reveal it to a stranger. A male’s presence could also stymie a granny’s willingness to give information, depending on who the man was and on how well she knew him. Similarly a male Bahamian often hesitated or refused to give information about male problems to a female researcher.

Medical facilities are limited. Although most islands are without permanent ones, the Exumas and Long Island have a resident doctor and nurses. The government certifies as “qualified practitioners” those who hold medical degrees and as “unqualified practitioners” those who possess medical and/or surgical skills but have no degree; the latter are limited as to practice area and scope [Chapter 210, Statute Law of the Bahama

Islands (Revised Edition 1965)]. With increased diffusion of medical attention, the local bush medicine may be expected to play a less significant role in the lives of the Bahamians—as in the instance of one older female informant who was taking both “doctor” and “bush” remedies simultaneously for “high blood.”

Just how rapidly this concern with bush medicine in the Bahamas will decrease with time is open to conjecture. With increased tourism and increased ability of the local resident to travel there comes a more cosmopolitan and sophisticated attitude toward the world. The Out Island Bahamian’s direct dependency upon his immediate environment to sustain vital life processes, as exemplified by subsistence farming and the use of “bush” medicine, could—depending on the future of tourism—decrease as alternative forms of employment become available, and sustenance need no longer come directly from working the soil and the sea. Tourism, which utilizes what is effectively the Bahamas’ only saleable natural resource, declined 6% in estimated 1970 income from the 1969 level. (A. Finlayson, Department of Statistics of the Bahamas, personal communication, 14 October 1971; Commonwealth Dept. of Statistics, 1970). Tourism is at best an unstable enterprise that depends on many external factors; the Bahamian Government currently encourages outside investment diversification such as oil refining.

Modern medicine has already made inroads on the Out Islands, although Rogers and Gardner (1969) emphasized the concept that environmental modifications such as economic development do not necessarily lead to value changes. Nevertheless, knowledge of bush medicine could well be dying out on the islands studied, especially on Exumas, although tourism is still limited on these islands.

Religious faith is freely and simply expressed by the Out Islander, and the Bible is the one common reference book. Quotations from it and knowledge gained through “experience and experimentation” are used extensively in discussions from political to everyday. Respect for educators and church leaders was evidenced, especially by the older Bahamians, as was a sense of propriety that lent a certain cultural distinction. An extended

family structure is common; Rogers (1967) studied its patterns as correlated with economic change. The Bahamians were friendly and hospitable; the atmosphere was relaxed. One could say that the prevailing attitude is that "things will get done...eventually...if God wills."

THE PLANTS

Over one hundred thirty species of plants used for medicinal purposes by the Bahamians on the Exumas and Long Island (Fig. 2) were collected and identified. These represent some 60 families. Specific names, common names, uses, and method of preparation are included in Table I. Five species are reported endemic to the Bahamas by Britton and Millspaugh (1920). Considering the origins of today's Bahamian, one might expect that some of the species used medicinally are either introductions from West Africa or else resemble plants which had similar uses there. Most remedies, however, were probably discovered in the Bahamas in response to need.

A few of the medicinal plants are "common knowledge" in that they were generally known by most persons interviewed, even children. Often these were ones found in the immediate vicinity of the home, e.g., catnep (*Salvia serotina* L.) and blue-flower [both *Stachytarpheta fruticosa* (Millsp.) B. L. Robinson and *S. jamaicensis* (L.) Vahl.].

Several possible origins for the common names of these plants exist. One is physical appearance. For example, five-finger [*Tabebuia bahamensis* (Northrop) Britton] has a five-foliolate leaf; blue-flower [both *Stachytarpheta fruticosa* (Millsp.) B. L. Robinson and *S. jamaicensis* (L.) Vahl.] has a blue-lavender flower. Some of the plants are probably named according to use, such as fever-grass (*Andropogon virginicus* L.), strong-back (*Bourreria ovata* Miers), and for man's strength (*Stemodia maritima* L.). The ability to "spring to life" from a leaf cutting is the probable source of the name "life-leaf" for *Kalanchoe pinnata* (Lam.) Pers. Proud-tree [*Dendropemon emarginatus* (Sw.) Steud.] is so named because it is too "proud" to touch the ground, always growing on other vegetation.

The most prevalent method for preparing plants for medicinal use is to boil or infuse them, either fresh or dried, either separately or in combinations, to produce decoctions. This liquid decoction, which may or may not be strained before use, is the medicinal bush tea or bath. In most instances the plant or a part thereof was said to be boiled. From the few demonstrations seen, the use of the "leaf" could well include the entire above-ground shoot or equivalent thereof; root use was usually specified. Specific questioning of the informant tended only to further cloud the issue. Certain remedies are held to be specifically for external application only. A few may be used either way.

Neither the quantity of plant material nor the parts of the plant to be used were always reported to the interviewer in a precise manner. There was some variation among sources regarding preparation and/or use of the same species. This vagueness is part of the nature of bush medicine itself, as in most cases the Bahamian would not be fully aware of the exact nature and cause of his ailment. Where materials other than the plant(s) are added, the possible curative powers of these additives need consideration. In the instance of sugar additive, if use of the processed product was implied, no systematic name is reported in Table I.

The uses for medicinal plants ran from "everything" to "nerves," lack of appetite, strength and energy (blood builders and aphrodisiacs), to flu and colds. Remedies are available for most daily complaints; however, terms describing the ailment were at times vague. "Heat in the blood" referred to fever, rash, water stoppage, and so forth; the desired remedy would "cool the blood." "Weak back" in reference to a child meant a bed-wetter; "weak lines" in an adult indicated lack of sexual vigor, to be remedied by a "building-up" tea. There is considerable variation among the species used as granny medicines for childbirth; this may reflect individual preferences of the granny involved. Some plant species are attributed with curing somewhat related ailments, some with curing a wide range. Plant species recorded herein have in some instances been previously recorded for both similar and dissimilar uses in previous studies on bush medicine in the Bahamas.

Examples of the imprecise and individual nature of bush medicine are as follows; most were reported by only one informant:

1. Anything that cows, sheep, and goats eat can be used for medicine.
2. The tree on which mistletoe grows is also good for medicine.
3. Only dried plants should be used, as green ones are too rank.
4. If one senses a sickness coming on, one should use the plant's leaves; the roots should be employed if one becomes ill without forewarning, as the medicine will be stronger and will take effect more rapidly.
5. Plants must not be collected for medicinal purposes when the ground is wet, as one "wants the sap to be in the plant."
6. Plants to be used medicinally should not be placed where one might step on them.
7. A sour lime additive will not change a medicine's effect but will improve the scent.
8. Salt must be added to all bitters.
9. To be effective the bush remedy must be prepared with 3, 5, 7, or 11 species. (These are the magic numbers.) From Table I, note that, when specified, the number of days one is required to take various treatments is odd, for example nine days for gynecological remedies.
10. The bark of gommalimi (*Bursera Simaruba* Sarg.) must be taken only from the sides of the tree on which the sun rises and sets.
11. Paying for bush medicine remedies renders them ineffective. If anything, something other than money must be exchanged.

In addition to the possibility that the plants actually play some role in curing various ills because of the active substances they contain, there are two other factors to be considered in interpreting their medicinal value. One is psychosomatic, that is the Bahamian believes that the plant or bush tea is going to help him; therefore it does. Secondly, some of the medical complaints, especially in regard to vigor, may result from a diet that is poor in variety of fresh vegetables and fruit. The decoctions of local plants may indeed supply some nutrients lacking in the normal diet and thus improve the health. The many

references and inferences (as "blood-builder") to aphrodisiacs—to "give strength," to "cure weakness," to "bring back a woman"—could in part be attributable to this as well as to both the freely admitted enjoyment of the sexual act and the importance of children, both "in" and "out" of marriage.

Where the vernacular name in Table I differs from that in Britton and Millspaugh (1920), the name will be spelled in such a manner as to reflect local pronunciation as much as possible rather than adhering to a traditional spelling. Traditional spelling may be indicated in parentheses. *Ambrosia hispida* Pursh., for instance, is listed by Britton and Millspaugh (1920) as "bay geranium," but the local pronunciation more closely approximates "bay green." *Trema Lamarckiana* (R. & S.) Blume is called "bit-root," no doubt a dialectical corruption of "bitter root." Occasionally common names differ for a plant depending upon its use. *Croton linearis* Jacq. is called "jus-medar" when used as a granny medicine, "rosemary" when used to reduce fever, and "muckle" when used to treat insect bites. If a voucher collection and a remedy report were not made simultaneously but the plant(s) seemed to be sufficiently commonly known to warrant assumption of scientific classification, indication of such is given in Table I by an asterisk.

Most of the remedies are recorded with skepticism as to their efficacy. Some of the plants, however, may have real significance in medicine and should therefore be recorded before knowledge of them in Bahamian bush medicine is lost. This information is also historically valuable to the culture of the Bahamas.

ACKNOWLEDGMENTS

I am deeply indebted to the many Bahamians whose freely-given time and knowledge made this project possible; as requested by many of them, and because of the large number of contributors, they remain anonymous. Their reward hopefully is the fact that much of their "bush medicine" is now recorded for posterity, and that the hard-won knowledge of their ancestors may become in certain instances of real pharmacological import not only to today's Bahamians but also to many of the world's peoples. I am further pleased

to acknowledge the help of those Tufts and Earlham students at the Hummingbird Cay Biological Station, especially Mr. Derek Patten. They all offered advice, ideas and particularly helpful support in undertaking

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TABLE I
PLANTS USED FOR MEDICINAL PURPOSES BY THE BAHAMIANS ON
THE EXUMAS AND LONG ISLAND

ANGIOSPERMS

Monocotyledons

GRAMINEAE (POACEAE)

Andropogon virginicus L. (fever-grass)

Boil the plant with sugar for a tea to alleviate fever.

Paspalum cf. *conjugatum* Berg. (bed-grass, long-shank grass)

To clear the lungs in tuberculosis, boil bed-grass with the inside of a scurgeon needle leaf (**Opuntia* sp.); add a spoonful of wood ashes; stir to a thick, slimy consistency; drink.

CYPERACEAE

Cyperus sp. probably *C. elegans* L. (doll-grass)

Drink a tea of the "green part" boiled with salt for a cold.

Cyperus rotundus L. (gavalin-grass)

For colds, prepare a tea with salt.

Cladium jamaicense Crantz (sticky-grass)

Boil it for a bathing solution for chicken pox.

PALMAE (ARECACEAE)

Sabal Palmetto (Walt.) Lodd. [palm-top (pond-top)]

To cure fish poisoning eat the heart or steep it in gin for a drink.

**Cocos nucifera* L. (coco-nut)

Drink the young nut's jelly with nutmeg* to cure weakness. Prepare and drink oil from dried coco-nut for chest colds.

LILIACEAE

Aloe sp. (aloe; allavis)

For rock bruises, boils, carbuncles, and sunburn, remove the epidermis of the leaf* and place the plant's "meat" (stripped leaves) on the affected areas; this brings boils to a head. Eat the meat to alleviate colds; the meat* with salt will "keep the blood good" and will relieve constipation. Alternatively for the latter two, add flour to the plant's "milk" (sap or juice) to form pills. Apply the juice to cuts to promote healing. Allavis* steeped with goma-bush (*Stemodia maritima* L.) is drunk to ease swellings and dropsy. The meat is reputedly more bitter than the roots "because they are below ground;" therefore the roots* are boiled for a granny tea to "rush a hard-delivery baby."

SMILACACEAE

Smilax laurifolia L. [chaney-brier (?china-brier)]

Prepare a tea for "anything in your blood."

AMARYLLIDACEAE

Agave sp. probably *A. sisalina* (Engelm.) Perrine (sisal; agave)

Boil the heart of sisal with salt for a tea for jaundice; the cure's effect begins within 24 hours.

Zephyranthes rosea Lindl. (lily-grass; snow-drop)

Beat and boil the roots of lily-grass to obtain a tea for a cough, a cold, or tuberculosis.

¹Voucher specimens in a few instances were not collected simultaneously with medicinal use report; if the plant was sufficiently commonly known to warrant assumption of systematics, such is denoted by an asterisk (*).

Britton and Millsbaugh (1920) noted snow-drop to be an erroneous common name; it was applied in this investigation to a non-medicinal collection on Long Island.

MUSACEAE

**Musa sapientum* L. var *paradisiaca* Baker (banana; wild banana)

Tie a heart (young) leaf on the head to reduce fever by inducing sweating or on the afflicted area to reduce swelling. Tie leaves of it* and soursop (*Annona muricata* L.) around the body to alleviate fever, chill, and influenza. For "high blood" boil a green banana for tea. A "building-up" tea for "hard-working men" consists of wild banana, hardhead (*Phyllanthus epiphyllanthus* L.), five-finger [*Tabebuia bahamensis* (Northrop) Britton], feather-bed [*Diospyros crassinervis* (Krug & Urban) Standl.] gommalmi (*Bursera Simaruba* Sarg.), steeped madeira bark (*Swietenia Mahagoni* Jacq.), and beaten sugarcane (*Saccharum officinarum* L.): no specimens were collected. A banana root is boiled with love-vine (**Cassytha filiformis* Jacq.), spoonwood (*Guettarda elliptica* Sw.), five-finger [**Tabebuia bahamensis* (Northrop) Britton], strongback (*Bourreria ovata* Miers), feather-bed [*Diospyros crassinervis* (Krug & Urban) Standl.], hardhead (*Phyllanthus epiphyllanthus* L.), gommalmi (*Bursera Simaruba* Sarg.), sugarcane (**Saccharum officinarum* L.), and a piece of iron; this decoction is drunk to "build strength and energy, to build back and blood."

Dicotyledons

ULMACEAE

Trema Lamarckiana (R. & S.) Blume (bit-root; Bo-Hog)

A red tea from the leaves of bit-root, weakness bush [*Bunchosia glandulosa* (Cav.) DC.], and feather-bed [*Diospyros crassinervis* (Krug & Urban) Standl.] strengthens the back and the blood and may be used twice a month by women to "bring them back." The roots of the three as a tea increase a woman's fertility. Chew Bo-Hog bark to prevent colds.

MORACEAE

Ficus aurea Nutt. (fig)

Drink fig's milky juice in water to "cool the heart" (leaping, burning, or pain). For coughs and hoarseness bruise the leaves to draw in water for a tea.

Artocarpus communis J. R. & G. Forst. (breadfruit)

For "blood temperature [that] is too high," or for "high blood," boil the leaves for a tea.

LORANTHACEAE

Dendropemon purpureus (L.) Krug & Urban (mistletoe)

D. emarginatus (Sw.) Steud. (mistletoe; proud-tree)

Prepare a general tea for colds, worms, pain in general, and for "all sickness." An unexplained use of it* for childbirth was reported. Refer to *Phoradendron trinervium* (Lam.) Griseb.

Phoradendron trinervium (Lam.) Griseb. (mistletoe)

Boil mistletoe to drink or to bathe with for pre- and post-natal care "to clean up the insides." A mistletoe*, probably *Dendropemon* or *Phoradendron* sp., is boiled with blue-flower [*Stachytarpheta jamaicensis* (L.) Vahl] for a granny tea given to a new mother for nine days after delivery.

POLYGONACEAE

Coccoloba diversifolia Jacq. (plum bush)

Boil until strong then steep overnight the following: roots of plum bush, nature-vine (*Stigmaphyllon periplocifolium* A. Juss.), strong-back (*Bourreria ovata* Miers), touch-me-not (*Malpighia polytricha* A. Juss.), and princewood [*Exostema caribaeum* (Jacq.) R. & S.] with, optionally, "black bark" (no plant specimen obtained) and gommalmi bark (**Bursera Simaruba* Sarg.); either seven or five species must be used. Drink this for back pain, a rundown system, strain from lifting, and for "weakness across the lines" (reported here to mean bed-wetting.) Chew the bark to relieve stomach-aches.

CHENOPODIACEAE

Chenopodium ambrosioides L. (jerusalem; worm-bush)

Bruise the leaves in water; strain the decoction, add sugar, and drink it to eliminate worms from the system.

NYCTAGINACEAE

Commicarpus scandens (L.) Standley (goma-bush; chickweed)

Beat the leaves in water for a wash to help heal cuts and sores. Chickweed makes a diuretic tea.

Guapira longifolia (Heimerl) Little (pigeon-berry)

Boil the leaves for a tea for typhoid.

PORTULACACEAE

Talenium triangulare (Jacq.) Willd. (eyes plant)

Boil the leaves for a cool bath to relieve eye pain.

Collected on Little Exuma, it appears to be a new record for the Bahama Islands, although a weed to be expected in the area (R. A. Howard, personal communication, 1971).

Portulaca phaeosperma Urban (wild parsley)

Boil it for a tea for tight bowels and for a baby's tea.

ANNONACEAE

Annona muricata L. (soursop leaf; apple leaf)

The leaves with a grain of sugar make a tea for a "rapid heart beat," or nervousness. To reduce a fever, leaves are crushed over a sickbed to induce sweating (to break the fever) or are boiled with gale-of-wind (**Phyllanthus Niruri* L.) and jumbay [**Leucaena leucocephala* (Lam.) Dewitt] for tea. Leaves are tied around the body with those of banana (**Musa sapientum* L. var. *paradisiaca* Baker) or boiled for tea with those of tamarind (*Tamarindus indica* L.) to alleviate fever, chill, and influenza. Boiled with lime [*Citrus aurantifolia* (Christm.) Swingle], tamarind (*Tamarindus indica* L.), and pear (*Persea americana* L.), it is, with sugar, a hot tea for colds.

Annona squamosa L. (sugar-apple)

To alleviate "heat in your body" (fever), prepare the leaves as tea.

LAURACEAE

Persea americana L. (pear)

Leaves of pear, soursop (*Annona muricata* L.), lime [*Citrus aurantifolia* (Christm.) Swingle], and tame tamarind (*Tamarindus indica* L.) are boiled, then sugar added, for a tea to relieve colds.

CASSYTHACEAE

Cassytha filiformis Jacq. (love-vine)

For a granny medicine "to clean out your insides after being in straw," boil love-vine for a tea or for bathing. Boil it with sour-bush [*Pluchea carolinensis* (Jacq.) G. Don], and ashes to use to bathe for rheumatism and for nine days post-parturition. For an aphrodisiac, beat it* until fine, then boil with gommalmi (**Bursera Simaruba* Sarg.) to a thick oatmeal consistency; eat this with cream. Refer to banana (*Musa sapientum* L. var. *paradisiaca* Baker.) Love-vine is tied around the waist or boiled for a tea for "waist pain."

[Note: Britton and Millsapugh (1920) recorded the common name "woe-vine"; perhaps there is a dialectical explanation.]

PAPAVERACEAE

Argemone mexicana L. (thistley-bush)

Boil plant for a tea for difficult ("water stoppage") and burning urination.

CRUCIFERAE (BRASSICACEAE)

Lepidium virginicum L. (pepper bush; boiled-seed bush)

For "gas on the chest," boil the seeds for a tea to cause belching and to move the bowels. One source reported the bush was boiled for "heart," probably also "gas" related.

CRASSULACEAE

Kalanchoe pinnata (Lam.) Pers. (life-leaf; plopper-bush)

Place the back of a leaf on a cut to promote healing. For "gatherings" in the ear, warm a leaf and squeeze its juice into the ear. Beat or squeeze life-leaf in water (without boiling) and then strain the liquid to drink or to apply topically to the chest for chest colds and asthma; lime [**Citrus aurantifolia* (Christm.) Swingle] may be added. For relief of strain from overwork, bruise leaves of it and hard-

head (*Phyllanthus epiphyllanthus* L.) in water; strain the liquid before drinking.

LEGUMINOSAE (MIMOSACEAE)

Pithecellobium guadalupense (Desv.) Chapm.
(ram's-horn)

Either boil for a tea or chew the green leaves to stop menstruation if it begins before three to four months after parturition.

Leucaena leucocephala (Lam.) Dewitt (jumbay; jumbie-bean)

Prepare presumably the leaves as a tea for gas and typhoid; parch and draw the leaves* for whooping cough. Boil roots and drink the decoction for fever; boil this until very red to "build blood." Boil leaves of it*, gale-of-wind (*Phyllanthus Niruri* L.), and soursop (*Annona muricata* L.) for a tea to break a fever. For "dirty lungs" or a "lost monthly," boil roots of it* and Daddy's cigarette for tea.

(CAESALPINACEAE)

Tamarindus indica L. (tamarind; tame tamarind)

To "cool a bad eye" (i.e., bruised, sticky, or a cold in the eye) steep the leaves in water for an eye bath or boil them for an eyedrop solution. Boil it alone, with chill-bush (*Randia aculeata* L.), or with soursop leaf (*Annona muricata* L.) to drink to alleviate chills and fever. A hot tea of leaves of tamarind, soursop (*Annona muricata* L.), lime [*Citrus aurantifolia* (Christm.) Swingle], and pear (*Persea americana* L.) with sugar treats colds. A questionable use to cause a person to "cascade" (as an emetic), drink tamarind* boiled with pink flower [*Catharanthus roseus* (L.) G. Don], then place fingers down the throat.

Cassia occidentalis L. (spider-pea)

Boil the plant to feed to a whining or griping baby.

Cassia bahamensis Mill. (stinking pea; stink bush)

Beat the leaf to apply to boils to "draw them out." Draw and bathe with it "for all complaints." Preferably the roots or else the leaves of it and sticky-bush (*Randia aculeata* L.) are prepared as a granny tea to help discharge afterbirth.

Haematoxylum campechianum L. (logwood)

To "refresh the blood" boil or steep the bark for a drink reported to taste like grape or strawberry soda.

(FABACEAE)

Desmodium canum (Griseb.) S. & T. (peanut; wild groundnut)

Boil wild groundnut for a tea to treat excessive or painful menstruation or, with salt, to lessen pain after parturition.

Piscidia piscipula (L.) Sarg. (dogwood)

Crush leaves in a linen cloth to tie around the head; inhale the essence to cure headaches. To "develop a sprain" beat the leaves* or roots* until fine; tie them on the affected area. This plant was used as a fish-poison similar to the use made of *Derris* root; its use has recently been discouraged by the authorities, because of suspected lingering toxicity.

Abrus precatorius L. (licorice)

Boil the leaves for a tea to reduce fever. Seeds of this plant are highly toxic (Kingsbury, 1964.)

Cajanus Cajan (L.) Millsp. (pigeon pea)

Boil the roots; drink the decoction to cure food poisoning from eating bad fish.

Dolichos Lablab L. (bean-vine; bonavis)

Bruise the leaves to apply to draw out the heat and pain of burns. Bonavis was reported non-medicinal.

ERYTHROXYLACEAE

Erythroxylon rotundifolium Lunan (Bo-Hog)

For a "broken-down" (run-down) system, decoct leaves with salt for a tea.

ZYGOPHYLLACEAE

Guaiacum sanctum L. (Lignum Vitae)

Boil Lignum Vitae for a tea to relieve back strain. Boil the bark*; add whiskey to the solution; drink this to increase the appetite. Boil barks of Lignum Vitae and gommalimi (*Bursera Simaruba* Sarg.) for a decoction to "cure weakness in men."

MALPIGHIACEAE

Triopteris jamaicensis L. (cough-vine)

The method of preparation for relief from coughs was not obtained.

Stigmaphyllon periplocifolium A. Juss.
(soldier-vine; snake-root; nature-vine)

Boil soldier-vine for a hairwash for danders (dandruff.) To relieve strain, drink the liquid from steeping the bark in cold water. See plum bush (*Coccoloba diversifolia* Jacq.) for use for back pain, a run-down system, strain from lifting, and weak lines.

Malpighia polytricha A. Juss. (touch-me-not)

The roots are boiled, perhaps antithetically, for a diuretic tea and for a tea to "strengthen weak-backed children" (bed-wetters.) For back pain, a run-down system, strain from lifting, and "weakness across the lines," refer to plum-bush (*Coccoloba diversifolia* Jacq.) Endemic.

Bunchosia glandulosa (Cav.) DC (weakness bush)

For a "woman's medicine" used twice a month to "bring you back," boil leaves of weakness bush, feather-bed [*Diospyros crassinervis* (Krug & Urban) Standl.], and bit-root [*Trema Lamarckiana* (R. & S.) Blume] to obtain a red tea. A tea from roots of the three increases a woman's fertility.

RUTACEAE

**Zanthoxylum flavum* Vahl (Hercules' club)

Scrape then steep its roots; drink the liquid to increase appetite.

Amyris elemifera L. (white torch)

Prepare a tea to break a fever; use a decoction to bathe cuts and sores. For influenza, boil its leaves with naked-wood's [*Myrcianthes fragrans* (Sw.) McVaugh] for drinking or bathing. Boil it with Bo-Hog [*Bumelia americana* (Millsp.) Stearn subsp. *americana*] and naked-wood for a granny tea taken after childbirth.

Citrus aurantifolia (Christm.) Swingle (lime; sour lime)

Boil leaves of lime, soursop (*Annona muricata* L.), tamarind (*Tamarindus indica* L.), and pear (*Persea americana* L.) and add sugar for a hot tea for colds. Lime is often added to teas; the implication was generally more of its being an additive, perhaps for odor or taste, than an actual bush plant per se.

SIMAROUBACEAE

Picramnia pentandra Sw. (snake-root)

Boil it for a bitter tea to relieve colds, tuberculosis, and menstrual pain and to increase appetite.

BURSERACEAE

Bursera Simaruba Sarg. (gommalmi, gommali, golamine, gum-elemi)

To relieve "heat in the skin" (rash) and to "cool the blood," boil the leaves for tea. To cure low blood boil the bark* with sugar; alternatively scrape off the outer bark of gommalmi, madeira (*Swietenia Mahagoni* Jacq.), and strong-back (*Bourreria ovata* Miers), then boil and steep the rest to obtain a red tea. For use in "curing loss of manhood" refer to banana (*Musa sapientum* L. var. *paradisiaca* Baker) and love-vine (*Cassytha filiformis* Jacq.); for back pain, a run-down system, strain from lifting, and "weakness across the lines" see plum bush (*Coccoloba diversifolia* Jacq.). Drink a decoction of boiled barks of gommalmi* and Lignum Vitae (*Guaiacum sanctum* L.) to "cure weakness in men." For hunger pangs if one has nothing else filling, dry then boil the bark* for tea. Bark* boiled with sugar prepares a milky tea for strength and for backpain from overtiredness. (Several specimens from Great Exuma had nine leaflets.)

MELIACEAE

Melia Azedarach L. (Pride-of-India)

Preparational method for a cure for coughs and colds was not obtained.

Swietenia Mahagoni Jacq. (madeira; hard-back)

For an aphrodisiac or "bedroom medicine" to strengthen the back and to build blood, steep madeira bark scrapings in warm water and rum for three to four days; drink this before going to bed after a "hard-working day." Refer also to banana (*Musa sapientum* L. var. *paradisiaca* Baker.) Steep (wilted) bark in warm water for a red liquid to drink to "clear" and to "give" blood, to prevent "scattering of blood"—as in tuberculosis—and to increase appetite and strength. Also for low

blood, steep the inner barks of madeira, strong-back (*Bourreria ovata* Miers), and gommalimi (*Bursera Simaruba* Sarg.) for a tea. Madeira* bark or roots steeped in water until deep brown prepares a decoction drunk as a source of vitamins and iron. Its bark* and princewood's [*Exostema caribaeum* (Jacq.) R. & S.] are drawn for a tea drunk each morning to prevent "bitter blood," to "balance the blood." Drinking a large quantity of the boiled bark decoction is said to induce hemorrhage and thus abortion.

EUPHORBIACEAE

Phyllanthus epiphyllanthus L. (hardhead; rock-bush)

Prepare the leaves as a tea for toothaches, colds, and too frequent menstruation. For coughs, hoarseness, and grippe (a "tight stomach"), bruise and draw the leaves in hot water; salt is added to alleviate chest pains and gas and to strengthen the heart. Chew some leaves for relief from grippe or stomachache. For a "general remedy" chew leaves or prepare them as a tea with feather-bed [*Diospyros crassinervis* (Krug & Urban) Standl.]. Refer to banana (*Musa sapientum* L. var. *paradisiaca* Baker) for use as an aphrodisiac. Bruise leaves of hardhead and life-leaf [*Kalanchoe pinnata* (Lam.) Pers.] in water and drink the strained liquid for relief of "strain from overwork." To help heal cuts and sores, beat the leaves in a cloth, then squeeze their juice on the affected area. Leaves* are 1) chewed for "sweet blood" (too much sugar in urine); 2) beaten in a white cloth, boiled, strained, and used with salt as a gargle for tonsillitis; two or three tablespoons are drunk after gargling; and 3) prepared as a tea for "trash" (thrush) on a baby's tongue.

Phyllanthus Niruri L. (gale-wind grass; gale-of-wind; hurricane weed)

Boil gale-wind for a tea for colds, flu, poor appetite, stomachaches, and (typhoid) fever, and for a "laxury" (laxative.) One source said to use this as a cold cure only if the stomach is not upset, as the tea is very bitter. To reduce fever add salt and lemon juice to the leaf tea or boil gale-wind leaves* with those of soursop (*Annona muricata* L.) and jum-bay [*Leucaena leucocephala* (Lam) Dewitt] for tea. Drink a decoction of a bunch of hur-

ricane weed and buttercup (*Turnera ulmi-folia* L.) for fever or colds. To increase the appetite "when your stomach feels full all the time," boil gale-wind roots to drink with sour lime [*Citrus aurantifolia* (Christm.) Swingle]. Boil leaves* of it and catnip (*Salvia occidentalis* Sw.) for a tea for pain, worms, or a whiney child. Crush leaves of it and blue-flower [*Stachytarpheta jamaicensis* (L.) Vahl] to obtain a juice taken for nine days to cure the system of worms.

Croton linearis Jacq. [rosemary; granny-bush; muckle; jus-medar (erroneous)]

Take rosemary as a tea boiled by itself for easing menstrual pain or with bitters for eliminating worms. Infuse the leaves of granny-bush in boiling water for 25 minutes to drink for cleansing and pain relief after childbirth; it may also be used to bathe a new mother for nine days after "being in straw" (postpartum.) Bathe in a decoction of rosemary and saab [*Pluchea carolinensis* (Jacq.) G. Don] to induce sweating and thus reduce fever. Boil muckle until strong to use to bathe insect bites. Tie jus-medar (probably erroneously named) in a bundle to boil for a granny tea taken with rum to "discharge bruises" and to cleanse after parturition.

Croton cf. *flocculosus* Geisl. (cough-bush)

Boiled for a tea to relieve coughs, it tastes as "fresh as water."

Jatropha curcas L. (perchnut; physicnut)

Drip the plant's milk with sugar onto a cloth to use to rub the tongue to remove "trash" (thrush.) A leaf tea is taken to "cool the heart" and to treat other heart troubles. One woman warned not to eat the nuts.

Ricinus communis L. (castor-oil)

Beat then heat the seeds in water to obtain an oil taken as a tonic by children; use the seeds* similarly for colds and tuberculosis and for a tonic for the mother the ninth morning after parturition.

Ateramnus lucidus (Sw.) Rothm. (crab-bush)

Boil the leaves for a tea for an upset stomach.

Chamaesyce hypericifolia (L.) Millsp. (milkweed)

Prepare a milkweed tea to take to eliminate vaginal discharge.

Chamaesyce hirta (L.) Millsp. (milkweed)

To eradicate worms from the system, eat

the milk of the plant dropped on sugar. Boil milkweed for a tea taken to alleviate a general feeling of weakness.

ANACARDIACEAE

**Metopium toxiferum* (L.) Krug & Urban
(poison-wood)

Dab on the "milk" of poison-wood to remove an aching tooth.

CELASTRACEAE

Maytenus buxifolia (A. Rich.) Griseb. (spoonwood; spoonbush; gripe-bush; granny-bush)

Chew the leaves to relieve stomachache. To "clean the insides after being in straw" (childbirth), take it as a tea twice a day for nine days and bathe with it three times; a different medicine should be drunk after the midwife has left. Boil it also to drink to relieve low blood, gripe, colds, fever, extended menstruation ("a sick womb"), or nearly any complaint and to strengthen the back. Boil spoonwood* with salt to drink for nine days during the early "blood scattering" stage of tuberculosis.

SAPINDACEAE

Serjania subdentata Juss. (three-finger; fowl-foot; five-finger)

Boil the leaves for a red liquid to drink to increase the blood. For a tea to purify blood that has "heat and scratches," boil fowl-foot with teeny-weeny sage (*Lantana involucrata* L.). As five-finger it is boiled with may-grow (*Pluchea rosea* Godfrey) for a granny tea to aid the mother's and the child's veins after parturition; boil the two with naked-wood [*Myrcianthes fragrans* (Sw.) McVaugh] for a first tea given to a woman for nine days after parturition.

Thouinia discolor Griseb. (three-finger; spoon-bush; Cat Island bush)

Leaves of three-finger are parched, beaten, and applied to heal sores or are boiled to drink as a tea for weakness. Under the other common names, it was reported as a tea, once erroneously as five-finger. Endemic.

RHAMNACEAE

Reynosia septentrionalis Urban [Dollen (Darling) plum, Torm Dollen plum]

Boil presumably the leaves for a tea for weakness.

Colubrina arborescens (Millsp.) Sarg. (soapbush; soapwood)

Boil soapbush for a bath to kill germs, to eliminate the heat of fever, to relieve hernias ("man's strain"), and to draw boils. Sticks of this plant may be given to a woman to bear down on during labor. Boil it with Jack-medar (*Eupatorium villosum* Sw.) for drinking and bathing after parturition.

It is commonly used for bleaching and cleaning; one source denied it had medicinal value.

MALVACEAE

Abutilon permolle (Willd.) Sweet (velvet leaf)

To draw boils bathe the area and apply first petroleum jelly then a velvet leaf that has been warmed over a match.

Thespesia populnea (L.) Soland (cork leaf)

Tie the leaves around the head to alleviate headaches.

STERCULIACEAE

Melochia tomentosa (L.) Britton (red-rope)

Boil the roots for a decoction for back pain.

CANELLACEAE

Canella Winterana (L.) Gaertn. (cinnamon bark)

To relieve headaches, smoke the chipped, dried wood in a pipe or boil it for a bathing solution. Boil the leaves for a lukewarm bath for rheumatism.

Turnera ulmifolia L. (buttercup)

Parch and beat the leaves to mix with olive oil, petroleum jelly, or lard; apply this paste to sores on the body or head caused by lack of bathing. Prepare, optionally taken with gin, a tea for a woman who has a "lost monthly" or "feels a cold coming on;" or prepare a granny tea to "make a woman discharge everything" after childbirth. For fever or colds, boil buttercup with hurricane weed (*Phyllanthus Niruri* L.) for a tea.

Turnera diffusa Willd. (rosemary; old woman's broom)

Boil rosemary; inhale the vapors to relieve headaches. Bedwetters drink a tea of old woman's broom for three or four mornings to "strengthen their backs."

PASSIFLORACEAE

Passiflora cupraea L. (lizard's tail)

Pound the vine to obtain a juice to apply to cuts; it burns and kills the surrounding flesh to ensure clean healing.

CACTACEAE

Opuntia sp. (prickly-pear; Spanish prickly-pear; scurgeon needle)

Strip off the outer layer of the leaf to obtain the plant's "meat." Beat the meat in water for a liquid to drink when afflicted by burning urination; steep it in boiling water (3 leaves per quart) for an hour or two for a drink to cure stomach ulcers. Draw boils by application of grease, then the meat; if desired, place some dough beneath the meat to absorb pus. Other uses for the meat (for which specimens were not retained) include: heat and apply directly to cuts; tie on the inside of the foot to cure colds; boil for a cooled bath for boils; boil with bed-grass (*Paspalum* cf. *conjugatum* Berg.), add a spoonful of wood ashes, and stir for a thick slimy drink to clear the lungs in tuberculosis.

MYRTACEAE

Eugenia axillaris (Sw.) Willd. (stopper)

Boil stopper by itself for a tea for diarrhea or with strong-back (*Bouyeria ovata* Miers) for building blood and energy. Similarly use preferably the berries or else the leaves for gripe.

Myrcianthes fragrans (Sw.) McVaugh (naked-wood)

Decoct naked-wood with white torch (*Amyris elemifera* L.) to drink or to bathe with to treat flu. For granny teas boil it with may-grow (*Pluchea rosea* Godfrey) to drink to lessen labor pains or with may-grow (*P. rosea* Godfrey) and five-finger (*Serjania subdentata* Juss.) to drink for nine days after giving birth.

Psidium Guajava L. (guava; green guava)

Boil preferably the leaves or else the roots or green fruit for a tea for diarrhea.

RHIZOPHORACEAE

**Rhizophora Mangle* L. (red mangrove)

Prepare the seeds as a tea for bedwetting children.

UMBELLIFERAE (AMMIACEAE)

Anethum graveolens L. (dill; dilta)

To loosen bowels, especially of newborn children, boil dill seeds for a tea. One source who reported it used for diarrhea perhaps meant "to cause diarrhea," as she also reported it as a food for babies.

SAPOTACEAE

Bumelia americana (Millsp.) Stearn subsp. *americana* (Bo-Hog)

For a postpartum granny tea boil leaves of it, white torch (*Amyris elemifera* L.) and naked-wood.

Manilkara bahamensis (Baker) Lam. & Meluse (wild dilly; wild sapodilla)

[formerly *Mimusops emarginata* (L.) Britton]

Prepare a leaf tea to relieve gripe and fever.

EBENACEAE

Diospyros crassinervis (Krug & Urban) Standl. (feather-bed; hard-bark; stiff cock)

Boil either roots or leaves for a tea to give to "weak-backed" (bedwetting) children. For use twice a month as a "woman's medicine" to "bring you back," boil the leaves with those of weakness bush [*Bunchosia glandulosa* (Cav.) DC] and bit-root [*Trema Lamarckiana* (R. & S.) Blume] to obtain a red tea. The roots of these three similarly are used to increase a woman's fertility ("to get a baby"). Leaves of it and hardhead (*Phyllanthus epiphyllanthus* L.) are chewed or prepared as a tea for "most things" such as a "bad foot." Refer also to banana (*Musa sapientum* L. var. *paradisiaca* Baker) for aphrodisiacal uses. By itself, the tea is a well-recognized male aphrodisiac, but was neither referred to nor collected for that purpose from any informant in this study.

GENTIANACEAE

Eustoma exaltatum (L.) Griseb. (mountain-bob)

Steep the leaves in hot water to prepare an eye bath.

APOCYNACEAE

Catharanthus roseus (L.) G. Don (sailor's flower; perriwinkle; red rose; rose; pink flower; consumption bush)

Boil or beat preferably the flowers in water for a drink for asthma, "cold in the stomach," or "pressure on the stomach." Boil and beat the leaves; apply with grease to draw boils. To cure colds, coughs, high blood pressure, and fever, boil the entire plant for tea. The addition of bay green (*Ambrosia hispida* Pursh) was suggested for use for consumption. A questionable source reported it as an emetic to cure chest colds: boil with tamarind (*Tamarindus indica* L.), drink the decoction, then place fingers down the throat to cause "cascading." Boil the plant* for a tea for bronchitis and tuberculosis. Whether the white and/or pink flowered plant is used for a particular ailment varied according to source.

ASCLEPIADACEAE

Calotropis procera (Ait.) R. Br. (cotton leaf)

Relieve headaches by tying the leaves on the forehead or on the back of the head.

CONVOLVULACEAE

Evolvulus squamosus Britton (candlegrass; fowl-foot; old man's bed)

For fever or jaundice, drink a decoction of candlegrass and salt. No medicinal use was given under the other names.

EHRETIACEAE

Cordia bahamensis Urban (granny-bush)

Boil it for a granny tea given to a mother postpartum to increase her strength. Big and fine-leaved granny-bush are boiled to feed the baby after nine days or to bathe the mother postpartum; whether this specimen is big or fine-leaved was not made clear. Perhaps it refers according to leaf size to the two *Cordia* species, collected from different sources, recorded herein.

Cordia Brittonii (Millsp.) MacBride (granny-bush)

Boil leaves for a decoction to drink and to bathe with nine days postpartum; keep using it after the midwife leaves until strength is regained.

Bourreria ovata Miers (strong-back)

Prepare a leaf tea to treat colds, flu, bed-wetting children, and, optionally with stopper [*Eugenia axillaris* (Sw.) Willd.], to increase energy and to strengthen the blood; add salt for back pain. Draw a leaf in warm water for a drink "to keep your back up." Draw it with big man [*Tabebuia bahamensis* (Northrop) Britton] for a tea to strengthen "weak-backed" children. Steep inner barks of it, madeira (*Swietenia Mahagoni* Jacq.), and gommalimi (*Bursera Simaruba* Sarg.) for a red tea for low blood. Refer to uses under banana (*Musa sapientum* L. var. *paradisica* Baker) and plum bush (*Coccoloba diversifolia* Jacq.)

BORAGINACEAE

Tournefortia volubilis L. (soldier-vine)

Boil it for bathing aching or painful muscles.

Tournefortia poliochros Spreng. (Sarah-right, sara-wine)

Boil the vine for a bath for sores. The common names, spelled as heard for the one collection, could perhaps be a dialectical corruption of soldier-vine.

Heliotropium angiospermum Murray (cat-tongue; rooster-comb)

Beat the leaves to mix with petroleum jelly to apply to boils. Boil the plant for a wash for headsore, boils, fresh cuts, and wounds.

VERBENACEAE

Stachytarpheta fruticosa (Millsp.) B. L. Robinson (blue-flower)

For a cooling tea, especially for prickly heat, boil leaves of it and shepherd's-needle (*Bidens pilosa* L.) Boil or beat it in warm water; the strained tea expels worms and relieves constipation. Endemic.

Stachytarpheta jamaicensis (L.) Vahl (blue-flower; rooster-comb; pound-cake bush)

Put grease then the back of a leaf on a boil to draw out the pus. Prepare as a cooling tea for prickly heat, optionally with soursop (*Annona muricata* L.) For an emetic for a heavy stomach, boil the leaves, then steep overnight for tea; or drink a decoction, then place fingers down the throat to cause "cascading." When parched then steeped in heavy

fat and drunk, the plant relieves asthma, bronchitis, and chest colds. A boiled leaf tea will cure "gentleman's fever" and induce abortion. For a granny medicine taken after childbirth, boil its leaves with mistletoes* (Probably *Dendropemon* or *Phoradendron* sp.) for tea. Crush the leaves* in a cloth, optionally with gale-wind (*Phyllanthus Niruri* L.), to obtain a juice to drink for nine mornings to expel worms; on the ninth morning take castor-oil (*Ricinus communis* L.) Bathe sores or an itchy skin with a boiled leaf solution.

Phyla nodiflora Greene (cow-slip)

Parch, and dust the (powdered) leaves on a rash, i.e., diaper.

Lantana ovatifolia Britton (big sage)

"To take off all the bumps" of measles bathe in or drink a decoction.

Lantana camara L. (big leaf sage; big sage; sage)

Boil the leaves for a bath to relieve the itch of measles and chickenpox and for a tea for the last three days "to make the spots sink in." As a tea with salt it reduces fever.

Lantana bahamensis Britton (big sage; black sage; sage)

Boil leaves for a tea or a bath taken for 3 mornings for measles and fever.

Lantana involucrata L. (Big sage; black sage; dark sage; fine leaf sage; sage, teeny-weeny sage; white sage)

Pound the leaves in water and either strain or else steep this overnight; drink as much as possible before breakfast for a "dirty stomach" (emetic). Boil sage, preferably with fowl-foot (*Serjania subdentata* Juss.), for a tea to "purify the blood" and to reduce fever. To bring the spots of measles or chickenpox out quickly, boil sage with sugar; drink the tea for several days, then use it to bathe.

Lantana demutata Millsp. (sage; white sage)

Parch and powder the leaves to sprinkle on burns. Boiled, first for tea and then for washing, it alleviates itching of measles and chickenpox. Endemic.

Avicennia germinans (L.) Stearn (black buttonwood)

Boil it, optionally with for-man (cf. *Stemodia maritima* L.), to bathe in for rheumatism and strength. For "swellings when you do not know what someone did to you" boil it with pond-crab (*Stemodia maritima* L.)

for drinking or bathing. The informant said her sister had had a swollen leg for which there previously had been no cure; the sister drank this tea, whereupon a "large white worm" crawled out of her leg, causing a scar which remains today.

LABIATAE (LAMIACEAE)

Teucrium cubense Jacq. (jemimah-bush)

Bathe in a boiled solution of jemimah-bush to relieve itching.

Thymus vulgaris L. (sterile) [time (thyme)]

The tea is used to increase labor pains: to "make you get a move on."

Salvia serotina L. (catnep; catnip; catnit; black catnep)

A leaf tea either boiled or steeped with salt improves the appetite and cures a sour stomach, or stomachache, and colds. Beat the leaves to sprinkle on cuts to aid healing. Beat the leaves in water; strain then drink the liquid for stomach pain. Beaten and steeped in a cloth with buttercup (*Parthenium Hystero-phorus* L.), the leaves prepare a tea for back pain. To expel worms drink the liquid from: 1) beating and drawing leaves in water; strain; 2) boiling leaves, optionally with sours and salt; 3) crushing leaves in a cloth to obtain a juice mixed with water. Boil catnep for a tea "to increase the size of a baby when a mother just "catches" (conceives).

Britton and Millspaugh (1920) note catnep to be an erroneous common name; one informant suggested it was actually catmint.

Salvia occidentalis Sw. (catnip)

Prepare a tea for stomachache and stomach congestion. For pain, worms, or a whining child, boil catnip alone or with gale-wind (*Phyllanthus Niruri* L.) to drink; only scald the remedy if it is to be taken by a small baby or a pregnant woman, as it is very bitter.

SOLANACEAE

Solanum nigrum L. (pepper bush)

Beat then mix the leaves with petroleum jelly for a plaster for boils.

Solanum bahamense L. (canker-berry)

Boil presumably the leaves for a tea for "weak-backed" children. Mash the berries in a bag, optionally adding sugar and water, to rub on a baby's tongue to eliminate "trash" (thrush)—which can kill the baby if it spreads into his throat.

Solanum erianthum G. Don [big saab (big salve)]

For a tea for colds, boil the leaves with a little salt or beat them while they are steeping.

SCROPHULARIACEAE

Stemodia maritima L. (for-man; for/four/poor man's strength; goma-bush; obeah; Robert-bush; pond-crab; broom-head)

Steep in warm water or boil for-man for a tea for a stomachache, a bad head, or body pain. Decoct it to bathe cuts and to drink as a granny medicine both before parturition and for nine mornings postpartum to "help get rid of the clot." To ease swelling and dropsy, boil or steep the bush with allavis (**Aloe* sp.) for drinking or bathing. As a tea with "muckle" (this plant not collected) it will "make people who never walked walk again." Refer to black buttonwood [*Avicennia germinans* (L.) Stearn.]

Capraria biflora L. (earache bush; granny-bush; worry-bush; obeah-bush)

Beat the leaves for a juice to squeeze into the ear to relieve earaches. To hasten child-bearing—to "give a quick time"—and to lessen its pain, boil or draw worry-bush for a tea. Boil for a headwash to relieve head colds. One informant recounted a story asserting her belief in obeah, which she associated with this plant.

BIGNONIACEAE

Tabebuia bahamensis (Northrop) Britton (five-finger; big-man; worm-wood)

Boil the entire plant for a diuretic tea for water stoppage; add sours for use to alleviate pain. Peel and steep the bark for a "building-up" tea for men and women. Similarly prepared with strong-back (*Bourreria ovata* Miers), it is a tea for "weak-backed" children. Refer to banana (*Musa sapientum* L. var. *paradisiaca* Baker.)

RUBIACEAE

Exostema caribaeum (Jacq.) R. & S. (prince-torch; princewood)

Draw the bark for a yellow tea to increase the appetite and to improve "low blood." A tea of the white bark drawn with madeira

bark (**Swietenia Mahagoni* Jacq.) "balances" the blood, preventing it from becoming "too high or too low." The stouter the princewood bark, the more strength it has. Refer to plum bush (*Coccoloba diversifolia* Jacq.)

Randia aculeata L. (chill-busy; prickly-bush; sticky-bush)

Boil the leaves for a tea for fever in the bones; bathe with the cooled decoction "to run the pus out" of sores and infections. With stinking pea (*Cassia bahamensis* Mill.) use preferably the roots or else the leaves for a granny tea to help expel afterbirth. Chill-bush boiled with tamarind (*Tamarindus indica* L.) is a tea for fever and chills.

Guettarda elliptica Sw. (spoonwood)

Refer to banana (*Musa sapientum* L. var. *paradisiaca* Baker).

Erithalis fruticosa L. (black torch)

Boil it for a tea or a bath for measles and sores. Parch and grind the leaves for a powder to apply to dry a wound, or beat them to apply to "stop the bleeding of a new baby's navel."

Chiococca alba (L.) Hitchc. (rat-bush)

Boil it for a tea for "weak lines."

Psychotria ligustrifolia (Northrop) Millsp. (coffee bush; wild coffee)

Berries, water, and sugar in a cloth are rubbed on the tongue to eliminate thrush. Boil the shrub for a bath for areas affected by swelling or dropsy.

Ernodea littoralis Sw. (cough-bush)

Prepare it as a tea for coughs.

Spermacoce tetraquetra A. Rich (pond-bush)

Boil this with any of several bushes, perhaps gavalin-grass (*Cyperus rotundus* L.), to drink for (?) colds.

CUCURBITACEAE

Citrullus vulgaris Schrad. (watermelon)

Bruise and boil the seeds; drink a wine-glassful of the diuretic tea three times a day. Probable identification.

COMPOSITAE (AMBROSIACEAE)

Ambrosia hispida Pursh [bay green (bay geranium); bay time (bay tansy)]

To relieve fever, stomachache, pain, loss of appetite, and flu, drink a boiled leaf tea; to increase the appetite salt is added, and the tea is drunk for nine mornings. Lemon juice

and salt are added to the leaf* tea when it is taken for gas and colds. A weak leaf tea with salt relieves menstrual pain; prepared and taken for nine mornings, it* is also a granny medicine to "clean everything out" after childbirth. A bay greeen and consumption bush [*Catharanthus roseus* (L.) G. Don] leaf tea remedies consumption. Tea from the green plant is reported less bitter than tea from the dried.

CARDUACEAE

Eupatorium villosum Sw. (Jack-me-dark; Jackmada; Jack-medar; jus-medar)

The boiled tea is for fever, stomachache, pain, loss of appetite, and bitters. For stomachache or gas, steep the leaves for tea or chew them with water. Decoct Jack-medar* with soapbush [*Colubrina arborescens* (Millsp.) Sarg.] to bathe and to feed a woman after childbirth.

Gundlachia corymbosa (Urban) Britton (horse-bush; Joe-bush; pond-bush)

Bruise or beat the plant, sprinkle it with alcohol, and tie it around the waist to relieve back pain: "It will stick to your body until the pain is gone," and "will pull the pain off." Also for back pain, steep the plant* in vinegar or rum to drink or to tie on the back; or boil it with salt for tea; or draw it twice in hot water, drinking the second liquid. Draw it twice to drink with sours to treat fever, jaundice, pain, and strain. To improve the appetite and to treat colds, take two tablespoons per day of it crushed and steeped in Vat 69 or boil it with lime [**Citrus aurantifolia* (Christm.) Swingle]. No particulars were obtained for its use as a tea in maternity care.

Pluchea odorata (L.) Cass. (sour-bush)

Boil sour-bush for drinking or bathing; then wrap in a sheet to cause sweating and thus eliminate colds.

Pluchea carolinensis (Jacq.) G. Don (big saab; big saav; saab; saav (salve); sour-bush)

Boil the leaves for a tea for coughs or for a mouthwash to relieve toothaches. Its use as a lukewarm bath alleviates pain. For colds and "short wind" boil or draw the leaves with salt, butter, and sours for a tea; bathe with this when afflicted with a headcold. Decoct it for drinking or bathing to "make you sweat"

and thus to eliminate colds; optionally add rosemary (*Croton linearis* Jacq.) for bathing. Love-vine (*Cassytha filiformis* Jacq.), ashes, and sour-bush are boiled to bathe a new mother postpartum—and optionally the newborn—and to bathe a person complaining of rheumatism.

Pluchea rosea Godfrey (may-grow)

The tea expels worms. For uses in granny teas, refer to naked-wood [*Myrcianthes fragrans* (Sw.) McVaugh] and five-finger (*Serjania subdentata* Juss.)

Parthenium Hysterophorus L. (buttercup)

A tea with salt is for colds and for chest pains from gas. Crush and steep leaves with those of catnep (*Salvia serotina* L.) in a cloth in hot water; drink the decoction for back pain.

Isocarpha oppositifolia (L.) R. Br. (Boston catnep; white catnep)

Boil the roots with a little salt for a tea for chest colds; use the leaves to increase appetite.

Borrichia arborescens (L.) DC.

Draw a tea in the morning to administer for whooping cough, back pain, colds, and "keeping the insides cool."

Wedelia bahamensis (Britton) O. E. Schulz (wild marigold; "mary-go;" wild rosemary)

Boil the leaves for a bath to relieve itching or, optionally with sugar, for a tea for colic and gas. Boil it with ashes to obtain a grey bath for sprains; bathe then grease the afflicted area and the person "is able to walk again."

Britton and Millsbaugh (1920) noted "marigold" to be an erroneous common name. Endemic.

Bidens pilosa L. (shepherd's-needle)

For sores either boil the leaves for a wash or parch and beat them to mix with petroleum jelly or olive oil for a plaster. Prepare it as a tea for gas, prickly heat, "heat in the blood," and fever, and for a diuretic; it passes water through the body and thus cools. Bathe with the decoction to relieve itching. Prepare it as a tea with "rooster-comb" (no plant specimen offered) for "cancer" or with blue-flower [*Stachytarpheta fruticosa* (Millsp.) B. L. Robinson] for prickly heat.

PTERIDOPHYTA

POLYPODIACEAE

Thelypteris kunthii (Desv.) Morton (fern;
palm)

To clean and close cuts and to counteract
poison-wood [*Metopium toxiferum* (L.)
Krug & Urban], parch, beat, and sprinkle the
plant on the affected area or boil the plant
for bathing.

APPENDIX I

CROSS-REFERENCE LIST OF MEDICINAL PLANTS BY VERNACULAR NAMES

Agave	<i>Agave</i> sp., ? <i>A. sisalana</i> (Engelm.) Perrine
Allavis, aloe	<i>Aloe</i> sp.
Apple leaf	<i>Annona muricata</i> L.
Banana	<i>Musa sapientum</i> L. var. <i>paradisiaca</i> Baker
Bay green (Bay geranium)	<i>Ambrosia hispida</i> Pursh
Bay time (bay tansy)	<i>Ambrosia hispida</i> Pursh
Bean-vine	<i>Dolichos Lablab</i> L.
Bed-grass	<i>Paspalum</i> cf. <i>conjugatum</i> Berg.
Big leaf sage	<i>Lantana Camara</i> L.
Big man	<i>Tabebuia bahamensis</i> (Northrop) Britton
Big saab	<i>Solanum erianthum</i> G. Don
big saav (salve)	<i>Pluchea carolinensis</i> (Jacq.) G. Don
Big sage	<i>Lantana ovatifolia</i> Britton
	<i>L. camara</i> L.
	<i>L. bahamensis</i> Britton
	<i>L. involucrata</i> L.
Bit-root	<i>Trema Lamarckiana</i> (R. & S.) Blume
Black buttonwood	<i>Avicennia germinans</i> (L.) Stearn
Black catnep	<i>Salvia serotina</i> L.
Black sage	<i>Lantana bahamensis</i> Britton
	<i>L. involucrata</i> L.
Black torch	<i>Erithalis fruticosa</i> L.
Blue-flower	<i>Stachytarpheta fruticosa</i> (Millsp.) B. L. Robinson
	<i>S. jamaicensis</i> (L.) Vahl
Bo-Hog	<i>Trema Lamarckiana</i> (R. & S.) Blume
	<i>Erythroxyton rotundifolium</i> Lunan
	<i>Bumelia americana</i> (Millsp.) Stearn subsp. <i>americana</i>
Boiled-seed bush	<i>Lepidium virginicum</i> L.
Boston catnep	<i>Isocarpha oppositifolia</i> (L.) R. Br.
Breadfruit	<i>Artocarpus communis</i> J. R. & G. Forst.
Broom-head	<i>Stemodia maritima</i> L.
Buttercup	<i>Turnera ulmifolia</i> L.
	<i>Parthenium Hysterophorus</i> L.
Candlegrass	<i>Evolvulus squamosus</i> Britton
Canker-berry	<i>Solanum bahamense</i> L.
Castor-oil	<i>Ricinus communis</i> L.

Cat-tongue	<i>Heliotropium angiospermum</i> Murray
Catnep, catnip, catnit	<i>Salvia serotina</i> L.
Catnip	<i>Salvia occidentalis</i> Sw.
Chaney-brier (?China-brier)	<i>Smilax laurifolia</i> L.
Chickweed	<i>Commicarpus scandens</i> (L.) Standley
Chill-bush	<i>Randia aculeata</i> L.
Cinnamon bark	<i>Canella Winterana</i> (L.) Gaertn.
Coco-nut	<i>Cocos nucifera</i> L.
Coffee bush	<i>Psychotria ligustrifolia</i> (Northrop) Millsp.
Consumption bush	<i>Catharanthus roseus</i> (L.) G. Don
Cork leaf	<i>Thespesia populnea</i> (L.) Soland.
Cotton leaf	<i>Calotropis procera</i> (Ait.) R. Br.
Cough-bush	<i>Croton cf. flocculosus</i> Geisl.
	<i>Ernodea littoralis</i> Sw.
Cough-vine	<i>Triopteris jamaicensis</i> L.
Cow-slip	<i>Phyla nodiflora</i> Greene
Crab-bush	<i>Ateramnus lucidus</i> (Sw.) Rothm.
Dark sage	<i>Lantana involucrata</i> L.
Dill, dilta	<i>Anethum graveolens</i> L.
Dogwood	<i>Piscidia piscipula</i> (L.) Sarg.
Doll-grass	<i>Cyperus</i> sp. probably <i>C. elegans</i> L.
Dollen (Darling) plum	<i>Reynosa septentrionalis</i> Urban
Earache bush	<i>Capraria biflora</i> L.
Eyes plant	<i>Talenium triangulare</i> (Jacq.) Willd.
Feather-bed	<i>Diospyros crassinervis</i> (Krug & Urban) Standl.
Fern	<i>Thelypteris kunthii</i> (Desv.) Morton
Fever-grass	<i>Andropogon virginicus</i> L.
Fig	<i>Ficus aurea</i> Nutt.
Fine leaf sage	<i>Lantana involucrata</i> L.
Five-finger	<i>Serjania subdentata</i> Juss.
	<i>Tabebuia bahamensis</i> (Northrop) Britton
For-man, For man's strength, Four man's strength	<i>Stemodia maritima</i> L.
Fowl-foot	<i>Serjania subdentata</i> Juss.
Gale-wind grass, gale-of-wind	<i>Phyllanthus Niruri</i> L.
Gavalin-grass	<i>Cyperus rotundus</i> L.
Golomine; gommali; gommalimi	<i>Bursera Simaruba</i> Sarg.
Goma-bush	<i>Commicarpus scandens</i> (L.) Standley
	<i>Stemodia maritima</i> L.
Granny-bush	<i>Croton linearis</i> Jacq.
	<i>Maytenus buxifolia</i> (A. Rich.) Griseb.
	<i>Cordia bahamensis</i> Urban
	<i>C. Brittonii</i> (Millsp.) MacBride
	<i>Capraria biflora</i> L.
Green guava	<i>Psidium Guajava</i> L.
Gripe-bush	<i>Maytenus buxifolia</i> (A. Rich.) Griseb.

Guava	<i>Psidium Guajava</i> L.
Gum-elemi	<i>Bursera Simaruba</i> Sarg.
Hard-back	<i>Swietenia Mahagoni</i> Jacq.
Hard-bark	<i>Diospyros crassinervis</i> (Krug & Urban) Standl.
Hardhead	<i>Phyllanthus epiphyllanthus</i> L.
Hercules' club	<i>Zanthoxylum flavum</i> Vahl (No specimen)
Horse-bush	<i>Gundlachia corymbosa</i> (Urban) Britton
Hurricane weed	<i>Phyllanthus Niruri</i> L.
Jack-me-dark; Jackmada; Jack-medar	<i>Eupatorium villosum</i> Sw.
Jemimah-bush	<i>Teucrium cubense</i> Jacq.
Jerusalem	<i>Chenopodium ambrosioides</i> L.
Joe-bush	<i>Gundlachia corymbosa</i> (Urban) Britton
Jumbay; Jumbie-bean	<i>Leucaena leucocephala</i> (Lam.) Dewitt
Jus-medar	<i>Croton linearis</i> Jacq. (erroneous)
	<i>Eupatorium villosum</i> Sw.
Licorice	<i>Abrus precatorius</i> L.
Life-leaf	<i>Kalanchoe pinnata</i> (Lam.) Pers.
Lignum Vitae	<i>Guaiacum sanctum</i> L.
Lily-grass	<i>Zephyranthes rosea</i> Lindl.
Lime	<i>Citrus aurantifolia</i> (Christm.) Swingle
Lizard's tail	<i>Passiflora cupraea</i> L.
Logwood	<i>Haematoxylum campechianum</i> L.
Long-shank grass	<i>Paspalum</i> cf. <i>conjugatum</i> Berg.
Love-vine	<i>Cassytha filiformis</i> Jacq.
Madeira	<i>Swietenia Mahagoni</i> Jacq.
Mary-go (marigold)	<i>Wedelia bahamensis</i> (Britton) O. E. Schulz
May-grow	<i>Pluchea rosea</i> Godfrey
Milkweed	<i>Chamaesyce hypericifolia</i> (L.) Millsp.
	<i>C. hirta</i> (L.) Millsp.
Mistletoe	<i>Dendropemon purpureus</i> (L.) Krug & Urban
	<i>D. emarginatus</i> (Sw.) Steud.
	<i>Phoradendron trinervium</i> (Lam.) Griseb.
	<i>Eustoma exaltatum</i> (L.) Griseb.
Mountain-bob	<i>Croton linearis</i> Jacq.
Muckle	<i>Myrcianthes fragrans</i> (Sw.) McVaugh
Naked-wood	<i>Stigmaphyllon periplocifolium</i> A. Juss.
Nature-vine	<i>Stemodia maritima</i> L.
Obeah	<i>Capraria biflora</i> L.
Obeah-bush	<i>Turnera diffusa</i> Willd.
Old woman's broom	<i>Thelypteris kunthii</i> (Desv.) Morton
Palm	<i>Sabal Palmetto</i> (Walt.) Lodd.
Palm-top	<i>Desmodium canum</i> (Griseb.) S. & T.
Peanut	<i>Persea americana</i> L.
Pear	<i>Lepidum virginicum</i> L.
Pepper bush	<i>Solanum nigrum</i> L.

Perchnut	<i>Jatropha curcas</i> L.
Periwinkle	<i>Catharanthus roseus</i> (L.) G. Don
Physicnut	<i>Jatropha curcas</i> L.
Pigeon-berry	<i>Guapira longifolia</i> (Heimerl) Little
Pigeon-pea	<i>Cajanus Cajan</i> (L.) Millsp.
Pink flower	<i>Catharanthus roseus</i> (L.) G. Don
Plopper-bush	<i>Kalanchoe pinnata</i> (Lam.) Pers.
Plum bush	<i>Coccoloba diversifolia</i> Jacq.
Poison-wood	<i>Metopium toxiferum</i> (L.) Krug & Urban
Pond-bush	<i>Spermacoce tetraquetra</i> A. Rich.
	<i>Gundlachia corymbosa</i> (Urban) Britton
Pond-crab	<i>Stemodia maritima</i> L.
Pond-top	<i>Sabal palmetto</i> (Walt.) Lodd.
Poor man's strength	<i>Stemodia maritima</i> L.
Pound-cake bush	<i>Stachytarpheta jamaicensis</i> (L.) Vahl
Prickly-bush	<i>Randia aculeata</i> L.
Prickly-pear	<i>Opuntia</i> sp.
Pride-of-India	<i>Melia Azedarach</i> L.
Princetorch; princewood	<i>Exostema caribaeum</i> (Jacq.) R. & S.
Proud-tree	<i>Dendropemon emarginatus</i> (Sw.) Steud.
Ram's-horn	<i>Pithecellobium guadalupense</i> (Desv.) Chapm.
Rat-bush	<i>Chiococca alba</i> (L.) Hitchc.
Red mangrove	<i>Rhizophora Mangle</i> L.
Red-rope	<i>Melochia tomentosa</i> (L.) Britton
Red rose	<i>Catharanthus roseus</i> (L.) G. Don
Robert-bush	<i>Stemodia maritima</i> L.
Rock-bush	<i>Phyllanthus epiphyllanthus</i> L.
Rooster-comb	<i>Heliotropium angiospermum</i> Murray
	<i>Stachytarpheta jamaicensis</i> (L.) Vahl
	<i>Catharanthus roseus</i> (L.) G. Don
Rose	<i>Croton linearis</i> Jacq.
Rosemary	<i>Turnera diffusa</i> Willd.
	<i>Pluchea carolinensis</i> (Jacq.) G. Don
Saab; saav (salve)	<i>Lantana camara</i> L.
Sage	<i>L. bahamensis</i> Britton
	<i>L. involucrata</i> L.
	<i>L. demutata</i> Millsp.
Sailor's flower	<i>Catharanthus roseus</i> (L.) G. Don
Sarah-right	<i>Tournefortia poliochros</i> Spreng.
Sara-wine	<i>Tournefortia poliochros</i> Spreng.
Scurgeon needle	<i>Opuntia</i> sp.
Shepherd's-needle	<i>Bidens pilosa</i> L.
Sisal	<i>Agave</i> sp., ? <i>A. sisalana</i> (Engelm.) Perrine
Snake-root	<i>Stigmaphyllon periplocifolium</i> A. Juss.
	<i>Picramnia pentandra</i> Sw.

Soapbush; soapwood	<i>Colubrina arborescens</i> (Millsp.) Sarg.
Soldier-vine	<i>Stigmaphyllon periplocifolium</i> A. Juss.
	<i>Tournefortia volubilis</i> L.
Sour-bush	<i>Pluchea odorata</i> (L.) Cass.
	<i>P. carolinensis</i> (Jacq.) G. Don
Sour lime	<i>Citrus aurantifolia</i> (Christm.) Swingle
Soursop	<i>Annona muricata</i> L.
Spanish prickly-pear	<i>Opuntia</i> sp.
Spider-pea	<i>Cassia occidentalis</i> L.
Spoonbush	<i>Maytenus buxifolia</i> (A. Rich.) Griseb.
Spoonwood	<i>Maytenus buxifolia</i> (A. Rich.) Griseb.
	<i>Guettarda elliptica</i> Sw.
Sticky-bush	<i>Randia aculeata</i> L.
Sticky-grass	<i>Cladium jamaicense</i> Crantz
Stiff cock	<i>Diospyros crassinervis</i> (Krug & Urban) Standl.
Stink bush	<i>Cassia bahamensis</i> Mill.
Stinking pea	<i>Cassia bahamensis</i> Mill.
Stopper	<i>Eugenia axillaris</i> (Sw.) Willd.
Strong-back	<i>Bourreria ovata</i> Miers
Sugar-apple	<i>Annona squamosa</i> L.
Sugarcane	<i>Saccharum officinarum</i> L.
Tamarind; tame tamarind	<i>Tamarindus indica</i> L.
Teeny-weeny sage	<i>Lantana involucrata</i> L.
Thistley-bush	<i>Argemone mexicana</i> L.
Three-finger	<i>Serjania subdentata</i> Juss.
	<i>Thouinia discolor</i> Griseb.
Time (thyme)	<i>Thymus vulgaris</i> L. (sterile)
Torm Dollen plum	<i>Reynosia septentrionalis</i> Urban
Touch-me-not	<i>Malpighia polytricha</i> A. Juss.
Velvet leaf	<i>Abutilon permolle</i> (Willd.) Sweet
Watermelon	<i>Citrullus vulgaris</i> Schrad. (probably)
Weakness bush	<i>Bunchosia glandulosa</i> (Cav.) DC.
White catnep	<i>Isocarpha oppositifolia</i> (L.) R. Br.
White sage	<i>Lantana involucrata</i> L.
	<i>L. demutata</i> Millsp.
White torch	<i>Amyris elemifera</i> L.
Wild banana	<i>Musa sapientum</i> var. <i>paradisiaca</i> Baker
Wild coffee	<i>Psychotria ligustrifolia</i> (Northrop) Millsp.
Wild dilly	<i>Manilkara bahamensis</i> (Baker) Lam. & Meluse
Wild groundnut	<i>Desmodium canum</i> (Griseb.) S. & T.
Wild marigold	<i>Wedelia bahamensis</i> (Britton) O. E. Schulz
Wild parsley	<i>Portulaca phaeosperma</i> Urban
Wild rosemary	<i>Wedelia bahamensis</i> (Britton) O. E. Schulz
Wild sapodilla	<i>Manilkara bahamensis</i> (Baker) Lam. & Meluse
Worm-bush	<i>Chenopodium ambrosioides</i> L.

Worm-wood
Worry-bush

Tabebuia bahamensis (Northrop) Britton
Capraria biflora L.

APPENDIX II

CROSS-REFERENCE LIST OF PLANTS HELD TO BE OF NON-MEDICINAL USE BY THEIR VERNACULAR NAMES

Bay cedar	<i>Strumpfia maritima</i> Jacq.
Bonavis	<i>Dolichos Lablab</i> L.
Brass lido	<i>Caesalpinia</i> sp.
Cat Island bush	<i>Thouinia discolor</i> Griseb.
Devil's vine	<i>Cissus intermedia</i> A. Rich.
Fowl-foot	<i>Evolvulus squamosus</i> Britton
Guinea corn	<i>Sorghum vulgare</i> Pers.
Old man's bed	<i>Evolvulus squamosa</i> Britton
Orange blossom	<i>Jasminum multiflorum</i> (Burm.) Andr.
Rice Plant	<i>Portulaca gagatosperma</i> Millsp.
Snowdrop	<i>Zephyranthes rosea</i> Lindl.
Spoonbush	<i>Thouinia discolor</i> Griseb.
Sweet Margaret	<i>Psidium longipes</i> var. <i>orbiculare</i> (Berg.) McVaugh

APPENDIX III

VOUCHER SPECIMENS FOR WHICH NO SCIENTIFIC IDENTIFICATION COULD BE MADE

Fever-grass	
Boil fever-grass with gale-wind grass (<i>Phyllanthus Niruri</i> L.) and salt for a tea for flu.	
Guinea grass	
Boil the leaf for a tea for chest pains and colds.	
Palm groundnut	
Scrape out and steep the lining of the fruit to prevent nausea and morning sickness.	
Soldierwith vine	?? <i>Tournefortia poliochros</i> Spreng.
Boil leaves for a bathing solution for sores and itching.	

APPENDIX IV

OTHER MEDICINAL MATERIALS

Blue	purchase in drugstore
Drink blue in water to induce abortion; moderation is necessary as too much will cause acidity, bleeding, and death. For male troubles such as bedroom disease, mix blue with egg whites; this blue was noted not to be bleach. If this remedy does not work, the man should begin to use a "building-up" tea.	
Lye water	wood ash preparation
Mix wood ashes thoroughly with water; leave overnight. Bathe with the slippery mixture, boiling it first, for pain and rheumatism. Prepared similarly, then mixed with castor-oil and half a lime, it is a granny medicine used to scrape a woman's insides after parturition after she has been treated with an unnamed granny bush. Boil the soot with salt to bathe with to lessen pain after childbirth.	

Tie salt on as a plaster to hasten labor pains.

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