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FALSE SOLOMON'S SEAL

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FALSE SOLOMON'S SEAL	

LATIN NAME: *Smilacina racemosa* (L.) Desf. (287-693)

OTHER LATIN NAMES: *S. amplexicaulis* Nutt., *S. racemosa* var. *amplexicaulis*, *S. racemosa* var. *brachystyla*, *V. brachypetala* (287-693); *Convallaria racemosa* L. (342-309); *S. brachypetala* Rydb. (63-64); *Vagnera racemosa* (L.) Morong. (211-356);

COMMON NAMES: False Solomon's Seal, Solomon-plume, False spikenard, Western spikenard (287-693); Sugarberries (Carrier); Scurvy-berry (157-17); Indian Glads, K'ots (Gitsan, 133-70); Solomon-plume, Wild Spikenard, Treacleberry (93-110); Wild Spinach (12-48); Wild Lily-of-the-Valley (6-27); Small Solomon's Seal, Zigzag Solomon's Seal (369-342); Snake Weed or Snake Vine (Ojibwa, 369-342); Agong'osiminun' (Chippewa, 211-297, 435-2277); Sugarberry, Lhiluzchun (Carrier, 280-76); Canada Mayflower (251-140); agongo'siminum (Flambeau Ojibwa), huksemis (Chippewa Ojibwa), onkok'skak (Abenaki), amwiminigak (Malecite), kine'wigwoshk (Ojibwa, 435-2277); Smilacine a'grappes (French Canadian, 435-2277, 206-10); Large Solomon Seal (440-25);

PLANT DESCRIPTION:

GENERAL: Widely rhizomatous per herbs with erect, leafy unbranched flower stalks (287-693); Rootstock

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stout, fleshy; stem pubescent above, slightly zigzag (342-309); Stems simple, scaly below, leafy above. (63-62); A graceful perennial, 30-90 cm tall, whose leaning, many-leaved stem ends in a spray of flowers. Grows in colonies. Flowering-time: spring or early summer. (206-10);

Rootstock: Stout, fleshy, brownish, knotty, and elongated. A long thick rhizome. (206-10); Plants from thick, spreading rootstocks (376-125);

Stem: Simple, 0.5-1.0 m. tall, stiffly arched ascending, puberulous with spreading hairs at least in the inflorescence. (63-64); A tall perennial with a stout fleshy rootstock and leafy, arching stems, usually growing in clumps.(44-96); Commonly with several leaning, leafy stems, each tipped with a branched, dense, cluster of many tiny, white flowers. Height: 1-3' (30-90 cm). (113-589); Rootstock with circular "seals" like solomon's-seals, but slender, yellowish. (269-52); Zig-zag, velvety, greenish-purple, speckled. (206-10);

LEAVES: Leaves pubescent beneath (342-309); Lanceolate to elliptic, usually broadest at the middle, 5-15 cm. long, abruptly short-petioled, often somewhat clasping and distichous. (63-64); The broad, elliptical leaves alternate along the stem in two rows. They range from 5 to 15 cm (2-6 in.) in length, and are notably parallel-veined and clasping. (44-96); Leaves: 2.5-8" (6.3-20 cm) long, ovate, clasping stem at base. (113-589); Alternate, stalkless, bright green, purple at base. They grow on two sides only of stem. Margin: Untoothed. Surface: Smooth or slightly downy. Veins: Deep, parallel (206-10); Leaves without teeth or lobes, several-nerved (376-125);

FLOWERS: Flowers racemose to paniced, small, white. Flowers many, tepals narrowly oblong, 1.5 (2) mm; pedals 0.5-2 mm; filaments ovate-lanceolate and much broader and > the tepals. Pedals jointed just below the flowers; tepals distinct, alike; stamens 6, style 1, short, obscurely 3-lobed (287-693); Inflorescence a many-flowered panicle, with pilose rachis; flowers short-pedicelled; perianth segments pubescent, shorter than stamens (342-309); Inflorescence: Paniculate with many flowers and many branches, ovoid to pyramidal. Perianth: 1.5-3.0 mm. long, segments white or greenish. Stamens: Longer than the perianth segments; filaments inflated. (63-64); The flowers, small and cream-coloured, are borne in a terminal cluster. (44-96); Flowers: 6 ovate petal-like segments about 1/10" (2.5 mm) long; stamens 6, slightly longer. (113-589) Many, 3-5 mm across, short-stalked, in a panicle 7-15 cm long. Stalks are white. Perianth: 6-parted, creamy white. Stamens: 6, creamy, slender. Pistil: short, greenish, or white. (206-10); Flowers in rather simple to compound clusters, the 6 segments rather small, white in color (376-125);

FRUIT/SEEDS: Fruit a few-seeded, globose, greenish to red berry (287-693); Globose berry about 5 mm.

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in diameter, at first mottled red and green, later all red or occasionally purple. Seeds: Often only 1, whitish. (63-64); The fruit is in the form of a tight cluster of numerous small, seedy berries. When immature, they are mottled green and brown, when ripe, red. (44-96); Fruit: reddish berries, 1/4" (6 mm) long. (113-589); Fruit a small berry; white speckled with gold at first, ruby-red later. (269-52); Brown-speckled berries, 4-9 mm across, in a large cluster. These shrink and turn red in late summer. Seeds: one or two in each berry. (206-10); Berry roundish, 1 to 2-seeded, red to purplish-black in color, often with dark dots or stripes, to 1/4 inch in diameter. (376-125);

HABITAT: Moist woods and streambanks to open forest, from near sea level to medium elevation in the mountains (287-693); Shaded woods (342-309); Damp woods and clearing (63-64); Woods' edges, roadsides. (206-10); Woods, thickets or open meadows. (376-125);

RANGE: Alaska to California, both sides of the Cascades, east to Nova Scotia and south to Ga, Mississippi, Mo, Colorado, and Arizona (287-693); British Columbia to Quebec, south to California, Arizona, and Georgia. General throughout (B.C.) from about latitude 56 degrees N. southward. (63-64); Throughout most of temperate North America and two species widespread in the entire Rocky Mountain area. (376-125);

COMMENTS: Alaskan specimens which belong to var. *amplexicaulis* (Nutt.) S. Wats. (*S. amplexicaulis* Nutt.), have leaves with dilated, clasping petioles. (342-309)

- "Unmistakable in all stages due to the somewhat coarse appearance of its arching stems with large, more or less clasping leaves, and either a fluffy panicle of white flowers or a cluster of reddish berries." (63-64)
- "Neither grows on the Queen Charlotte Islands." (44-96)
- "True" Solomon's Seal (*Polygonatum multiflorum*), Lilies from the eastern United States, are similar in leaf arrangement, but differ by having flowers in the leaf axils." (113-589)

SOME SIMILAR SPECIES:

1. LATIN NAME: *Smilacina stellata* (L.) Desf. (287-693)

OTHER LATIN NAMES: *S. sessilifolia* (Baker) Nutt., *S. sessilifolia paniculata* (287-693); *Convallaria stellata* L.; *Vagnera stellata* (L.) Morong. (342-310); *S. liliacea* (Greene) Wynd. (63-64);

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COMMON NAMES: Starry Solomon's Seal, Star-flowered Solomon's Seal (287-693); Starry Spikenard, Smilacene etoilee (French Canadian, 206-10);

DESCRIPTION: Flowers 5-10 (20), generally in a simple raceme or rarely the raceme compound near the base; tepals narrowly oblong or lanceolate, (3) 4-7 mm; pedals 3-20 mm; filaments slender, < the tepals; Stamens 6, Style 1, short, obscurely 3-lobed; from a few-seeded, globose, greenish to red berry; widely rhizomatous per herbs with erect, leafy, unbranched flower stalks. (287-693); Stoloniferous; leaves sessile, minutely pubescent beneath; inflorescence a simple raceme; flowers long-pedicelled; perianth segments longer than stamens. (342-310); Rootstock: Slender, long and spreading, pale. Stem: Erect to arching, 2-6 dm. tall, puberulent, very leafy. Leaves: Lanceolate to oblong, often somewhat acuminate, more or less clasping, 5-17 cm. long, flat or folded, often distichous, puberulent. Inflorescence: Simple, often a nearly sessile raceme with scattered pedicels nearly as long as the flowers. Flowers: Up to 18 in an inflorescence. Perianth: Segments 4-6 mm. long, white or greenish. Stamens: Shorter than the perianth segments. Fruit: Globose berry about 9 mm. in diameter, dark blue or red at maturity, at first light green with 6 blue longitudinal stripes. Seeds: 1-3, brownish. (63-66); Two to eight berries, which are larger and green with red stripes when unripe. (44-96); Has up to 20 flowers loosely assembled in a zigzag, each appearing as a dainty, white, 6-pointed star about 1/4" (6mm) wide. (113-589); Similar to Spikenard except that it grows in open woods, and the plant is smaller, (15-30 cm tall), and the flowers larger, 8-10 mm across. The raceme often curves downward. Leaves are a soft cool green, silvery beneath. Their shape varies from narrow to quite wide, according to the plant's location. The wider leaves clasp the stem more noticeably. The berries 5-7 mm across, are first pale green, each has 6 wide brown rays. Later they turn deep red and become smaller. (206-11);

HABITAT: Moist woods and streambanks to rocky, well-drained, often fully exposed sidehills (287-693); Meadows, wet places (342-310); Open places, particularly on alluvial deposits. Season: May to June. (63-66); Thickets, meadows, or gravelly shores. (369-342);

RANGE: Alaska to California, on both sides of the Cascades, east to the Atlantic coast, south in Rocky Mountains to Colorado, Arizona, and Nevada. (287-693); Described from Canada. Introduced and partly naturalized in Europe. (342-310). British Columbia to Newfoundland, south to New Mexico, Kansas, and Virginia. (63-66); Lab. Nfld., N.B., P.E.I., N.S., Que., James Bay, Northernmost Ont. to Yukon and S. Alaska, South to California, N. Mexico, Ohio and Va. (369-342);

COMMENTS: Range indicated on circumpolar map includes that of var. sessilifolia (Baker) Henders. (Tovaria

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sessilifolia Baker). (342-310); Often forms extensive colonies in open places; the sessile raceme of fairly long pedicelled flower is diagnostic. A very widespread and somewhat variable species. Several variants have been proposed as species, but all intergrade to such an extent that even their recognition as varieties does not seem warranted (63-66); Neither grows on the Queen Charlotte Islands (63-66); Grown in Gerard's garden, London England in 1597. (369-342);

2. LATIN NAME: *Smilacina trifolia* (L.) Desf. (342-310)

OTHER LATIN NAMES: *Convallaria trifolia* L.; *Vagnera trifolia* (L). Morong.(342-310);

COMMON NAMES: Two-Leaved Solomon Seal, Trifoliate Solomon's Seal (63-66); Three-leaved *Smilacina*, *Smilacene Trifoliee* (French Canadian, 206-11);

DESCRIPTION: Rhizome forking, filiform, sending up both sterile and fertile shoots; leaves 2-4, oblanceolate to elliptic, glabrous; inflorescence a simple, peduncled raceme; flowers long-pedicelled; perianth segments longer than stamens (342-310); Rootstock: Very slender, extensively creeping, scaly, whitish. Stem: Weak, sterile shoots with 2 leaves and flowering shoots with 2-5 leaves, 5-20 cm. tall. Leaves: Oblanceolate to elliptic tapering to a subpetiolar base, glabrous, 3-13 cm. long. Inflorescence: A simple raceme, 2-12 flowered, pedunculate; pedicels much longer than the perianth, spreading. Perianth: Segments alike, about 3 mm. long, white to greenish-white. Stamens: Shorter than the perianth segments. Fruit: Berry about 5 mm. in diameter, dark red.(63-66); This tiny plant, 10-15 cm high, grows in bogs and deep woods. It has 3 leaves only, and a short raceme of flowers 8-10 mm across, with dark-tipped stamens. (206-11);

HABITAT: Bogs, peaty soil. (342-310); Cold acid soil, particularly in sphagnum and peat bogs. Season: June to July. (63-66); In bogs, mossy woods, and peaty shores. (369-342);

RANGE: Described from Siberia. (342-310); British Columbia to Labrador and Newfoundland, south to Minnesota, north Illinois, Michigan, and Pennsylvania (63-68); Distribution in B.C.: Fairly common in sphagnum bogs in northern half of the Province. (63-68); Lab., Nfld., N.B., P.E.I., N.S., Que., northernmost Ont. to southernmost Yukon, south to Alberta, Minn., northern Illinois, Pa., and New Jersey. (369-342);

COMMENTS: Probably more common in the muskegs of the Peace River region than our collections indicate. Might be mistaken for *Maianthemum*, but the latter differs in having the floral parts in 4's. (63-68)

CLASSIFICATION

CLASS: Angiospermae (118-10)

SUBCLASS: Dicotyledoneae (118-10)

SUPERORDER: Liliidae (118-15)

ORDER: Liliales (118-15)

FAMILY: Liliaceae (287-693, 118-312)

- About 250 genera, about 3,500 species (118-312)
- About 120 genera and 1,250 species, widely distributed (63-9)
- 1978 V.H. Heywood, Flowering Plants Of The World, pg.312. "The Liliaceae is one of the largest families of flowering plants and certainly one of the most important horticulturally, as it includes the lilies and numerous other outstandingly beautiful cultivated genera. Its chief economic representative is the onion." (118-312)
- 1966 T.M.C. Taylor, The Lily Family of British Columbia, pg 7. "The members of the Liliaceae, as we are using the term, all have their flowers with the number of parts in 3's or multiples of 3. The single exception to this rule in our flora is 'Maianthemum' (False Lily-of-the-valley), in which the basic number is 4." (63-7).

TRIBE:

- Different authorities have recognized between 12 and 28 tribes within the family. (118-314)

GENUS: Smilacina (342-309)

- Other Genus Names: Convallaria, Vagnera (342-310); Unifolium (287-693).
- A genus of about 25 species native to North America, Central America, and Asia. (63-62)

- Diminutive of Smilax, an ancient Greek name of uncertain application. (63-62)

PLANT CHEMISTRY

CONSTITUENTS:

- 1947 R.E. Marker, Analysis of Trilliums, Smilacina and Clintonia, 69:2242. Smilacina racemosa contains sitosterol.

TOXICITY:

POISON SYMPTOMS:

TREATMENT:

FOOD USES:

- 1919 U.P. Hedrick, Sturtevant's Edible Plants of the World, 537. "Siberia and northwest North America. The berries are pale red, speckled with purple and are aromatic (Gray, 1868). Wood (1865) mentions this among edible wild fruits. Josselyn (1672) says it is called "treacle-berries, having the perfect taste of treacle when they are ripe - and will keep good for a long while. Certainly a very wholesome berry and medicinal." (394-537)
- 1962 F.W. Montgomery, Native Wild Plants of Eastern Canada and the Adjacent Northeastern United States, 17. "The red berries are conspicuous in the fall, tasteless or slightly bitter and should not be eaten in quantity since they are cathartic." (369-343)
- 1966 J.B. Cambell, K.F. Best & A.C. Budd, Ninety-nine range forage plants of the Canadian prairies, 70. "Star Flowered Solomon's Seal, its occurrence is more common in moist meadows and around groves of trees..very little is known of the usefulness of this plant except that it is grazed readily by all classes of livestock. Its early spring growth is particularly attractive to sheep and cattle, and even dry leaves of this plant are eaten by sheep." (369-343)

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EUROPEAN FOOD USES:

- 1672 John Josselyn, New England Rarities, 87. (*S. racemosa*). "Treacle berries having the perfect taste of treacle, when they are ripe - and will keep good for a long while. Certainly a very wholesome berry and medicinal." (369-342)
- 1830 C.S. Rafinesque, Medical Flora or Manual of Medical Botany of the United States, Vol 2., 85. (*S. racemosa*). "The berries are cephalic and cardiacal." (369-342)
- 1868 Canadian Pharmaceutical Journal, Canadian Medicinal Plants, a List, 6; 83-5 The root of Solomon's Seal, *Convallaria racemosa* included in list of Canadian medicinal plants. (*S. racemosa*) (369-342)
- 1963 H.D. Harrington, Edible Native Plants of the Rocky Mountains, 125. "The berries of the False Solomon's Seal are edible either raw or cooked. They are rather bittersweet and the flavor may be somewhat disagreeable to some tastes. The Indians are said to have used them a great deal, and they should provide good emergency food for anyone. However, they should be utilized cautiously at first, because some writers report them to be laxative when taken in quantities. The young tender shoots are used as a potherb or as a substitute for asparagus...These starchy rootstocks are sometimes used to make a pleasant pickle according to Fernald & Kinsey (1984). The species of False Solomon's Seal are all reasonably edible, but we do not rate them high on our desirable, edible plant list." (376-125)
- 1977 Lee Peterson, A Field Guide To Edible Wild Plants Of Eastern and Central North America, pg 52. "Use: Salad, asparagus. The young shoots can be added to salads or prepared like asparagus. Use only when abundant. Note: the berries and rootstocks are also edible; but the berries are mildly cathartic, and the rootstocks must first be soaked overnight in lye and then parboiled." (269-52)
- 1979 Charlotte Erichsen-Brown, Use of Plants For The Past 500 Years, pg 342. "*Smilacina trifolia* (L.) Desf.: The berries are dark red and not recommended for eating." (369-342)

NATIVE FOOD USES:

- 1972 Michael A. Weiner, Earth Medicine, Earth Food, 186. "The delicious pale red berries of false Solomon's-seal were eaten in large quantities by Indians of Oregon, British Columbia, and Wisconsin. Known

as scurvy-berries among the early settlers, these juicy fruits were probably eaten for their vitamin C. The Ojibwa tribe prepared the rootstocks in the same way as potatoes. To rid them of their bitter taste they were first soaked in ashes which had been mixed in water and then boiled for a short while to eliminate the "lye". The young shoots are sometimes used as a substitute for asparagus." (147-186)

- 1975 Nancy J. Turner, Food Plants of British Columbia Indians, Part 1/ Coastal Peoples, pg. 6. "The berries of both species are edible, but not especially palatable. They were usually classed with wild lily-of-the-valley berries (*Maianthemum dilatatum*) in quality and appearance. Kwakiutl hunters and berry-pickers ate the raw berries of *S. racemosa* on occasion. The Bella Coola did not eat *S. racemosa* berries, but occasionally chewed the raw berries of *S. Stellata*, swallowing the juice and spitting out the skin and seeds. Other Coastal Indian groups apparently did not use either type of berry." (44-96)

- 1978 Nancy J. Turner, Food Plants of British Columbia Indians, Part 2/Interior Indians, pg.92. "The ripe berries of both species were eaten raw by the Thompson, Lower Lillooet, Shuswap, Okanagan, and Carrier, and probably by the more northerly peoples as well, but not by the Kootenay, who considered them the "grizzly bear's favourite food," but not fit for humans. The berries, though seedy, are extremely sweet, like saccharin or syrup. In Carrier territory, *S. racemosa* is known locally as "sugarberry." The Carriers note that bears like this berry best of all, and that it was also eaten by many smaller animals. The Okanagan used the roots to flavour black tree moss and other foods in cooking-pits, and sometimes ate them alone raw. They were said to resemble onions." (103-93)

- 1978 Carrier Linguistic Committee, Plants of Carrier Country (Hanu'yeh Ghun U'tni-i), 76. "Sugarberry is the one which is long, whose bloom is first white and then red when it ripens. They are very bunched up. They are sweet, just like syrup. The bear likes this one the best. All of the small animals like it too." (280-76)

- 1979 Barrie Kavasch, Native Harvests, Recipes and Botanicals of the American Indian, 17. "These are delightful eaten raw or used as seasonings; they are somewhat cathartic and should be eaten in moderation (157-17)...A widespread and graceful woodland plant favoring shaded woods and moist environments, false Solomon's seal provides a healthful and refreshing trailside nibble. The Indian used the entire plant throughout its growing season. The young shoots may be enjoyed as steamed asparagus in early spring; the young leaves, before blossomtime, are excellent in raw salads or lightly steamed as a potherb; the aromatic and starchy rootstocks may be cooked like potatoes or pickled. (To rid the rootstocks

of their bitter taste, they should first be soaked for several hours in water and wood ashes, then rinsed and boiled in fresh water for 30 minutes to eliminate the lye.) (157-60)."

- 1980 Food Traditions of the Gitksan, Gathering What the Great Nature Provided, 71. "Indian glads (k'ots), or false Solomon's seal, has a long, scented white blossom and a small, round leaf. The plant produces tiny red berries which are picked ripe in August and preserved with oolichan grease. They are not made into cakes but stored in boxes in cool places. One person said, "They were hard to gather so we served them only to chiefs." Another stated, "Its edible seeds were added later and mixed with the berries."" (133-70)

LIQUEURS:

TEAS:

RECIPES:

MEDICINAL USES:

- 1979 Charlotte Erichsen-Brown, Use of Plants For The Past 500 Years, pg 342. "Rafinesque, Gunn and the Indians used the true and the false solomon's seal indiscriminately, regarding the properties of both as being the same..." (369-342)

NATIVE MEDICINAL USES:

- 1828 Dr. Johas Rishel, The Indian Physician, pg.36. "Virtues: Very mild, yet very healing and strengthening; commonly prepared in syrups, and administered in cases of consumption and general debility." (440-36)

- 1885 W. J. Hoffman, The Midewiwin or Grand Medicine of the Ojibwa, 199. (S. racemosa) "Indian name snake weed or snake vine, a warm decoction of the leaves used by lying in women. The roots are placed upon a red-hot stone, the patient with a blanket thrown over his head, inhaling the fumes, to relieve a headache. The fresh leaves are crushed and applied to cuts to stop bleeding." (369-342)

- 1915 Frank Speck, Medicine Practices of the Northeastern Algonquians, MOHEGAN 318. "The leaves steeped to make a cough medicine. The root is steeped for a medicine to strengthen the stomach."

(369-342)

- 1926-27 Frances Densmore, Uses of plants by the Chippewa Indians, 356. The root is steeped and the decoction drunk for pain in the back and female weakness. (

- 1923 Huron H. Smith, Ethnobotany of the Menomini, 41. "The root is ground up and soaked to furnish a liquid that is put on a hot stove. The fumes that arise are inhaled by a person who is suffering from catarrh." (369-342)

- 1928 Huron H. Smith, Ethnobotany of the Meskwaki, 230. "The smudge of this is used to hush a crying child. It is also used as a smudge in severe illness. Cover the head with a shawl and smoke the patient for five minutes, then he will revive and talk to you...the root is burned and smudged for one who has had a fit or for insanity..Specimen 3624 of the Dr. Jones collection is the stem-base of *Smilacina racemosa* referred in his notes to *Acorus calamus* (Sweet Flag)...This is said to be the conjurer's root, used in the meetings of the medicine society when the medicine man wants to perform tricks, or cast spells. Specimen 3665 of the Dr. Jones collection consists of the root of *Smilacina racemosa* and the wood of *Fraxinus nigra* (black ash) and...is used to loosen the bowels. Specimen 5147...is the root..alone...It was put into the cooking kettle during the time of plague to prevent sickness. It was also put into the food that was fed to hogs to prevent hog cholera. The white man has used it in the same manner as his drugs containing convallarin, that is, as a substitute for digitalis. It is less powerful and was thought more efficient in treating dropsy. It strengthens the contractions of the heart muscle, reduces the number of heart beats, increases blood pressure, stimulates respiration, and frequently increases the appetite and digestion...Solomon's Seal, *Polygonatum biflorum*, has also been used by the white man as a substitute for digitalis, though it is much less powerful. As it augments the flow of urine, it was formerly used for dropsy." (369-343)

- 1932 Huron H. Smith, Ethnobotany of the Ojibwe, 374. "The Flambeau Ojibwe use this root in combination with that of the dogbane (*Apocynum androsaemifolium*) to keep the kidneys open during pregnancy, to cure sore throat and headache. It is also used as a reviver...407. They also prepare and eat the root. It is soaked in lye water and parboiled to get rid of the lye, then cooked like potatoes. The Pillager Ojibwe use this root added to oats to make a pony grown fat." (369-343)

- 1933 Huron H. Smith, Ethnobotany of the Potawatomi, 63. "The Prairie Potawatomi stated that they sometimes ate the berries as a food but the Forest Potawatomi knew nothing about this practice. The smoke

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or smudge from the burning root, placed upon a pan of live coals, was used to revive a patient who had sunk into a coma. It was fanned toward the nostrils and a paper cone was placed over the nose to make sure that the fumes reached them." (369-343)

- 1954 Henry De Lazlo and Paul S. Henshaw, Plant Materials Used by Primitive Peoples to Affect Fertility, Science, Vol. CXIX, No. 3097, 626-31. The root infusion of star flowered solomon's seal, *S. stellata*, was used by the Nevada Indians to regulate menstrual disorders. Conception was prevented by drinking half a cup of the leaf tea daily for one week. (369-343, 146-244, 147-43)

- 1970 Virgil J. Vogel, American Indian Medicine, 375. "False spikenard (*Smilacina racemosa* L.) was used medicinally by the Mohegans, Flambeau Ojibwas, and Forest Potawatomis." (146-375)

- 1972 Michael A. Weiner, Earth Medicine, Earth Food, 146. "...the Blackfoot Indians used the dried, powdered root of false Solomon's seal (to arrest bleeding)...." (147-186)

- 1981 Arnason, Hebda, & Johns, Use of Plants for Food and Medicine by Native Peoples of Eastern Canada, Canadian Journal of Botany, Vol 59, Number 11, pg 2277. "*Smilacina racemosa* (L.) Desf.: (435-2277)

GROUP	NATIVE NAME	USES	REFERENCES
Ojibwa (Flambeau)	agongo'siminun	Kidneys in pregnancy, sore throat, headache: root used and Apocynum.	Smith 1932
Ojibwa (Chippewa)	huksemins	Headache: root dried, sprinkled on hot coals, inhale fumes	Gilmore 1933
Ojibwa	kine'wigwoshk	Childbirth: leaf decoction; (stop bleeding): crushed leaves; headache: inhale fumes, root used	Hoffman 1891
Ojibwa	agong'osiminun	Pain in back: root decoction;	Densmore 1974

(Chippewa)

Algonquin 1980	-----	Sore back: tea	Black
Abenaki	onkok'skak	Overexertion, bleeding from mouth: root used	Rousseau 1947
Malecite	amwiminifak	Rash, itch: leaves, twigs for	Mechling 1959

EUROPEAN MEDICINAL USES:

- 1636 John Gerard, Gerard's Herbal, 216. "The first kinde of Solomons Seale (*Polygonatum multiflorum*) hath long round stalks, set for the most part with long leaves somewhat furrowed and ribbed, not much unlike Plantain, but narrower, which for the most part stand all upon one side of the stalke, and hath small white floures resembling the floures of Lilly Conval: on the other side when the floures be vaded, there comes forth round berries, which at the first are green and of a blacke colour tending to blewnesse, and being ripe, are of the bignesse of Ivy berries, of a very sweet and pleasant taste. The root is white and thicke, full of knobs or joints, in some places resembling the mark of a seale, whereof I thinke it tooke the name Sigillum Solomonis; it is sweet at the first, but afterward of a bitter taste with some sharpnesse." (387-216)

- 1983 David Potterton, Culpeper's Color Herbal, 176. "Medicinal virtues: The root heals wounds, sores and other injuries, if they are new, and restrains the flux of the old ones. It stays vomitings, bleedings and fluxes in man or woman. The roots bruised and applied fix joints that do not remain firm when set, and broken bones in any part of the body. The decoction of the roots allowed to infuse overnight, strained and drank helps the broken bones of both men and beast. It also helps ruptures, if drank or applied outwardly to the place affected. The powdered root in broth does the same. It also takes away black and blue marks of bruises. Modern Uses: The root is a soothing, healing herbal medicine, with astringent and tonic properties. It is an excellant remedy for painful piles. A decoction of the root is made - 1 oz (28 g) to 1 pt (568 ml) of boiling water - and four or five tablespoonfuls injected into the rectum, several times a day. Taken internally it gives relief from neuralgia, and is useful for inflammation of the stomach and bowel and for

diarrhoea. It is taken internally and used as a wash for erysipelas. The powdered roots are used in poultices for bruises." (398-176)

- 1925 James R. Anderson, Trees and Shrubs, Food, Medicinal and Poisonous Plants of British Columbia, Dept of Education, Victoria, B.C., 145. "Smilacina racemosa root in conjunction with the roots of Epilobium angustifolium (fireweed) were used by the French Canadians for scrofulous cases. The roots were dried, broken up and mixed together with some water, became mucilaginous and were put on sores." (369-342)

RUSSIAN MEDICINAL USES:

CHINESE MEDICINAL USES:

INDIAN (AYURVEDIC) USES:

HOMOEOPATHIC MEDICINE:

PREPARATION & DOSAGES:

COLLECTING & DRYING:

MATERIAL USES:

CORDAGE:

CULTIVATION:

DYEING:

IMPLEMENTS:

INSECT REPELLANT:

SMOKING MIXTURE:

COSMETIC:

- 1979 Nancy J. Turner, Plants in British Columbia Indian Technology, pg 269. "The Thompson and Shuswap used the roots or the whole plants of these species as a scent. They were tied to the body or on the clothes or hair." (137-269)

HISTORY & BELIEFS:

HISTORICAL RECORDS:

SPIRITUAL BELIEFS:

NOMENCLATURE:

RELATIONSHIP TO OTHER LIFE-FORMS:

AGE:

STORIES:

ILLUSTRATIONS:

- Good black/white drawing (287-693)
- B/W drawing of entire plant, *S. racemosa* (342-309)
- B/W drawing of entire plant, *S. trifolia* (342-310)
- B/W drawing of entire plant, *S. stellata* (342-310)
- B/W excellent drawing of *S. trifolia* (63-66)
- B/W excellent drawing of *S. stellaria* (63-65)
- B/W excellent drawing of *S. racemosa* (63-63)
- B/W excellent drawing of Roots of *S. racemosa* (269-52)
- Excellent Drawing Comparing *S. racemosa* & *Polygonatum pubescens* (157-60)
- Best B/W of all 3 species + Wild-Lily-Of-The-Valley (206-10)
- Color Picture of *Polygonatum multiflorum* (398-176)

False_Solomons_Seal_1993.txt

- Color Photo of *S. stellata* (140-105)
- Excellent B/W print of *S. stellata* (376-126)

Maurice L.B. Oates Jr., M.A.
(Ya'-ga-hlo'o)

BOOKS NOT CHECKED OFF:

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LATIN NAME: *Smilacina racemosa* (L.)