

[Frontdeckel]

12.  
Samoanische Heilmittel

Tetens.

[Vorderer Spiegel]

Fasi aitu,  
S 37 – 75 übersetzt von Frau Heinicke (Samoanerin), Bremen, Paul Singerstr. 46.

[Seite I]

[Leere Seite]

[Seite II]

[Leere Seite]

[Seite 1]

[Leere Seite]

[Seite 2]

[Samoanischer Text bisher nicht transkribiert]

[Seite 3]

Der auauulibaum ist den Krankheit  
sehr nützlich. Dieses entsteht den Kopf  
am anfang

The Āuāuli is the tree what is very good  
for the headache Supa this sickness is  
starts from the headache you could see  
it the eyes shakes or the mouth and the  
hand or the leg always shakes and getting  
crocket at the leg or the hand the mouth is  
more on the chick. These sickness is a lots of  
Samoa natives die, and lots of them get mad by  
sickness name Supa

The Āuāuli is a tree dos'n hear any time  
~~they~~ when the breadfruit trees bearing  
then the Āuāuli tree bears too, when the  
breadfruits start to bearing then is time to  
give the person who get the Supa the  
medechine while the blossom of the Āuāuli  
is very good for the sickness Supa.

The Ainiu is a name of a young blossom  
if that is no help, the Āuāuli, the green  
fruit of the Āuāuli is to make the medechine  
is offley pain when a person get threw with it  
but he had enough with the painful of the  
Āuāuli medechine.

If you make the medechine ~~the~~ take five coca  
nuts an scrape it and squice the juice in a tanoa  
and make a Samoa umu inside of the house  
round the stones five or ten and let it  
in the five untill is very hot.

[Seite 4]

[Samoanischer Text bisher nicht transkribiert]



Then the person next to the stove gave to everyone who they fix the sicness, in the Tanoa, the first stone pass to the first persons {hand}<sup>1</sup>, untill to the last next to the Tanoa. They could'nt burnd their hand or fill the pain or fill the heat, because they have been taught the Āuāuli.

The flowers of the Aūāuli bring and hammer them antill is soft and put it to a piece Lauā the Maūū finished hammer they will masage or rub with, squise the Maūū sloly to the coconuts milk finish to cook fild five or ten cafes<sup>2</sup> full of the coconutmilk give one cab to the sick person to drink it all then will be very good for the whole body and the head.

If the sick posen drink the coconutmilk the bawls will upon very often, and the body will be very weak, and no apitate while the coconut milk have a bad tase.

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<sup>1</sup> [Einschub über der Zeile]

<sup>2</sup> [unsichere Lesung]

[Seite 6]

[Samoanischer Text bisher nicht transkribiert]

[Seite 7]

The oner of the medechine takes the juice  
of the Maūū put {it}<sup>3</sup> on the head then on the  
slap and rub all over the head,  
then squice a little in the mouth, a  
and on the stomach and the back  
if the leg cricket squice a little on it  
too, and then rub it very hard the whole  
body with the Auauli.

Let the sick prosen lay down on the  
back shut the eyes and the mouth,  
then squice the juice of the Āuāūli  
and the Maūū in the nose and  
swallow it.

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<sup>3</sup> [Einschub über der Zeile]

[Seite 8]

[Samoanischer Text bisher nicht transkribiert]

The Supa sickness use the Maūū let  
the oil in the head if the Supa  
is in the head is very bad while very  
seldom will be alright, {while}<sup>4</sup> the juice Maūū  
is painful, if the sickness is very bad  
then the sick prosen bent his head  
a little down and let the bad stuff  
comes out threw the the mouth and the  
nose and the yellow stuff comes out  
from the stomach.

Is not allowed to snufen the nose  
or touch it with the hand while  
the bad stuff is runing out from  
the nose, if the sick posen touch it  
with the hand then the hands will  
get soar, and the painful of the  
medechine the posen nock his head  
again enything while he's out of sence.

If all the bad stuff comes out from  
the body and the head, threw the  
strongness of the Maūū.

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<sup>4</sup> [Einschub über der Zeile]

[Seite 10]

[Samoanischer Text bisher nicht transkribiert]

The strongness of the Maūū ~~makes~~ {takes}<sup>5</sup>  
the Supa, {to}<sup>6</sup> gets the pain away from  
the head and takes the shakeness of  
the hand or the leg, the mouth  
will be strait, the Maūū and  
the Āūāuli is very good for that  
bad sickness the Āūāuli is a great  
help for.

Namulega is a medechine, is very  
good for headache, taeke a branch of  
the Namulega scrape the bad skin  
off and then scrape the inside skin  
chew ~~the~~ it or hammer it very soft,  
squice it in the nose, it is very pain  
just as if he's going to die for the pain  
So very sour if you chew the skin of that  
tree, is very good for the headache, just  
like the Āūāuli the pain of the Namulega.

If the head is always acheing threw the  
the slaf and the eyes is very sour  
hadly could see and the nose hadly  
breath use the medechine longer.

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<sup>5</sup> [Korrektur über der Zeile]

<sup>6</sup> [Einschub über der Zeile]

[Seite 12]

[Samoanischer Text bisher nicht transkribiert]



It is very good when the bad stuff comes out through the nose and the mouth, the eyes will be alright as it ~~usei~~ useal. The nose what could not breathe will be good, the teeth will not ache anymore, and also the slaf and the heavyness of the head will be over.

Alōalō fai Fiā is the medethsine is very good for the headache, take the trunk of the Alōalō fai Fia and scrape the outside skin first, then scrape the inside skin and rub up good in a piece of lauia'a then take a leaf of the lfi and fold it like the fannal, then put the fannal in the whole of the nose squice the medethine in and swallow it all.

The medethine is very painful just as if the person going to die, knock the head against the post of the house, the sickness comes out through the nose and the mouth the sickness will be over very quick. the headache,

[Seite 14]

[Samoanischer Text bisher nicht transkribiert]

[Seite 15]

Launonu is a very good medethine for the head if the head is acheing and nothing to be help, and hardly to be touch the head and the hairs, and the head is very bad in the head like if you touch the fire.

Bring the Launonu and hammer it antill it is soft and rub it in a pice of rage lay the person on the back and squice the medethine in the nose and swallow it slowly and let the juice of the medethine will goes in, squice some on the head and let the strenth goes in the head the it will be in good health again.

Agoogo is the medethine which is very good for the head when the forehead is very hot and acheing, then take this leaves and chew it soft then take a piece of cloth the wide is 2 ½ inch.

[Seite 16]

[Samoanischer Text bisher nicht transkribiert]

[Seite 17]

The long is 1 yd<sup>7</sup> spread the pices of  
and put the medethine so as to cover  
the forehead then put the bandage round  
then let is stand for a day or two then  
the heat will go away, the eyes will  
look good.

When you open the bandage it will  
dry the medethine. If you don't want  
to put the bandage round then take  
the Maūū and chew it soft and rub  
the forehead with the juice and the  
dough of the medethine is just the  
same efect like the Ogoōgo.

Poumuli is the medethine what is  
very good for headache if the the head  
is very hot and the nose heat come  
out threw the nose and the mouth  
the eyes is st full of sawes-saws soars  
the soars comes threw the heat.  
Now take the trunk of the Poumuli  
and scrape the skin and rub it in  
a piece of cloth, is very hard to get  
this kind of a tree

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<sup>7</sup> yard [1 yard = 0.9144 Meter]

[Seite 18]

[Samoanischer Text bisher nicht transkribiert]

[Seite 19]

Masame is a very good medethine  
for headache the skin is very useful  
for headache is very hard to get the tree  
while is grow in the wild busch this  
tree is useful for medethine and  
use too for making post of Samoa  
house.

Pau scrape it untill is soft with a  
asi or a pipi when is finish rub it  
with lauāā of a coconut then lay down  
the sick person then squice the medethine  
in the nose and the eyes and rub it  
round the face then nock it a little  
then you will find quick the good of  
the medethine Pau Poumuli is the mame.

Polo-feūū, the leaves and the skin  
is very good for the head scrape  
the skin of the trunk and the leaves  
then hammer it an till is soft  
then rub the head with and lome-  
lomi the whole head the let the  
medithine stand antill the presspeire  
come outh threw the body.

[Seite 20]

[Samoanischer Text bisher nicht transkribiert]



[Seite 21]

and the head. It will be alright  
the whole body and the head.

Laugasēsē is the other medethine is  
very good to for the headache if the  
head is going round and pain, sometime  
is aching and sometime is alright it  
always keeps every time day and night  
get the leaves of the Laugasese pull it  
in pieces then take a bannana leaf  
and ~~thak~~ take the meddle skin off  
and put it in the sun to dry the get  
some salt water and put in the  
bannana leaf and put the Laugasēsē  
and mix it and rub the head moning  
and evening, is very good the medethine  
of the Laugasēsē.

Laupoloite is very good for the head  
if the head is just as if is pulling all the  
time and goes round the heat couldn't walk  
and the legs can't stand, then take the  
leaves and chew it and squice the  
juice in the nose and the eyes  
and cove the person antill is get's  
a little cool on the head and body  
then take a towl to dry then it will  
be alright.

[Seite 22]

[Samoanischer Text bisher nicht transkribiert]

Āātasi is the other medethine is good for the head if the head is acheing likes there are some poil in hardly any rest the pain is most inside the head, take the Āātasi rub it untill is dry the leaves is very hot like fire.

The {reason}<sup>8</sup> why they give the name Āātasi while it had only one rood (Āā is a rood) (tasi is one) this grass is very hard to get while they don't grow well they only grow in the stumb of the breadfruit trees and coconuts, they don't grow when is to much sun they grow were is any shade if the person who chew the leaves of the Āātasi will be very sharp and burn.

Āvāvā Tua is the ~~the~~ other medethine which is good for the headache, while the headache is a lots of Samoa native get sick off. The reason why the natives get that sickness very often on account of working at the sun without a hat. at there tarrow patch and there jams plantation. While the natives takes the Āvāvā tua is a kind of a grass what grows on a stunb of a tree or on a fance the stalk of the Āvāvā is just so tick like a small rope.

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<sup>8</sup> [Einschub über der Zeile]

[Seite 24]

[Samoanischer Text bisher nicht transkribiert]

The leaves of the Āvaāvatua schew  
it first then put in a piece of rage  
or a piece of lauūa then lay the sick-  
person and squice the medethine in  
the nose and then swallow it what  
when in the nose let the medethine  
goes to the head then the headache  
will be alright.

Avasā is a medethine what is good  
for headache if the head is swollen  
on the eyes and the chick's and the  
slafs and of feel pain then the Āvasā  
leaves are very good for these leaves is  
very good for headache get the leaves  
and schew and squice in the nose  
and swallow the juice of the medethine  
then the bad stuff comes out threw  
the nose then the headache will be good.

The skin of the umbrella {Kalie}<sup>9</sup> is very  
good for the headache if the hindhead  
is pain goes to the eyes and the ears  
and to the slafs then take the skin  
and scrape the rough skin off and crape  
the good skin soft and put in a  
piece of rag and squice the juice in  
the nose and rub the slafs with the  
juice of the umbrella skin.

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<sup>9</sup> [von späterer Hand korrigiert]

[Seite 26]

[Samoanischer Text bisher nicht transkribiert]

[Seite 27]

Then the headache will be alright  
and nomore pain.

The juice of the Orange and the juice  
of the wild Samoa orange mix it good  
and rub the head with if is pain take  
a razer and shave the hairs off quite  
clean while the heat stope in the hairs  
the hairs will falls and very few will left.

Then bring the juice of the Orange to eat  
and the ~~orange~~ Samoa<sup>10</sup> wild orange and mix  
it good and let it at a few minutes at  
the sun to get a little warm then rub  
the head with when is finish rub take a  
piece of old tapa and cover the head  
then the hairs will grow very tick and  
takes the heat off from the head and  
no more pain is very good for all kind  
of sickness.

Takes the young leaves of the Orange  
to eat and the young leaves of the Viē  
schew it together, is very good too for  
the headache if the head is gity and  
goes round at the eyes and womit the  
eys is very red on account of the heat couldn't  
comes out then take the young leaves of the  
orange and the young leaves of the Vi schew  
it together and let some few drops in the  
eyes and the head.

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<sup>10</sup> [„Samoa“ und „orange“ übereinander geschrieben. Aus dem Kontext ist wahrscheinlich, dass „Samoa“ als Korrektur und letztgültige Fassung intendiert ist.]

[Seite 28]

[Samoanischer Text bisher nicht transkribiert]



[Seite 29]

Then you will find it very good  
you will still fill the heat and the pain  
after you will fill the pain of the  
medethine and foreget the pain of the  
head and the heat the young leaves of the  
orange and the young leaves of the Vi.

The young leaf of the breadfruit tree and  
the stuf round the leaves aveiulu the  
medethine is good for the headache if the  
head pain and the eyes just as if is going  
to fall out and the teeth are aching  
and very hot in the head

The Ulu and the young leaves of the Fanamanu  
is the great help to the head if the head  
is very pain and cool is not hot if you  
feels it schew the Ulu and the young leaves  
of the fanamanu together and squice it  
in the head.

[Seite 30]

[Samoanischer Text bisher nicht transkribiert]

[Seite 31]

The medechine of the headache is the  
Leaves of the Usi and the inside of the candle  
nut brake the hard sehell off and chew the  
inside and cut the Usi leaves in pieces and  
mix it together and put it in banana leaves  
and make a fire and out of coconuts shelles  
when it turn into charcoals then put the stuff  
in the fire.

If the fire is smoke the coals by burning take  
one coconut shell fill it full with coals and  
then put those two bintles in the shell  
full of coals and put those bintle antill  
is warm then take it out and let  
it a little cooler then take the banana  
leaf away and leave only the piece of rag  
then squice in the head.

This medechine is very good for the person who  
is suffering very much for the head on accoring  
of the strong smell of the Usi and the oil  
is ofly pain when you put some in the  
head and the eyes and the ears and  
you fill it in the brain the coming out  
of the bad stuff.

[Seite 32]

[Samoanischer Text bisher nicht transkribiert]

[Seite 33]

The bad stuff in the head makes the head always aching and get soar eyes and the brain gets effected too the person get alright while the bad stuff goes all out. this medechine is the Usi and the Luma.

The young leaves of the Nonu fiāfiā is the medechine is very good for the head if the head is very pain and talk v not and talking while he's sleeping at night and daytime then they think is a devel in the person while talking al lot of rot, for the pain of the head.

You get the young leaves of the Nonu fiāfiā chew it or hammer it soft and drop it, or put it in a lau a ūā or a piece of cloth and squice it in the nose and let the juice of the medechine goes in the head or swallow it then the sick person gets alright.

[Seite 34]

[Samoanischer Text bisher nicht transkribiert]

Pulu is a medechine is good for a sickness in the head if the head is aching and pain in the nose and can't breath if you try to breath the nose makes a noise and can't let the wind out threw the nose the bad stuff is always rans out threw the nose that is the nose sickness is very bad for the person who gets it's suffer for the headache and suffer for want of breath that is the way of that kind of headache.

These medechine is very good it get the sickness away very quick, it will get a good breath threw the mouth a threw the nose take the root of this tree you fines it very deep in the ground you scrape the bad skin of and scrape the iner skin in a piece of cloth and squice in the nose. This tree when is warm season then it is die off this tree is very good but it is very pain the eyes just as if is going to fall out and the forehead is acheing.

The leaf of the Tofifi is the other medechine is good for the head when the head is aching and the bloot is coming out threw the nose that sickness is very hard to cure ~~hev~~ with Samoa medechine while is just like is full of soars inside then you get that leaf of the tofifi and chew it soft and put it in a pisce of lau ūa and squice in the nose,

[Seite 36]

[Samoanischer Text bisher nicht transkribiert]



When the medechine is help then the bad stuff will comes out and the bloot will rans more out the person will get frighten while is more bloot coming out they think is the medechine makes it worse this tree is very good for such bad sickness what grows in the head.

Lau Auka is the medechine is very good for the head if the head is aching and the teeth is fast together could'nt open is very bad sickness is hard to cure while the person is very wick can't eat

<sup>11</sup>The Lau Auka grows only on the stone-walls, around the coconut tree trunk, and also on a falling tree which is dried out.

The leaves are bitten on a stone or chewed by the owner of the medicine, than wrapped in a piece of cloth and brought ~~it~~ into the fire until it is roasted.

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<sup>11</sup> [Ab hier folgt eine andere Hand. Laut Anmerkung auf der Innenseite des Frontdeckels ist dies die Übersetzung von Frau Heinicke, einer in Bremen wohnhaften Samoanerin.]

[Seite 38]

[Samoanischer Text bisher nicht transkribiert]

First of all they wrap and massage the head then the sick person lies on his back while the medicine is squeezed inside the nose. This medicine is only useful if the sick person sucks or swallows it up to the head. The juice of this medicine is green.

Another medicine which is good for the head ache is called Ava<sup>12</sup>vauli. They first baked it in a fire before they use it. They are the ~~root~~ {young leaves}<sup>13</sup> of the plant they use ~~but not the leaves~~. When the sick person's head and the body feels very hot at the same time he is breathing very hard that causes a very bad head ache. So therefore they must use this avaatua.

They bring the leaves of the avaatua ~~pit~~ {beat}<sup>14</sup> them with a stone and wrap them with your banana leaves. Then they put it in the fire to make it real warm. This bundle will be put right on the top of the sick person's head.

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<sup>12</sup> [Einschub über der Zeile]

<sup>13</sup> [Korrektur über der Zeile]

<sup>14</sup> [Korrektur über der Zeile]

[Seite 40]

[Samoanischer Text bisher nicht transkribiert]

Make sure the bundle is warming up all sides of the head and afterwards they put the bundle on the chest while the sick person is breathing. After that the person will lie down and they squeeze the juice from the bundle inside the nose. When the person feels like vomiting and the bad stuff comes out from the nose then they know the medicine was useful.

Leaf {of a}<sup>15</sup> milo and a leaf of a Kogo. This medicine is very useful for a head ache. The head is all full of lumps It is a very difficult sickness from the day it starts. The medicine can cure the person in a week but the dizziness lasts almost a month. The lumps on the head can still be seen.

The leaves of a Kogo and the leaves of a milo are ~~wrapped~~ rubbed together. Then spread them on a banana leaf add a little bit of coconut oil in it. And then wrap the head of the sick person with it. These two trees Kogo and milo can only grow near the shore where ~~there~~ it is muddy.

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<sup>15</sup> [Einschub über der Zeile]

[Seite 42]

[Samoanischer Text bisher nicht transkribiert]

[Seite 43]

This medicine feels very cool and very useful for the head sickness.

A young leaf from a Seasea and a young leaf from a Ifi is also one of a very useful medicine for a head ache. Although the headaches are almost all the same but the Samoan use many different kinds of plants for making many different kinds of medicines.

The person gets a very strong head ache; the gum is aching therefore he can't chew his food and he can't see properly.

The young leaves of these two trees are very useful for this sickness. An Ifi tree is very useful to the Samoans.

The fruits are very good for eating.

The fruits of the Seasea tree have a very sweet smell, they use them for making lace and wear them around their necks.

The Samoan children like to eat them too.

The leaves from these two trees are chewed together and they use the juice of for the head ache.

They roll a piece of banana leaf put one end right inside a hole of the nose and squeeze the medicine from the other end. The sick person will slowly suck up the medicine to his head. The rest of the juice will be used for wrapping the face then the medicine will be very useful for a head ache.

[Seite 44]

[Samoanischer Text bisher nicht transkribiert]



A fruit of an Ifi tree is {a}<sup>16</sup> very useful medicine.

When a person gets sick, he has a head ache, feels dizzy and his whole body is trembling.

Some people get very grazy in the head they even lose their lavalava without noticing while they are walking on the road.

Lavalava is what they wear around their waist.

The causes of this sickness is from working very hard in the sun. Many Samoan people die from this sickness.

They pick the fruit from the Ifi tree bake it in the stone oven or umu. After it is all chewed up or beaten they spread

it on a piece of cloth and wrap it around the head of the sick person. Every once in a while this stuff is in water to make it cold and wrap it again on the head.

This will make the head feels cool and the pain will slowly goes away.

Another very good medicine for a head ache is Fue.

They scrape the skin from the branches and squeeze the juice inside the nose.

They also use the Fue when they prepare their skin oil because of it's lovely sweet smell.

Gatae is also another very useful medicine.

When they prepare the medicine they first scrape the rough skin off from the Gatae then they scrape the inside skin.

This skin is very soft and juicy. Then they wrap this inside a Lauu'a and squeeze the juice on the head.

Lauu'a is what they use for making Tapa.

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<sup>16</sup> [Einschub über der Zeile]

[Seite 46]

[Samoanischer Text bisher nicht transkribiert]

[Seite 47]

Gatae tree is like a calender to the Samoan people.  
When it is full of Blossoms then they know it is the  
right time for planting yam. Yam is like potatoes.  
The fruits and the flowers of this tree are the favorite food of the local  
birds especially the sega vao.

Lau Lili'i is a very good medicine for a head ache.  
When the person gets this sickness the skin of his head is all  
covered with sores and they feel very

They bring the leaves from this plant beat them until they  
are fine, then they wrap the whole head with these fine leaves,  
The rest of the stuff they spread on a Lau'ua and tie it  
on the sick person's face.

Many fishermen get a head sickness  
after spending many hours in the sea before daylight.  
This sickness can be cured by the same medicine  
which many old Samoan men and women use.

[Seite 48]

[Samoanischer Text bisher nicht transkribiert]

A good medicine for a head ache is a wet piece of cloth.  
If a person gets sick on a head. His fore head his nose  
and his mouth will feel very hot.  
His nose and his mouth will have a bad smell.  
Then they wrap the head of the sick person with a wet  
piece of cloth. This will cure the pain very quick from the  
coolness.

The flower from the Tobacco is a very useful medicine.  
The person feels a very strong pain in his head.  
But this pain comes only in certain times.  
The sick person always try to run in the (bush) forest when  
he feels the pain very strong. The people think this  
sickness is caused by some bad spirit.  
But all these things are happening when the fever is strong.

So they bring the flowers from the Tobacco and  
use for making this medicine.  
They use dry flowers and also young f once.  
They beat the Tobacco flowers until they are soft, then  
they squeeze the juice inside the nose.  
It feels so painful they need several people to  
hold the sick person while the owner of the medicine is  
squeezing the juice inside the nose.  
This will cure a very strong head ache.

[Seite 50]

[Samoanischer Text bisher nicht transkribiert]

A trunk of a Pu'a tree is very useful for a head ache.  
First scrape off the outside skin and use only the inside skin.  
This will make into a bundle and roat it in a fire.  
Afterwards they massage the head from this bundle  
and the juice is squeezed inside the nose.

A branch of ~~an~~ A Hibiscus is another one.  
The person feels very hot and so painful he does not  
want his head to be touch. It is the same kind of  
pain as when you have Filaria.

After they scrape the inside skin of the Hibiscus,  
they spre{a}<sup>17</sup>d them on a banana leaf.  
They also take some leaves from the Hibiscus and  
beat them on a stone.  
Then they mix those two things together and tie them  
on the sick person's head. They also squeeze the juice  
inside the nose.

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<sup>17</sup> [Einschub über der Zeile]

[Seite 52]

[Samoanischer Text bisher nicht transkribiert]



Talafalu is a medicine for {the}<sup>18</sup> Ears.  
The person feels a pain on the head and in his Ears  
But he feels the pain mostly in his Ears.  
At first the person feels like that someone is blocking  
his ears with his fingers. The pain is growing all the  
time and at the end this person will be death.

So they bring the leaves from the Talafalu  
and chew them until they are soft.  
This tree is growing exactly the same as the Pu'a fiti  
but it has more branches and also the leaves are  
different.  
This medicine is very good for death people.

The sick person will lie down on his side,  
and the owner of the medicine will squeeze the juice  
inside both {the}<sup>19</sup> ear about four times than they wait for a  
while. This has to be done until the juice is all finished.

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<sup>18</sup> [Einschub über der Zeile]

<sup>19</sup> [Einschub über der Zeile]

[Seite 54]

[Samoanischer Text bisher nicht transkribiert]

When the time is over the sick person will sit up and shake the medicine out. This is done twice a day until the person feels better, and can hear again.

A Samoan way of curing a sick person is mostly done by hands and oil.

A Samoan oil with its softly sweet smell is used for massaging a painful head. And this kind of a head ache is called Fe'e ~~Octopus~~ (Octopus).

The pain feels very strong at every high tide.

And at that moment they will send immediately for the owner of the medicine.

When she comes she will say I will make him sleep.

If the sick person falls asleep that means the medicine is useful,

On the next day this female doctor will only find out whether the sick person was sleeping or not, during the whole evening.

If the family of the sick man reply, yes which means the medicine was working alright.

But she will come once in the morning and once in the afternoon only for massaging the sick person until he feels better.

[Seite 56]

[Samoanischer Text bisher nicht transkribiert]

She put oil on her hand and wrap it on the head.  
The fingertips will gently press the forehead and  
slowly move down on the side around the ear  
and behind the neck.

This is called fofo ole Fe'e.

Fofo means to massage and Fe'e is Octopus.

Another sickness which is called Lālālaufala is also  
can be cure by massaging with the oil.

It is done exactly the same way which is already  
explain on the top.

Lālālaufala is a leaf from a plant, which they use  
for making mats.

The leaf is surrounded by very sharp thorns therefore  
this sickness is called Lalalaufala.

When the person feels the pain very strong it is like sharp  
thorns poking his head from inside.

How to cure a head ache from a mumu Tulatula.

It is really a very painful sickness,

The whole body feels very hot, and the nose will bleed.

The only way to cure this sickness, is by  
massaging with the fingers and oil.

[Seite 58]

[Samoanischer Text bisher nicht transkribiert]

If the owner of the medicine help to cure the sickness and she uses the right name for the sickness than her medicine will be useful. And if she uses a wrong name than her medicine will not be any use.

A medicine for Mama'ó. This sickness is growing inside the person's head. It is a very painful sickness. Many trees and plants get this same kind of sickness, especially the fruits. If a coconut get this sickness there will be no nut or juice inside except the empty shell. Some people get crazy on the head or death when they get this sickness.

How to cure the mama'ó sickness.

Before the owner of the medicine leaves her home, she must dressed up very nice and wear many flowers on her hair. She takes with her a stick from a Talking chief. Another person will walk behind her and answer the song they will sing on their way to the sick person's house.

This is the song.

Ma'ó ma'oe ma'ó ma'ó e and the person behind will reply.

[Seite 60]

[Samoanischer Text bisher nicht transkribiert]



Jump to the nonu, jump to the orange.

Ma'ō ma'oe ma'ō ma'oe reply → jump to the breadfruit tree  
jump to the banana tree.

They sing like this to all the trees that have fruits.

As they sing and dance they throw the stick forwards  
and backwards until they reach the home of the sick person.

It lasts one or even two weeks.

Massaging with the fingers and oil is really one of the  
best medicine especially for this sickness.

The person feels a pain only on ~~one~~ one side of his head,  
and after few hours this side feels better and the  
other side will {start}<sup>20</sup> hurting,

That is why they call this sickness mama'ō.

Sugar cane is a very good medicine for eyes sickness.

If a person gets the eyes sickness, he will feel such  
strong pain and at the same time tears always come  
out of the eyes.

So they bring a piece of sugar cane chew it  
and then wrap in a piece of cloth, and squeeze the  
juice inside the eyes.

After a few minutes the eyes will feel so cool  
from the medicine.

The can be cure so quick by this medicine.

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<sup>20</sup> [Einschub über der Zeile]

[Seite 62]

[Samoanischer Text bisher nicht transkribiert]

A leaf from a Vine is another very good medicine for the eyes sickness.

If the person gets the eyes sickness very strong, his eyes will be swollen and very painful.

They must search for this tree immediately.

This tree is very difficult to find. It dies if the sun shines very often.

The leaves are similar to the leaves of the Paprika.

The fruits are black. It does not grow very big.

The leaves of this tree are very good for the eyes sickness. They chew the leaves wrap in a piece of cloth and squeeze the juice inside the eyes.

The juice is blue.

Leaves of Polo Ite "Paprika" is a very good medicine for eyes sickness. The person can hardly see, around the eyes are all swollen. The {person}<sup>21</sup> feels like there are some sand inside the eyes and they also feel very hot.

The eye sickness is very common in Samoa as well as head ache. So they use the leaves from the Polo Ite and it helps to cure the eyes sickness.

The leaves are chewed or beat on a stone wrap in a piece of cloth and squeeze the juice inside the sick person's eyes.

Afterwards they open this small bundle and wrap the dry leaves around the eyes.

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<sup>21</sup> [Einschub über der Zeile]

[Seite 64]

[Samoanischer Text bisher nicht transkribiert]

They do this everyday until the sick person's eyes are alright again.

Avei lau ulu is a very good medicine for eyes sickness.

Avei and<sup>22</sup> "Lau Ulu" is a leaf {of}<sup>23</sup> a Breadfruit tree.



But they only use the part called avei where the arrow is pointing at.

They cut off the avei from the leaf take the outside skin off and chew it until it is soft.

Wrap in a clean piece of cloth and squeeze the juice inside the eyes of the sick person.

They do this every morning and every evening until the eyes are better.

Aloalo is another good medicine for eyes sickness.

The eyes feel very painful and liquids are coming out of the eyes.

Some Samoan people get blind from eyes sickness.

They cut a brunch from a Gatae or Kapok tree.

Scrape the outside skin off and use only the inside skin which is very juicy.

Wrap in a piece of cloth and squeeze the juice inside the eyes.

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<sup>22</sup> [nur sehr schwach geschrieben; evtl. nachträglich ausradiert]

<sup>23</sup> [Einschub über der Zeile]

[Seite 66]

[Samoanischer Text bisher nicht transkribiert]

If a person gets the eyes sickness from ~~staying~~ {fishing}<sup>24</sup> too long in the sun. He can hardly open his eyes.

He feels like there are some sand inside his eyes.

Tears will always run down from his eyes and they feel very hot as they run down on the face.

The eye lids are swollen.

So they cut a brunch from a mosooi tree, take the skin off and scrape the wetness from the stick wrap in a piece of clean cloth and squeeze the juice inside the eyes.

They do the same thing with the magele tree.

Tare the outside skin off from a brunch scrape the juice and wrap in a piece of cloth and squeeze the juice in the eyes.

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<sup>24</sup> [Korrektur über der Zeile]

[Seite 68]

[Samoanischer Text bisher nicht transkribiert]



Leaves from Tobacco is very good for eyes sickness.  
Fishermen usually get this sickness from staying too long and too often in the sun. Also if the sea water get inside his eyes.  
So they bring a fresh leaf from a Tobacco, wrup with the two hands, wrap in a cloth and squeeze the juice in the eyes.

Cold water is also very good for eyes sickness  
A person gets a basin of cold water  
in the morning and in the evening  
And look into the water

[Seite 70]

[Samoanischer Text bisher nicht transkribiert]

This treatment is mostly useful for such eye-sickness.

Another {Samoan}<sup>25</sup> way to cure an eye-sickness is by using the palm of the hand and oil. (coconut oil)

Because a Samoan is able to know all different kinds of eye-sickness which might even cause a head-ache, the sick person will ask immediately the fofo (Samoan doctor) immediately for his help.

Mumu or (filaria) can cause another eye-sickness.

Another very special kind of medicine which is very useful for eye-sickness is Tuise vili taliga. (a certain kind of grass)  
The leaves are finely cut, wrap inside a clean piece of cloth and squeeze the juice inside the eyes.

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<sup>25</sup> [Einschub über der Zeile]

[Seite 72]

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That person with sick eyes will get this eye drop from the Tuise in the morning and in the evening.

The last treatment is a very special one.

They will make a fire inside the same house where the sick person is lying, and throw it again outside behind the house, It means it is the end of the treatment and also means the eye-sickness has being chased far away and must never come back again.

Mu'amu'a ole Tavai:



A freshly cut off branch from a Tavai tree, the outside skin ripped off, than scrape the juice which is called mu'amu'a out of the naked branch.

This juice will be warm up a bit, mixed together with a little bit of Samoan oil, than it is used for cleaning the eyes. Afterwards the patient will get some eye drops that are made from a juice of a atavai plant.

[Seite 74]

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A stem of a hibiscus is also used on a patient's eyes.

The  stem is  bend up and use the round part for just

rubbing very softly on the eye. This will make the eyes very full of tears but the patient will feel much better afterwards.

The ~~eye doctor~~ {medicine man}<sup>26</sup> should also make sure that the blood is getting thinner in the eye.

This experiment is called Faitoto.

The medicine man will check again that there is no blood left anywhere in the eye. If there is a tiny bit of blood left in a corner of the eye, the patient won't feel any better at all. And if the eye is completely clean, it won't hurt anymore, he will feel much better as if he never had an eye sickness.

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<sup>26</sup> [Korrektur über der Zeile]

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<sup>27</sup> [Der aufgeklebte Buchrücken ist größtenteils nicht mehr vorhanden, nur einzelne Buchstaben sind noch zu lesen.]