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This Volume is the Second Part
of an Appendix to a Degree of

DOCTOR OF PHILOSOPHY IN SOCIOLOGY

entitled

SICKNESS EXPERIENCE AND LANGUAGE :

ASPECTS OF TONGAN AND WESTERN ACCOUNTING

by

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APPENDIX C

Sickness Conditions and Medicinal Care

The following are accounts of Tongan sicknesses and their therapies and are recorded as they were reported. The author has not attempted to systematize nor rewrite the statements even where some inaccuracy or unclear description was apparent in the author's opinion. Such modifications were avoided to prevent the possibility of distorting the accounts of actual healing practices.

It will be quite noticeable to the reader that Tongans using traditional healing practices are not confined to treating the minor, minor-acute, or non-acute sickness states.

The first account was recorded by Tongans employed under the direction of Tupou Posesi Fanua who is considered an authority on traditional Tongan culture. The research was funded by the Tongan Government. Following collection, the information was sent to the Palace Records Office for publication. However the majority of the papers were reportedly lost or destroyed and the following are translations of the few remaining pages which were salvaged. Translations were made by Mrs. Mele Mann, an employee of Middlemore Hospital, Auckland. The copies of the original Tongan records were submitted to me by David Casey, a Physicians Assistant serving with the Peace Corps on a W.H.O. Health Officer Training Programme in Nuku'alofa Tonga with a request to translate and, if possible, publish the information contained therein. Permission to use these papers in any way possible was given by Tupou Posesi.

DESCRIBED BY A FAITO'O OF HOI, AGED 71, ON THE 8TH MARCH, 1967

LIQUID MEDICINE FOR MĀKEHEKEHE.

DISEASE: Pain that comes on suddenly in his stomach in repeated episodes.

MEDICINE: Scrape a little from the trunk of Ngatae and Mohokoi. Wrap them up together with kaka (fibrous integument at the top of coconut palm) and tie it up with fibre from the bark of the gianthibiscus. Put a little bit of water in a cup, put the medicine inside that you just finished tying up and squeeze it so that the juice comes out. Do this 4 to 5 times so that the juice in the cup gets strong. When finished, give it to the person to drink.

If the person feels better then he must have got the disease. If he is not, then it must be something else (another disease).

TAPU: Things that he is not allowed to eat, drink, or do, are eating red things e.g. corned beef, red yam, e.g. kivi, kaumeile, and also drinking green coconut.

N.B.: Tongans have to try medicine from different Medicine Men and Women until they feel better. When they do, the disease which that medicine cures must be it.

LIQUID MEDICINE FOR ULCER (Pala Ngākau).

MEDICINE: Scrape a little bit from the trunk of kanume and loupata. Wrap them up together with the leaf of loupata. Use the mid-rib of the coconut leaflet to poke the bottom of the loupata to make some holes in it. Put a little bit of water in a cup, put the medicine inside and squeeze it so that the juice comes out. When finished, give it to the person to drink.

If there is anybody else that has got stomach ache from time to time, then give him this medicine to drink because it is clear that he has got an ulcer. After he drinks it he will be alright.

TAPU: Things that he is not allowed to eat, drink, or do, depends on him when he is doing it, eating it, or drinking it, and it is not good for him.

LIQUID MEDICINE FOR FAKA—ĀVANGA to be smitten with a sickness due to a spirit.

MEDICINE: Scrape a little bit from the trunk of Manonu, pick 12 leaves of fisi'uli, rub these leaves between the hands until it's soft. Put them together with the scraped manonu, wrap them up with kaka and tie up. Put a little bit of water in a cup and put the medicine inside and squeeze it so that the juice comes out. When you finish, give it to the person to drink. Leave a little bit of medicine in the cup, so that the medicine man or woman can use it to massage by squeezing the person's stomach with it.

The person knows if he feels better after he drinks the medicine.

TAPU: Things he is not allowed to eat, drink, or do, are eating fat meat, e.g. food that is cooked in coconut cream.

LIQUID MEDICINE FOR FALE-HANGATĀMAKI (boil, swelling).

MEDICINE: Scrape a little bit from the trunk of toi and lekileki, wrap them up and tie. Put a little bit of water in a cup and put the medicine in it. Put the cup in an open fire. When the medicine is warm enough, take it out, squeeze the medicine so that the juice comes out. Do this 4 or 5 times then give to the person to drink while it's still warm.

If it is effective the person will want some food afterwards.

TAPU: He is not allowed to eat salted food until he is fully recovered.

ABSCESS CALLED SAUSAU (kind of boil or abscess).

CREAM OR LOTION (Vali): 8 leaves of nonu
8 leaves of hēhea

Cut the nonu leaves into pieces and pound the hēhea leaves. After that rub them together to mix. When you finish with that, scrape the empty coconut shell till it's clean then put a little bit of water in it, mixture of nonu and hēhea, then mix them together. When you finish, apply it on and around the abscess. If this cream is effective it shows

by the leaves sticking to the abscess and around it.

TAPU: He is not allowed to eat salted food, sweet things, or see anyone coming straight from the sea after fishing to visit the person. (Sea food or anything to do with sea water is not allowed to be near the person).

There are different kinds of sausau and this is one of them.

MEDICINE FOR LO'OA (choke).

TREATMENT: The medicine man tells the person to go and run around the house 3 times. At that time the medicine man stays inside the house and says these words:

Choke, I hope you get in or get out,
Get in or get out.

(The medicine man is talking to the disease as some kind of a person). (The medicine man means for 'get in or get out' is for the person to swallow the thing that makes him choke or get it out by coughing it out).

After he said these words, he calls the person to come inside the house and he massages the person's throat by stroking it with the palm of his hand. After that he gives him a glass of water to drink then sends him home because he is fine.

DESCRIBED BY A FAITO'O OF MAKAUNGA, AGED 31, ON 3RD APRIL, 1967

FILIMAMANGE (a kind of boil).

DISEASE: Pain that comes on suddenly in the stomach and the person also belches.

MEDICINE: Scrape a little bit from the trunk of tava wrap them up and tie. Put a little bit of water in a cup and prepare the medicine as usual, then give it to the person to drink.

The medicine man always gives this medicine to the person to take first. If it is effective, e.g. the pain stops, then give him THIS OTHER MEDICINE:

Scrape a little bit from the trunk of pukovili and volovalo. Wrap them up and tie. Put a little bit of

water in a cup then put the medicine in it and prepare it as usual. After that give it to the person to drink.

CREAM OR LOTION: 6 leave of uhi

Chew these leaves until soft then apply it on the stomach.

TAPU: He is not allowed to eat sweet things, salted food and fat food.

If the person takes the first medicine and it doesn't have any effect, then it must have been another kind of abscess.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 66, ON 10TH MAY, 1967

FASI (fracture).

All fractures and dislocations should be first massaged gently with Tongan oil. In this way the medicine man or woman will know what kind of fracture or dislocation it is. He or she then treats the person by pulling his leg, arm or ankle that is hurt towards him and moves it slowly from side to side and then lets go very slowly so that the bone can be connected to its right place. After that, get a basin of warm water and stroke the fracture with it. When you finish, tie the person's leg, arm, or ankle that is fractured with coconut spathe for 5 days.

If he does not feel any pain, then he is recovered.

TAPU: He is not allowed to walk around if it is his leg, or ankle, and put his hand in a sling if it is his arm.

LIQUID MEDICINE FOR FASI (fracture).

MEDICINE: It is called Vai kafo. Scrape a little bit from the trunk of kili'imilo and Te'epilo-'a-Maui. Pound them together. When you finish, wrap them up and tie. Put a little bit of water in a cup and prepare the medicine as usual, then give to the person to drink.

If it is effective the person's bowels move and his body is free from pain afterwards.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 42, ON 15TH MARCH, 1967

LIQUID MEDICINE FOR KIATOLO.

DISEASE: The person feels cold and uncomfortable and her breasts are hard.

MEDICINE: Scrape a little bit from the trunk of fekika. takafalu, and uhi. Wrap them up and tie, then prepare this medicine with cold water and give to the person to drink.

If it is effective, the cold and stiffness of the breasts is gone afterwards and she feels comfortable.

TAPU: She is not allowed in the sun and wind or use Tongan oil.

CREAM FOR ABSCESS CALLED KIATOLO.

CREAM: 12 leaves of tutu'uli
12 leaves of kavakava'ulie
12 leaves of mālōlō
12 young leaves of nonu

Pound them altogether until soft, wrap them up with a nonu leaf, then apply it on and around the abscess and her breasts too.

If it is effective, the fever is gone afterwards.

TAPU: She is not allowed in the sun and wind.

DESCRIBED BY A FAITO'O OF TATAKAMOTONGA, AGED 53, ON 29TH MAY, 1967

MEDICINE FOR KAHI MUI'IFA'ELE (a kind of abscess).

DISEASE: Small boils or abscesses swell up in the anus and private parts (genitals) and they are hanging down like cherry tomatoes.

CREAM: 12 leaves of polo fifisi (capsicum)

Chew these leaves until soft, then apply it on these small boils or abscesses.

MEDICINE: Scrape a little bit from the trunk of manonu, loupata, fekika, tuitui, toa, mālōlō, kavakava'ulie,

lepo hina. Get some kihikihi leaves to the same amount of the other scraped trees, and 12 polo fifisi. This is boiled medicine so prepare this medicine as all boiled medicine usually is prepared, then let the person take 1 or 2 sips three times a day.

If it is effective, the boils start to disappear and the person feels comfortable.

TAPU: He is not allowed to eat salted food, sweet things, fat food, or any food that has been cooked with coconut cream.

MEDICINE FOR FEFIE LOTO - FALE HANGATĀMAKI.

DISEASE: This is another kind of abscess. The back and stomach is hot as in a state of fever and the thigh, whether it's the right of the left, is dragged along as the person walks.

CREAM: 12 leaves of mālōlō.

Chew these leaves until soft, then apply it on the back, stomach and thigh of the person.

STEAMED CREAM (Vali fakamao): 12 leaves of ate
12 leaves of nonu
12 leaves of pukovili

Wrap these leaves up and tie, then cook in an open fire. When it's cooked, take it out, open it, and let the person come and squat on top so that the steam will get on him.

LIQUID MEDICINE: Scrape a little bit from the trunk of manonu, wrap them up and tie, then prepare this medicine as usual, and give it to the person to drink.

If it is effective, then his back, stomach, and thigh will be alright afterwards.

TAPU: He is not allowed to eat sweet things, salted food, fatty food, or food cooked with coconut cream.

LOTION (Tulu'i): 12 leaves of tutu'uli.

Chew these leaves until soft then eject it on to a la'i feta'aki (tapa cloth before it's stained) and tie it up. Put a few drops on the hands and feet of the person.

There is another kind of medicine for this kind of abscess: 12 leaves of lalafonua.

Pound these leaves until soft, wrap them up and tie. Prepare this medicine as usual then give to the person to drink.

LIQUID MEDICINE FOR KULOKULA TAKA LOTO.

DISEASE: Tired, sleepy, and the hands and feet are hot as in a state of fever, and cheeks are red. Young children are commonly affected by this disease.

MEDICINE: Scrape a little bit of koka, wrap them up and tie, then cook it in an open fire. When it gets frothy, take it out and leave it to cool down, then give it to the person to drink.

If this is effective, the hands and feet are alright and the redness of the cheeks has gone.

The following are a different kind of liquid medicine for this disease also:

1. Scrape a little bit from the trunk of lepo hina:
   6 leaves of kavakava'ulie
   6 leaves of mālōlō
   Pound them together, wrap them up, and tie, then prepre this medicine as usual and give to the person to drink.
2. 2 young leaves of breadfruit called kea
   a root of laufale (break the root into 6 pieces)
   Pound them together, wrap them up and tie. Prepare this medicine as usual, then give to the person to drink.
3. 4 tubers of moengālo (coarse grass)
   Pound these tubers, wrap them up and tie. Prepare this medicine as usual, then give to the person to drink.
4. 6 leaves of tono
   6 young leaves of fiki
   Pound these leaves altogether, wrap them up and tie. Prepare this medicine as usual, then give to the person to drink.

He can eat anything, nothing is forbidden.

DESCRIBED BY A FAITO'O OF NAVUTOKA, AGED 34, ON 3RD APRIL, 1967

LIQUID MEDICINE FOR KONA (poison).

DISEASE: Wound or injury and it's poisoned (septic)

MEDICINE: 6 leaves of tamatama

6 young leaves of hēhea

Pound these leaves altogether, wrap them up and tie. Prepare the medicine as usual, then give to the person to take a few sips, then use the remaining medicine as a lotion and put a few drops on the wound and head of the person.

If it is effective, the person feels comfortable afterwards.

LANGA 'A E PULE (pain in the upper part of the abdomen).

DISEASE: A person has pain in the upper part of the abdomen, just below the chest.

MEDICINE: Scrape a little bit from the bark of hēhea kula Pound this bark until soft, wrap it up and tie. Prepare this medicine as usual, then give it to the person to drink.

If it is effective, the pain will be gone afterwards.

TAPU: He is not allowed to eat salted food and sweet things.

ABSCESS CALLED MEA (kind of abscess).

DISEASE: This abscess is likely to be on your thigh and is round and rough to touch.

MEDICINE: 12 leaves to nonu

Light the coconut spathe and heat the leaves on it to soften, then beat the abscess with these leaves while they're still hot.

If it is effective, the person doesn't feel itchy anymore and the skin becomes smooth again.

TAPU: He is not allowed in the sun and wind.

ANOTHER KIND OF ABSCESS (hangatāmaki).

DISEASE: This abscess is likely to be on the top of the foot. It is swollen and itchy.

CREAM: 12 leaves of fo'ui

Cut these leaves into pieces, wrap them up with a nonu leaf and cook it in an open fire. When it's cooked take it out, open it, and apply to the top of the foot.

If it is effective, the swelling and itch is gone.

TAPU: He is not allowed to walk around until it's healed.

LIQUID MEDICINE FOR HELA (asthma).

MEDICINE: 12 leaves of te'ekosi

Cut these leaves into pieces, then put them into boiling water. Boil these leaves until they're cooked, take out, leave to cool, then put into clean bottle. Let the person drink from it say 2 or 3 sips three times a day.

TAPU: He is not allowed to smoke.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 72, ON 15TH MARCH, 1967

MĀKEHEKEHE MATANAKILOMA (kind of abscess).

DISEASE: Feelings of pain in the stomach and bowel doesn't move.

MEDICINE: Scrape a little bit from the trunk of manonu, loupata, and toi, and 4 lemons. Put these scrapings together and squeeze the lemons into it. Wrap them up and tie. Prepare this medicine with 3 or 4 cups of water, then give to the person to take 3 sips. After that, pour the medicine into a clean bottle and let the person take say, 3 sips from it three times a day.

If it is effective, the bowels move and the pain will go afterwards.

TAPU: He is not allowed to eat corned beef, salted food, and sweets.

CREAM: 6 leaves of uhi

6 leaves of kavakava'ulie

6 leaves of lautolu tahi

6 leaves of heilala
6 leaves of volovalo
6 young leaves of hēhēā
6 young leaves of mālōlō
6 young leaves of nonu

Pound them altogether, then wrap them up with 3 big leaves of nonu and tie. Sprinkle the medicine with cold water, then apply it on the abscess.

TAPU: He is not allowed in the sun and wind.

ABSCESS CALLED PUNGA (abscess in the neck).

DISEASE: These small abscesses are usually on your neck or armpit. It's swollen and lumpy, and the person also has a fever, but no pain.

CREAM: 6 pieces of feta'aki (tapa cloth before it's stained
6 pieces of enga (tumeric)

Wet the feta'aki with Tongan oil, then put each piece of enga on each piece of feta'aki, wrap each of them up and tie. When finished, get 3 big leaves of nonu and wrap up these 6 bundles together, and tie. Get a clam shell and put some hot coconut charcoal in it, then put the medicine inside and turn it round and round so that the medicine gets warm. When it is warm enough, take it out, open each of the 6 bundles and apply it to the abscess.

If it is effective, the fever goes and the abscess bursts afterwards.

TAPU: He is not allowed in the sun and wind.

When the medicine man or woman strokes the person with his or her hand, these words are said (amoamo and laulau), saying, if one of these to go away:

Abscess called Punga Toloaki
Abscess called Lalo Kumete
Abscess called La'a Vevela
Abscess called Ngalu Holoholo
Abscess called Ngalu Puta

If it is effective, the person feels comfortable and the lumps start to disappear and some of these abscesses burst. Keep on applying the medicine until the abscesses are all gone.

NGALU'AFU 'ALU HUI (abscess in the throat).

DISEASE: This abscess is likely to be in your throat. When you swallow saliva, it is sore and painful.

CREAM: 6 leaves of uhi
6 leaves of volovalo
6 leaves of mālōlō
6 leaves of lautolu tahi
6 leaves of kavakava'ulie
6 leaves of hēhea
6 young leaves of nonu

Pound these leaves altogether until soft, then put in a cup and mix with a little bit of water. When finished, apply it on the neck.

If it is effective, he can eat any food without any trouble and he doesn't feel the pain anymore after the treatment.

TAPU: He is not allowed in the sun and wind, and eating salted food.

These are the words that the medicine man or woman says when he strokes the person with the medicine (amoamo and laulau):

Abscess called ngalu'afu 'alu monga
Abscess called ngalu'afu hui
Abscess called ngalu'afu hili
All kinds of Abscess
Abscess called hulupa 'alu holo
Abscess called hulupa 'alu hui
And all different kinds of abscesses
I hope you are all gone.

BATH FOR HANGATĀMAKI 'ALU HUI (abscess in the bone).

6 leaves of feta'u
6 leaves of uhi
6 makahunu (hard black stone used for grinding kava)
2 bottles of sea water

Tear the right side of feta'u leaves into pieces and put them in a tub, put in the uhi leaves and pour one bottle of sea water and two small bottles of Tongan oil

into the tub also. Put the 6 black stones in an open fire, when they're hot, take them out and put them in the tub. Get the other bottle of sea water and warm it up if the water in the tub is still hot. When the water is warm enough for the person to have a bath, take the 6 stones out and put in a basket. Hang it up in a shady place. Let the person get into the bath and massage his body with the leaves. After taking his bath, get a basket and put the leaves in it, then take the basket and put it in a shady place. Also the water in the bath must be poured out in a shady place. If you are careless about these things, the person will be sick again.

After the person recovers, he must give a present to the medicine man or woman. It was formerly believed that this would prevent the disease from returning to the person from the medicine man or woman, who was thought of as having taken the disease away. The present will be a toho (a very large pig, so large that it has to be dragged along - this is the tukuto'o).

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 37, ON 10TH MAY, 1967

KO E LANGA KETE (stomachache).

There are 3 kinds of stomachache:

1) KAHI TU'U PULE

DISEASE: Pain in the stomach as if to stop you from breathing.

MEDICINE: Scrape a little bit from the trunk of ngatae fisi and manonu. Wrap them up and tie. Prepare this medicine as usual and give to the person to drink.

2) KAHI TAKAINIU

DISEASE: Shooting pain in the stomach and it makes a noise like that of something boiling.

MEDICINE: 12 leaves of Te'epilo-'a-Maui

Pound these leaves until soft, then wrap them up and tie. Prepare this medicine as usual, then give to

the person to drink, then stroke the stomach with the palm of the hand. Only the medicine man or woman knows how to stroke.

3) KAHI VEKEVEKA

DISEASE: Only pain in the stomach.

MEDICINE: Take any of the above medicine for the other two kahi and stroke afterwards.

All of these pains in the stomach are stroked (massaged) with Tongan oil.

TAPU: He is not allowed to drink green coconut or eat fatty food.

KAHI TAUTAU.

DISEASE: Pain in the stomach, belching and the bowels are difficult to move.

MEDICINE: Scrape a little bit from the root of fā (pandanus which sends down shoots from the branches to the ground where they take root). Wrap them up and tie. Put a little bit of water in a cup and prepare the medicine as usual, then give to the person to drink. After that stroke the stomach with Tongan oil.

If it is effective, the pain has gone, the bowels move easily, and there is no more belching.

TAPU: He is not allowed to drink green coconut or eat fatty food.

DESCRIBED BY A FAITO'O OF MANUKA, AGED 47, ON 2ND APRIL, 1967

ABSCESS CALLED MUI'IFĀ'ELE.

DISEASE: Pain in the stomach, soreness at the back and bowels when the bowels are moved.

MEDICINE: Scrape a little bit from the trunk of mailo, moli, uku, loupata, fekika, and toi. Wrap them up and tie. Prepare this medicine as usual, then give to the person to drink.

If it is effective, the pain will stop and soreness at the back and bowels are afterwards gone.

TAPU: He is not allowed to eat salted food and sweet

things.

KAHI 'OLA LEMU.

DISEASE: Private parts (genitals) are itchy, both inside and out.

MEDICINE: Scrape a little bit from the trunk of toi. With this tree, you have to scrape the part of the trunk that is facing the sunrise. Wrap them up and tie. Prepare this medicine as usual, then give to the person to drink.

CREAM: 6 leaves of fue 'a e puaka

Chew these leaves until soft, then put in a cup with a little bit of well water. Mix them together then apply to the abscess.

If it is effective, the pain will stop and the person feels comfortable.

BATH FOR THE PERSON: 20 leaves of motou
4 limes

Pound these leaves until soft, then cut the limes in half and put them together with the pounded leaves. Wrap them up and tie. Prepare this medicine as usual and pour it into the person's bath. Let the person take his bath early in the morning before the sun rise (tapu).

BOILED MEDICINE: This medicine is differently prepared from any other boiled medicine:

1) Bark of mangele (a little bit). Pound this bark until soft, then wrap it up with the leaf of si matale'a and tie it loosely.
2) Root of moengālo (one or two small roots). Pound these roots until soft, then wrap them up with the same leaf as above and tie it loosely.
3) Scrape a little bark from the trunk of uhi, wrap it up with the same leaf and tie it loosely.
4) Bark of hongohongo (a little bit). Pound these barks until soft, then wrap them up with the same leaf and tie it loosely.

Now you have 4 small bundles of different medicines. Put them altogether in a big bowl, then pour

the juice of a newly formed coconut (niu ngono) into the bowl and mix. The si matale'a that wraps these bundles will open up and the different medicines will mix together. Get the coconut husk that you already prepared from the green coconut called niu mea'alava (kind of coconut). Use this coconut husk to squeeze the juice from these pounded and scraped medicines. When the juice is ready and clean from the leaves, put a little bit of enga into the medicine, then give it to the person to drink. You must both drink this medicine together. It's no use the sick person taking it by himself.

If it is effective, he feels like eating afterwards.

TAPU: He is not allowed to take a nap during the day. He is allowed to eat anything he likes.

MEDICINE FOR KUI (blindness).

DISEASE: Starts with headache and the sight is getting hazy.

MEDICINE: 20 leaves of lautolu tahi and its stems. Pound them together, wrap them up and tie. Prepare this medicine as usual but in a bowl with 4 or 5 cups of cold water, then give to the person to take 3 sips then pour the remaining medicine into a basin and let the person wash his eyes with it.

ANOTHER KIND OF BLINDNESS.

The pupil is covered with a thin skin.

MEDICINE: 6 leaves of tono
2 young leaves of telie
a few leaves of kihikihi
Chew these leaves untilsoft then eject it onto a la'i feta'aki (tapa cloth before it's stained) that is already folded in a special way like an ice-cream cone but has a little hole at the pointed end. Then blow the eye with it so that the juice from the medicine will come out through the hole. You must treat the person twice a day, in the morning and evening.

If it is effective, the thin skin that covered the eye will start to disappear.

TAPU: He is not allowed to drink Tongan kava.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 43, ON 13TH MARCH, 1967

KIATOLO MĀKEHEKEHE (kind of abscess).

MEDICINE: Scrape a little bit from the trunk of manonu and nonu. Prepare this medicine with warm water, then give to the person to drink.

If it is effective, the person feels better and the sore down below his private parts is gone afterwards.

TAPU: He is not allowed in the sun, drinking Tongan kava and eating salted food until he is fully recovered.

CREAM (VALI) FOR KIATOLO MĀKEHEKEHE.

CREAM: 6 leaves of manonu.

Cut these leaves into pieces, put a little bit of Tongan oil in it, then wrap them up with a big leaf of nonu and tie. Cook the medicine in coconut charcoal, when it is warm enough, take it out, open it, then let the person come and squat on top so that the steam from the medicine reaches his private parts.

If it is effective, the steam makes his private parts feel better and he feels fine.

FESI'IA MATE (sickness believed to be caused by a spirit).

DISEASE: This kind of sickness is believed to be caused by a spirit. It says that the ghost smacks him on the arm or leg or any part of the body.

MEDICINE: It is a Cream. 6 leaves of lata hina
6 leaves of puopua
6 leaves of volovalo

Chew these leaves altogether, then eject it onto a la'i feta'aki. Wrap them up with a big leaf of nonu, then cook it in coconut charcoal. When it is warm enough take it out, open it, and massage the part of your body that is hurt.

If it is effective, the patient will be better afterwards.

TAPU: He is not allowed in the sun and wind.

CREAM FOR FAKATOTO KOVI (kind of spirit sickness).

CREAM: 8 leaves of lautolu 'uta
8 leaves of lautolu tahi
6 small fruits of nonu

Pound these leaves and fruits together, then wrap them up with kaka and tie. Prepare this medicine as usual then give to the person to take 2 or 3 sips. After that apply the remaining medicine (as a tulu'i) on his body and put a few drops in his eyes, nose, and ears.

If it is effective, the person will not be frightened and will not talk to himself anymore, instead he comes to his senses. He feels comfortable and wants to go to sleep.

TAPU: He is not allowed to stay home by himself at any time until he is fully recovered.

DESCRIBED BY A FAITO'O OF HA'ATU'A, AGED 60, ON 26TH APRIL, 1967

DISEASE CALLED TU'AOFE.

DISEASE: The back is stiff and it's painful, he also can't breathe properly.

MEDICINE: 6 leaves of tono
6 leaves of lautolu tahi
4 small fruits of nonu

Chew them altogether then eject onto a la'i feta'aki, then apply it on the back. When you finish, wrap it up and tie, then prepare this medicine and give it to the person to drink.

If it is effective, the pain will be gone and he feels comfortable afterwards.

TAPU: He is not allowed to take a nap during the day. Secondly, massage the back with your right foot, right from the back of the neck down to the flat of the back.

In this way the stiffness of the back will be gone and he feels fine afterwards.

TAPU: He is not allowed to sit, but must lie down for 2 days.

DESCRIBED BY A FAITO'O OF HOUMA, AGED 52, ON 24TH APRIL, 1967

MĀKEHEKEHE.

DISEASE: Shooting pains in the stomach and can't breathe properly.

MEDICINE: Scrape a little bit from the trunk of mohokoi and uhi, and a little bit from the root of fā; 6 leaves of lautolu 'uta; 6 leaves of lautolu tahi.

Pound them altogether, then wrap them up and tie. Prepare this medicine, then give to the person to take 2 or 3 sips. Use the remaining medicine to stroke his stomach (upper part of his abdomen) and the right side of his private parts (scrotum).

If it is effective, he feels comfortable and goes to sleep afterwards.

TAPU: You can easily die of this disease and you also can be easily healed so you must know what is forbidden for you to drink or do. You are not allowed to move around. You must lie down until you are fully recovered. You must have your meal in bed, anything you want to eat.

DESCRIBED BY A FAITO'O OF HUNGA, VAVA'U, AGED 42, ON 3RD APRIL, 1967

FAITO'O MATA MO E MUI'IFĀ'ELE (disease of the eye).

DISEASE: Pain in the eye and a thin skin has started to cover the pupil and it's swollen.

MEDICINE: Firstly: 2 small stems of fiki. Use these stems on the person's eye by rubbing the thin skin that covers the pupil with it.

Secondly: 6 leaves of lautolu tahi. Pound these leaves until soft, then wrap them up and tie. Prepare this medicine in a basin with 4 or 5 cups of well water, then let the person bathe his eyes in it.

Thirdly: 6 leaves of maile
6 leaves of tutu'uli
6 young leaves of telie
Pound these leaves separately then wrap them up and tie.

When you finish, treat the eye with each of these medicines. You must treat the person every other day (say, skip one day and treat him the next day) until he is fully recovered.

TAPU: He is not allowed in the sun, wind, or near the fire.

PALA NGAKAU, PALA KOFUKOFU MO E LOLO 'ULUMANAVA (disease of the stomach).

DISEASE: The abdomen is swollen and it swells up as the result of the disease.

MEDICINE: Scrape a little bit from the trunk of fa'efa'elunga and 4 leaves of lala'uta. Wrap them up and tie, then leave it in a cup with a little bit of water. When the rooster crows in the morning, finish preparing the medicine, then give to the person to drink.

If it is effective, his abdomen will go down to normal and he feels comfortable.

The medicine that I have just finished explaining is called vai'a'ahi. It means that the person must take that medicine first to see if it has any effect on the person - that he feels comfortable afterwards. It it is not, then the person has to try another medicine, but if he does feel better then he takes the following medicine:

BOILED MEDICINE: These are all barks of trees: A little bit from the bark of Vi, toi, nonu, mālōlō, manonu, hēhea, fekika, 6 lemons, and 4 polo fifisi.

First you boil the water in a big pot, then put these barks of trees and 4 polo fifisi into the boiling water. Leave it there to boil, then the medicine man or woman will tell you when it's cooked. Take it out, then squeeze the lemons into it. Leave it to cool then put it in clean bottles. Let the person take 1 or 2 sips three times a day.

PERSON'S BATH: 12 leaves of pāsione
12 leaves of fiki
12 leaves of nonu
12 leaves of mo'ota
12 leaves of uhi
12 leaves of manonu

Boil these leaves altogether, then leave it to cool. When it is warm enough, pour the leaves and water into a tub, then let the person take a bath in it and also wash his hair with the leaves.

Described by a Faito'o of 'Ohonua, aged 42, on 25th April, 1967

KAHI MUI'IFĀ'ELE (kind of abscess).

MEDICINE: Scrape a little bark from the trunk of ma'amalava, loupata, fekika, mohokoi, hēhea, and manonu. Pound them altogether, then wrap them up and tie. Prepare this medicine and give to the person to drink.

If it is effective, the person's bowels move.

TAPU: He is not allowed to eat fatty food and sweet things.

Described by a Faito'o of Lapaha, aged 54, on 15th March, 1967

KAHI MUI'IFĀ'ELE (kind of abscess).

DISEASE: This kind of abscess shows up inside and outside the genitals and sometimes the person's got pain in the abdomen. Other persons have pain at the back, or the thighs are hard to drag along as the person walks.

MEDICINE: Scrape a little bit from the trunk of uhi and roots of fā. Wrap them up and tie. Prepare this medicine as usual then give to the person to drink.

If it is effective, the pain in the stomach, back and thighs will be gone afterwards.

CREAM OR LOTION: 6 leaves of tutu'uli
6 polo Tonga

Chew them together, then eject it onto a lai feta'aki, wrap it up and tie, then put a few drops on the abscess.

TAPU: He is not allowed to eat salted food, sweet things, or sit up or drink Tongan kava.

KO E KIATOLO NIFO (toothache).

DISEASE: A hole in your tooth and the gum is swollen.

MEDICINE: Scrape a little bit from the trunk of tava and 6 leaves of uhi kakala. Pound them together until soft, wrap them up and tie. Prepare this medicine as usual, then give to the person to rinse his mouth especially the side of his tooth that is aching.

If it is effective, the aching is gone afterwards.

KO E MAKEHEKEHE TOKA (kind of abscess).

DISEASE: Pain in the stomach and when it's getting worse you can't stand the pain.

MEDICINE: 12 leaves of fiki
12 leaves of fisi'uli

Pound these leaves until soft, wrap them up and tie. Then prepare this medicine as usual and give to the person to drink. After that, prepare the medicine again then put it on the palm of the medicine man's hand, he then massages the person's stomach with it.

If it is effective, the person feels comfortable afterwards.

CREAM OR LOTION FOR KAHI PAPĀLANGI (kind of abscess).

DISEASE: This kind of abscess is likely to be on your groin and will get a fever up to 104.

CREAM: 6 leaves of mālōlō
6 leaves of hēhea

6 leaves of polo Tonga
6 leaves of laufale
6 leaves of takafalu
6 young leaves of nonu
6 young leaves of kavakava'ulie

Chew them together, then eject it onto 4 leaves of nonu, wrap them up and tie, then apply it to the abscess.

If it is effective, the fever is gone afterwards.

TAPU: He is not allowed to use Tongan oil or have anything to do with sea water (Tongans sometimes use sea water for cooking).

KO E KULOKULA PATANIVAI (kind of skin disease).

DISEASE: This kind of abscess shows in your body. If it's itchy and you scratch it, then the abscess shows and spreads out in your body and the skin gets thick. When the skin is thick it's called in Tongan kilingano.

MEDICINE: Scrape a little bit from the trunk of toi, loupata, fekeka, mālōlō, tava and uhi. Wrap them up and tie. Prepare this medicine with cold water, then give it to the person to drink.

If it is effective, the abscess will go, the skin gets smoothe again and no more itch.

TAPU: He is not allowed to eat salted food, sweet things, and fatty food.

CREAM: Use the above medicine to massage the hand of the medicine man, he then applies it to the person's body.

MEDICINE FOR TU'UMAMAHI

DISEASE: It's sore and painful when the person is passing water (urinating). When it gets worse, he will pass blood and pus.

MEDICINE: Scrape a little bit from the trunk of takafalu and ahi vao. Wrap them up and tie. Prepare this medicine as usual, then give to the person to drink.

If it is effective, the soreness and pain will be gone afterwards.

VAI PALA TO'OTO'ONGA (medicine for internal organs).
DISEASE: Coughing, and when it's getting worse he coughs and blood comes out and he feels tired. Some people vomit blood.
MEDICINE: Scrape a little from the trunk of ngahu and 6 roots of angoango. Pound the roots until soft then mix them with the scraped ngahu. Put a few drops of Tongan oil in it, wrap them up and tie. Put the medicine in an empty coconut shell, then put it in an open fire. When it's warm enough, take it out, prepare it as usual, then give to the person to drink.

If it is effective, the cough will go and no more blood comes out.
TAPU: He is not allowed to eat fatty food or sweet things.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 72, ON 14TH MARCH, 1967

MEDICINE FOR KONA MOTU'A (being poison for a long time but not serious).
MEDICINE: 10 leaves of tamatama
10 leaves of mālōlō

Prepare this medicine then give it to the person to drink in the morning.

Scrape a little bit from the bark of loupata and 10 leaves of tutu'uli. Wrap them up and tie. Prepare this medicine, then give to the person to drink in the evening.

You must prepare these two medicines enough for only 2 sips. You give him the one in the morning and the one in the evening for two days then renew the medicine and keep on doing it for 10 days then stop.

After 10 days give him THIS OTHER MEDICINE (this medicine makes him go to the toilet, e.g. it's an opening medicine or laxative).

A little bit of creeper from fue 'a e puaka
16 leaves of heilala

Prepare this medicine then give to the person to drink. That is all the medicine for this kind of sickness.

If it is effective, the person will not be belching anymore and his appetite is back and the stomach feels comfortable afterwards.

TAPU: Nothing is forbidden unless he eats something that makes him feel uncomfortable, then he is not allowed to eat it anymore.

KO E UOUA MAFILI (twisted muscle).

MEDICINE: Use Tongan oil to stroke the twisted muscle and when it's getting worse, then use this medicine:

10 leaves of fue 'a e puaka

14 leaves of uhi kakala

Cut these leaves into pieces, then wrap them up with a leaf of lepo and put a few drops of Tongan oil in it. Then apply it on the twisted muscle and massage it with the leaves. The way you massage it is going downwards not upwards and it's always like that.

If it is effective, the person feels comfortable afterwards. Always apply the medicine on the twisted muscle twice in the daytime and twice at night.

TAPU: He is not allowed to move around or drink Tongan kava or be out in the sun.

KO E PALA NGAKAU (sort of ulcer).

This medicine is for babies and toddlers:

few leaves of kihikihi

4 young leaves of te'ete'emanu

Scrape a little bit from the trunk of tava. Wrap them up and tie. Prepare this medicine as usual then give the baby one sip.

If it is effective, the baby can suck (breast-feed).

TAPU: The mother is not allowed to eat salted food if she is still breastfeeding the baby.

KO E VAI TĀPITOPITO (medicine for babies).

MEDICINE: 6 leaves of laufale
12 leaves of tono
a few leaves of kihikihi

Pound these leaves together, then prepare it and give the baby one sip.

If it is effective, the fever goes and he stops crying for nothing.

TAPU: The mother is not allowed to eat canned food or meat or salted food.

KO E VAI PALA LOTO (abscess in the stomach).

DISEASE: The abdomen starts to swell up.

MEDICINE: 6 leaves of lautolu tahi
6 leaves of heilala

Scrape a little bit from the trunk of tutu'uli. Pound these leaves and mix them together with the scraped tutu'uli, wrap them and tie. Prepare this medicine, then give to the person to drink.

If it is effective, the abdomen will sink down, his bowels move, and he vomits.

TAPU: He is not allowed to eat salted food, sweet things, or drink green coconut.

KO E VALI ULUFIA (medicine for infected wound).

DISEASE: If anybody gets wounded and it swells, then it is called ulufia (infected).

MEDICINE: 6 leaves of kavakava'ulie
6 leaves of mālōlō
6 leaves of 'ovava
6 leaves of polo Tonga

Chew these leaves altogether, then eject it on to a big leaf of nonu. The one who chews it will gargle in cold water and eject it also onto the medicine. He then mixes them together, then applies it to the wound. If the medicine looks dry, put a little bit of water into it then stroke the swollen part of wound with it.

If it is effective, the fever will be gone, the swelling and pain are all gone afterwards.

TAPU: He is not allowed to walk around until recovered.

GARGLE FOR TOOTHACHE.

MEDICINE: Scrape a little bit of tava. Wrap them up and tie. Prepare this medicine then give to the person to gargle and put it to the side where the tooth is aching, then get a few leaves of uhi, rub them with the hand, then massage the side of the tooth that is aching.

If it is effective, the aching will go and the person feels comfortable.

TAPU: He is not allowed to be out in the sun or wind.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 34, ON 25TH APRIL, 1967

'EKEMATA (eye disease).

DISEASE: If the eyeball gets injured this is how to treat it:

MEDICINE: One mokofute (paper mulberry wood when stripped of its bark). Cut this mokofute into 6 small sticks (this treatment is taking place in a Tongan house), then lift up the mat and use each end of the 6 sticks to lever up the takapau (coconut leaf mat). While the medicine man is doing this, the person is watching or must keep his eyes on the stick. If he takes his eyes off what the medicine man is doing the treatment will have no effect whatsoever, so it is very important for the person to watch the medicine man every step of the way.

TAPU: He is not allowed in the sun and wind.

ABSCESS CALLED MATAKILALO.

MEDICINE: 4 leaves of tono

4 leaves of polo Tonga

Chew these leaves then eject it on to a la'i feta'aki, then apply it on both knees and stroke.

If he gets sick again with the same disease, then apply the same medicine again.

MEDICINE FOR MATA PĀKIA (kind of eye disease).

DISEASE: If anybody was knocked in the eye, this is how you treat it.

MEDICINE: put a few drops of Tongan oil into a coconut shell of sea water
6 coconut spathes
Light the coconut spathes and hold it with the left hand and hold the coconut shell of sea water with your right hand. Put the lighted spathes near the coconut shell so that the person can see the sea water in the coconut shell, then dab his eye with a fiki leaf. Do this until 6 leaves have been dabbed to his eye. This treatment is taking place in a dark place.
If it is effective, the eye will not be irritated and he feels comfortable.
TAPU: He is not allowed to look at a shining thing or bright light.

ABSCESS CALLED MUI'IFĀ'ELE.
DISEASE: Pain in the groin and upper part of the abdomen, indigestion, belching, hot at the back, cough, loss of appetite, and the bowels move.
MEDICINE: A little bit from the bark of fonuamamala and loupata. Pound them together, wrap them up and tie. After that get an empty coconut shell, put a little bit of water in it, then put the medicine there also. Get a clam shell, put coconut charcoal in it, then put the medicine on top and cook it. When the water in the coconut shell boils, take it out, leave it to cool, then give to the person to drink. He will take this medicine twice a day.
BOILED MEDICINE: Barks of loupata, fekeka, founamamala mohokoi, hēhea, koli, ngatae Tonga, laujale, kavakava'ulie, manonu, and nonu. Break these barks into many pieces, put in a big pot of water just enough for these barks, then boil it. When it's boiling, take it out and strain it with kaka. Put the juice in clean bottles, then let the person drink from it, say 2 to 3 sips three times a day.
STEAMED MEDICINE: 6 leaves of fiki. Put these leaves in an empty tin, put some water into it and boil, when it's boiling, take it out, pour it into an empty shell, then let the person wrap a tapa cloth around his waist, then

come and squat on top of it until the water is getting cold. In this way the steam from the medicine will reach into him. Do this twice a day until he is fully recovered.

If it is effective, the pain, indigestion, belching, and all that, will have gone afterwards.

TAPU: He is not allowed to eat pork, salted food, fatty food, sweet things, and drinking green coconut.

When he is fully recovered, he then takes this bath: 12 leaves of nonu and fiki. Boil these leaves then leave it to cook, when it is warm enough pour it into a tub then let the person take a bath in it and massage his body with the leaves. After that, pour out the water and leaves in a sunny place, then let the person take a gift to the medicine man or woman. It is called tukuto'o (it was formerly believed that this would prevent the disease from returning to the person from the medicine man, who was thought of as having taken the disease away).

AKAFIA (disease of the head and sometimes the leg).

DISEASE: Headache and it's throbbing as if in a state of fever.

MEDICINE: The medicine man or woman sometimes ask the person's relatives to open up the grave of the person's parent or grandparent or any close relation to him to see if there is any creeper in the skull of the dead. If there is any, take it off then gather the bones together and wrap it up properly with a mat, then put it back in the grave. This is a very sacred occasion and only the person's family and close relations were allowed to do it.

While the grave is being looked into, the person will cover himself with a ngatu (tapa cloth) until his family and close relations return from the burial ground.

If it is effective, the headache and pulsation has gone afterwards.

TAPU: He is not allowed to eat salted food or any food from the neighbours or any where else. If the

neighbour brings any food to the person's place he will then exchange it with a match or hulu (dry banana leaf). When this exchange has been taken care of and the person keeps all the things that he is forbidden to eat, he is then recovered.

KO E VAI HAKA (boiled medicine).

If anybody has pain in the stomach or is sick from any kind of disease, then he could take this medicine:
MEDICINE: Scrape a little bit from the bark of loupata, fekika, fonuamamala, mokokoi, hēhea, koli, ngatae Tonga, kavakava'ulie, manonu, and nonu. Pound these barks until soft, wrap them and tie. Put the medicine in a pot of water and boil. When it's boiling, take it out, leave it to cool, then put the juice in bottles. Let the person take 1 or 2 sips from it three times a day.
STEAMED MEDICINE: 6 leaves of fiki. Boil these leaves, then leave them to cool, pour them into a tub and after the person has taken the above medicine, then he gets into the tub and massages his body with the leaves. In this way the liquid medicine will be effective by taking this bath. It's no use taking the medicine without the bath.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 51, ON 10TH MAY, 1967

MAHAKI 'O E TAMAIKI (disease among babies).
Disease: The baby coughs and cannot breathe properly, his stomach makes a noise like that of something boiling and he has also got a fever. It is called kulokula.
MEDICINE: 4 leaves of kaka huhu. Pound them until soft, then wrap them up and tie. Prepare this medicine as usual, then give to the person to drink.

If it is effective, the baby's bowels move.
These medicines are also for the sick babies:

1. 6 leaves of tono
   6 leaves of nukonuka
   Pound these leaves until soft, wrap them up and

tie. Prepare this medicine as usual, then give the baby one sip. Use the remaining medicine to stroke the baby's crown (on the head), the palm of his hands and the soles of his feet.

2. Creeper of laufale. Pound this creeper, wrap them up and tie. Prepare this medicine and give the baby one sip.

3. 6 leaves of kavakava'ulie
   6 leaves of mālōlō
   Pound these leaves, wrap them up and tie. Prepare this medicine, then give the baby one or two sips.

If it is effective, the crown, breast of the baby is getting soft.

TAPU: The mother is not allowed to eat food that has been cooked with coconut cream and fatty food.

MEDICINE FOR KULOKULA NO'OSIA.

DISEASE: This is another disease that is most commonly among babies and toddlers. It is the disease of the throat and it shows on the baby's buttocks (redness of the buttock).

MEDICINE: 6 young leaves of kihikihi
6 small fruits of nonu
6 leaves of heilala
Pound these leaves and fruits, wrap them up and tie. Prepare this medicine as usual and just enough for baby, then use the remaining medicine to blow his buttock with it.

If the baby is getting worse, like having a convulsion and he turns red, then give him this medicine:
bark of telie
bark of fekika
Pound these barks separately, wrap each up and tie. Prepare them as usual, then give each of them to the baby. You must pair this medicine with the leaves' medicine above.

TAPU: The mother is not allowed to use Tongan oil on the baby and she is not allowed to have intercourse with her husband, in case the baby might suffer from under-nourishment because another baby is on the way while the

sick baby is not yet weaned.

VAI 'ILA 'A E PĒPĒ (disease among babies).
DISEASE: The baby's tongue turns white and saliva is slimy and he cries for nothing.
MEDICINE: 1 green coconut
a little bit of enga (tumeric)

Let someone climb up the coconut tree and get it himself, don't throw it down. Use a mussel shell to scrape the flesh of the coconut. Put a little bit of enga to the scraped coconut, then wrap them up with la'i feta'aki and tie. Squeeze the medicine into the baby's mouth just enough for one sip.

If it is effective, the baby will then vomit and the whiteness of the tongue comes out. Squeeze the medicine for 5 days, then stop and give him THIS OTHER MEDICINE:

6 leaves of polo
6 leaves of mo'osipo

Pound these leaves, until soft, wrap them up with la'i feta'aki, then squeeze the medicine into the baby's mouth just enough for one sip.

There is ANOTHER MEDICINE for this disease also and you can give it to the baby too:

bark of mālōlō
bark of volovalo

Pound them until soft, wrap them up with la'i feta'aki then squeeze the medicine into the baby's mouth as before.

These are all the medicines for this kind of disease.
TAPU: The baby is not allowed out in the sun and wind. It would be even better if the parents don't have intercourse until the baby is recovered.

MEDICINE FOR KULOKULA 'OHUAFE (disease among babies).
DISEASE: The baby gets a fever and has convulsions. Sometimes a rash appears in many parts of his body and it's very red.

MEDICINE: 4 leaves of fue hina
4 leaves of lautolu tahi
Pound these leaves until soft, wrap them up with la'i feta'aki, then give to the baby, squeeze it again and apply the juice on the rash.
If it is effective, the rash and fever will be gone afterwards.
TAPU: The mother is not allowed to eat salted food.

MEDICINE FOR MAKEHEKEHE. (kind of abscess among babies).
DISEASE: Look at the baby's navel if it is swelling. If it is so, then he's got this disease.
MEDICINE: 6 young leaves of fau
6 young leaves of ngatae
Pound these leaves, then prepare it and give to the baby. The following medicine is paired with the above medicine:
Scrape a little bit from the trunk of volovalo, a little bit from the sprout of fā. Wrap this medicine up, then prepare it and give to the baby.
If it is effective, the baby's navel will be fine and the baby will stop crying afterwards.
TAPU: The mother is not allowed to drink green coconut, eat pork or salted food.

All baby's medicines are wrapped up with la'i feta'aki. It's not usually tied. To give the baby the medicine the faito'o squeezes the juice into the baby's mouth.

ABSCESS CALLED PALA FEFIE TAHISI.
DISEASE: The baby's mouth is dribbling and smells bad, and he has got a fever.
MEDICINE: one big maka hunu (big stone used for cooking in a native oven)
Tongan oil
a little bit of enga
Break the maka hunu into 6 pieces, then put them in a clean coconut shell. Put some Tongan oil on these stones and a little bit of enga. Mix them together

with your hand, then rub the baby's gums with it. Give him this medicine after you treat him with the above medicine:

Scrape a little bit from the trunk of takafalu. Wrap them up with la'i feta'aki and tie. Put a little bit of water in a cup, mix the medicine with it then squeeze it into the baby's mouth just enough for the baby to take.

If it is effective, the dribble and the bad smell will be gone afterwards.

TAPU: The mother is not allowed to eat salted food and the baby is not allowed out in the sun or wind.

MEDICINE FOR PAPA MATAKILUA (disease among babies).

DISEASE: The baby's mouth and lips are all red and the nostril's are red also.

MEDICINE: a few leaves of akataha
a few leaves of kihikihi

Pound these leaves together. Prepare it and give to the baby.

This is ANOTHER MEDICINE for this disease also:

Scrape a little bit from the bark of milo. Wrap them up with kaka and tie. Prepare this medicine. Give to the baby.

If it is effective, the redness in the nostril will be gone afterwards.

TAPU: The mother is not allowed to eat salted food.

MEDICINE FOR PALA ULAMEA.

DISEASE: The baby's mouth is swollen and cracked.

MECICINE: a little bit from the bark of fekika
6 leaves of mālōlō
6 young leaves of telie

Pound them together, then wrap them up and tie. Prepare this medicine and give to the baby or anyone who has it.

If it is effective, the swelling and crack of the mouth will be gone afterwards.

TAPU: He is not allowed to eat salted food and if it is, the baby then the mother is not allowed to eat salted food.

MEDICINE FOR PALA KEA.

DISEASE: The baby's cheeks are red and cracked (especially children).

MEDICINE: a little bit from the bark of kea (breadfruit)
a little bit from the bark of ngatae

Pound these barks together. Wrap them up and tie. Prepare this medicine with cold water and give to the baby and any adult who has it.

Get a little bit from the bark of tava. Pound these barks and wrap them up and tie. Prepare this medicine then pat the cheeks with it.

TAPU: He is not allowed to eat salted food, use Tongan oil or be out in the wind.

MEDICINE FOR KONA TALEA (sort of poison).

DISEASE: If the baby feels so tired and uncomfortable, then you know he's got this sort of poison called kona talea.

MEDICINE: Scrape a little bit from the trunk of tutu hina. You must get this scraped medicine before the sun rises. Wrap them up and tie. Prepare this medicine, then give to the baby.

If it is effective, the baby feels active again afterwards.

TAPU: The mother is not allowed to eat salted food.

MEDICINE FOR IFO TANAKI.

DISEASE: If a new born baby doesn't want to be breastfed and he vomits, then he has this kind of sickness.

MEDICINE: Pick some tuitui (candle-nut) and get a cup and put its sap into it just enough for the baby and give it to him.

If it is effective, the baby will vomit and the phlegm in his throat comes out. If it is not, the phlegm will be gone after the baby takes the medicine.

TAPU: The mother must eat sufficient food for the sake of the baby.

VAI HAKA (boiled medicine).

This medicine is effective to all sick people. If the stomach is sore and you're not feeling well, you'll take this medicine. If the bowels do not move and also there is loss of appetite, then take this medicine and you will be fine.

MEDICINE: Barks of toi, fekika, manonu, loupata, ngatae fisi, uhi kakala, and te'epilo 'a Maui. Pound these barks until soft, wrap them up with kaka and tie. Boil this medicine in a very big pot or a boiler with 4 gallons of water. When it starts boiling, put 3 cups of polo fifisi into it. When it overflows, take it out, it's cooked. Leave it to cool, then put it in clean bottles. If anybody doesn't feel well because of indigestion or any pain in his stomach, then take this medicine.

MEDICINE FOR TE'IA (sickness caused by spirit).

DISEASE: The person gets cold, coughs, vomits blood, has fever, loses weight and is always tired.

MEDICINE: Scrape a little bit from the bark of toi. Wrap them up and tie. Put a little bit of water in a coconut shell, put the medicine in it, then cook in an open fire. When the water starts to overflow, take it out, leave it to cool, then give to the person to drink. After that, use the remaining medicine to put a few drops in his nose.

If it is effective, the person will vomit afterwards. This is ANOTHER LEAF MEDICINE for this sickness also:

6 leaves of lautolu 'uta
6 leaves of lautolu tahi

Pound these leaves until soft, wrap them up and tie. Prepare this medicine then give to the person to drink, and use the remaining medicine to put a few drops in his eyes and nose.

STEAMED MEDICINE: 6 makahunu (black stones used for cooking in a ground oven). A leaf of mo'ota, feta'u, mohokoi, nonu, and uhi. Heat the stone then put it in a kumete (Tongan bowl), put some water in it and all the leaves. Let the sick person wrap himself with a tapa

cloth together with the kumete, but leave his head uncovered. In this way, the steam from the medicine will cover his body. Let him do this until the water gets cold. After that, the person will then take a bath in it and massage his body with the leaves.

If it is effective, the person feels better afterwards.

TAPU: He is not allowed to drink Tongan kava, green coconut, nor eat pork.

MEDICINE FOR ĀVANGA.

DISEASE: All different kinds of Āvanga are all in this disease. The person feels tired and sweats at night. He also dreams at night that he is eating in his dream, and he doesn't feel hungry when he wakes up. He feels like vomiting from the food that he ate in his dreams.

MEDICINE: Scrape a little bit from the creeper of Te'epilo 'a Maui. Wrap them up and tie. Prepare this medicine then give to the person to drink. (This is a laxative medicine). After taking this medicine, the person will vomit and his bowels move. Take THIS MEDICINE after the laxative medicine: Scrape a little bit from the trunk of siale Tonga, 4 lemons. Wrap the scraped siale Tonga and tie. Put some water in a cup and squeeze the lemons into it then prepare the medicine as usual and give to the person to drink.

CREAM: 4 leaves of nonu

Cut these leaves into pieces and put some Tongan oil into it then apply it on his body.

DROPS: a leaf of lautolu 'uta and lautolu tahi

Pound these leaves until soft, wrap them up and tie. Prepare this medicine then give to the person to drink and put a few drops in his eyes, ears, and nose.

If it is effective, the person will vomit and feel comfortable afterwards.

TAPU: He is not allowed to stay in his home or any place by himself.

MEDICINE FOR FAKATOTO KOVI (sickness caused by spirit).
DISEASE: This is another kind of āvanga. It is serious and the person has it for some years.
MEDICINE:

1) Scrape a little bit from the trunk of uhi, kakala, and tutu'uli. Wrap them up and tie. Prepare this medicine then give to the person to drink.
2. DROPS: 6 fruits of nonu and its leaves (6 young ones). Pound them together, wrap them up and tie. Prepare this medicine then give to the person to take 2 sips. Use the remaining medicine to put a few drops in the eyes, nose and ears (as a tulu'i).
3. CREAM: 6 leaves of tutu'uli. Chew these leaves until soft, then apply it on his body (parts that are sore).
4. BATH: When the person recovers, get the leaf of mo'ota, mohokoi and feta'u. Boil these leaves until cooked, pour them into a big bowl (kumete), leave to cool, then put the person in it. When he has finished bathing he will be fully recovered.

The person must have this medicine step by step.

MEDICINE FOR PO KEHEKEHE.
DISEASE: Pain in the stomach and sometimes it comes on suddenly.
MEDICINE: Scrape a little bit from the hoko fā and ngatae. Wrap them up and tie. Prepare this medicine and give to the person to drink. Prepare it again, then stroke his stomach with the medicine.
ANOTHER MEDICINE: is to scrape a little bit from the trunk of manonu, uhi, and Te'epilo 'a Maui. Wrap them up and tie. Prepare this medicine then give it to the person to drink.

If it is effective, then the pain in the stomach will be gone.
TAPU: He is not allowed to eat sweet things, pork, salted food, or drink Tongan kava.

MEDICINE FOR KAHI VEKEVEKA AND KAHI KAI.

DISEASE: Pain in the stomach but he doesn't lose his appetite.

MEDICINE: Scrape a little bit from the trunk of langakali. Wrap them up and tie. Prepare this medicine just enough for one sip. The person will have one sip in the morning, lunchtime, and evening. He will use this medicine and renew it when it's getting weaker until he is recovered.

If it is effective, the pain will then be gone.

TAPU: He is not allowed to eat fatty food.

MEDICINE FOR KAHI NOFO PULE (disease in the upper part of the abdomen).

DISEASE: The sick person feels pain in the stomach and feels weak as if there is nothing else inside the stomach but water and it's making noises.

MEDICINE: Scrape a little bit from the trunk of tava, pukovili, and ifi 'ui that's facing the sunrise. Pound them together, wrap them up and tie. Prepare this medicine then give to the person to drink.

If it is effective, the pain and noise in the stomach (upper part of the abdomen) will be gone afterwards.

TAPU: He is not allowed to eat salted food, fatty food and sweet things.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 65, ON 14TH MARCH, 1967

MEDICINE FOR TOKA'ALA.

DISEASE: Continuous pains in the lungs.

MEDICINE: Scrape a little bit from the trunk of tava. Wrap them up and tie. Prepare this medicine with warm water and put a few drops of Tongan oil into it, then give to the person to drink.

If it is effective, the pain will be gone afterwards.

TAPU: He is not allowed to eat fatty food and sweet things.

KAHI TAUTAU (kind of abscess).
DISEASE: The bowels are very difficult to move and it's sore.
MEDICINE: Scrape a little bit from the trunk of tava. Wrap them up and tie. Put a little bit of water and a few drops of Tongan oil in a coconut shell and put the medicine in it. Cook in an open fire. When it's hot, leave it to cool, prepare it, then give to the person to drink.

If it is effective, the bowels will move easily and he feels comfortable afterwards.
TAPU: He is not allowed to eat salted food or sweet things.

KO E KAMAKULA (kind of abscess).
DISEASE: This abscess is very similar to ringworm and it's rough to touch.
MEDICINE: 2 yellow leaves of kava
4 young leaves of kea
Chew these leaves then apply it on the abscess.

If it is effective, there will be no more itch and the abscess starts to peel afterwards.

DESCRIBED BY A FAITO'O OF TALAFO'OU, AGED 42, ON 3RD APRIL, 1967

MEDICINE FOR KAHI MUI'IFA'ELE (kind of abscess).
DISEASE: Pain in the abdomen and it's upper part, a feeling of weakness and the bowel is very difficult to move.
MEDICINE: Scrape a little bit from the trunk of manonu and kavakava'ulie. Wrap them up and tie. Prepare this medicine, then give to the person to drink.

If it is effective, the pain will be gone afterwards.
TAPU: He is not allowed to eat salted food and sweet things.

There are OTHER MEDICINES for this kind of abscess also:

1. Scrape a little bit from the trunk of fekika and takafalu. Wrap them up and tie. Prepare this medicine, then give to the person to drink.
2. Scrape a little bit from the trunk of uhi. Wrap them up and tie. Prepare this medicine, then give to the person to drink.

If it is effective, the bowel will move easily afterwards.

LANGA 'ULU FAKAFAHA'ITAHA (one-sided headache).
DISEASE: At sunrise, the right or left of the head is painful and when the sun sets the pain is gone. It happens like that when you have got this disease.
MEDICINE: trunk of hopa

Cut a small part of its trunk and rub them between the hand, then massage the head with it and also the ears.

If it is effective, the pain will go and the person feels comfortable afterwards.
TAPU: He is not allowed to be out in the sun or wind.

UOUA MINGI (strained muscle).
DISEASE: The sick person feels pain in his body and he can't sit up or stand up.
MEDICINE: Tongan oil
6 leaves of tutu'uli
6 leaves of heilala

First, you stroke the part of the body that is painful, then chew the leaves until soft, eject it onto a la'i feta'aki then mix it with a few drops of Tongan oil. Apply it on the person's feet that are contracted.

DESCRIBED BY VILIAMI NAFETALAI OF HOUMA, AGED 30, ON 24TH APRIL, 1967

KO E ĀVANGA.
All kinds of āvanga are believed to be caused by a spirit.
MEDICINE: 6 leaves of nukonuka

Pound these leaves until soft, wrap them up and tie. Prepare this medicine then give to the person to

drink.

DROP: Prepare the same medicine, then put a few drops in his eyes and nose.

If it is effective, the continuous cold the person's got will be gone afterwards.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 30, ON 4TH JUNE, 1967

KAHI VEKEVEKA (kind of abscess).

DISEASE: Pain in the stomach, belching, soreness at the back, and headache.

MEDICINE: Scrape a little bit from the trunk of toi, fekika, and mui'i fā. Pound them together, wrap them up and tie. Prepare this medicine with warm water, then give it to the person to drink.

If it is effective, the person will vomit and the phlegm comes out and his bowels move afterwards.

After 5 days, prepare this same medicine again, but with cold water. After that the person won't vomit again. The person feels good and the pain, belching, soreness at the back, and headache will be gone afterwards, but keep on taking the medicine until the person is fully recovered.

TAPU: He is not allowed to eat fatty food, sweet things, salted food, or eat food while it's still hot.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 35, ON 4TH JUNE, 1967

MEDICINE FOR MUI'IFA'ELE (kind of abscess).

DISEASE: Small boils or abscesses show up in the anus and it hurts, and the bowels are very difficult to move.

MEDICINE: Scrape a little bit from the bark of the tava, manonu, and loupata. Pound them, wrap and tie. Prepare this medicine in a clean coconut shell, then cook it in an open fire. You can tell when it's cooked by its froth. Take it out, leave it to cool, then give it to the person to drink.

CREAM: 8 leaves of polo Tonga
8 leaves of kavakava'ulie
4 young fruits of nonu
Chew these things altogether until soft, eject it onto a la'i feta'aki, then pat the abscesses with it. If the abscesses start bursting while you pat it with the medicine, then it is a good sign of healing.
TAPU: He is not allowed to eat salted food, drink Tongan kava or sit up.

DESCRIBED BY SOSEFINA LIMAKAU OF LAPAHA, AGED 35, ON 14TH JUNE, 1967

MEDICINE FOR FEFIE LOTO.
DISEASE: Starts with a cough and the throat is dry, then he gets a fever and pain in the stomach, loosing weight. When it gets worse,he cannot sleep at night.
MEDICINE: Scrape a little bit from the trunk of Vi tahi and volovalo. Wrap them up and tie. Prepare this medicine then give to the person to drink.
There is ANOTHER MEDICINE: Give the person 2 or 3 leaves of mukomuka 'o e Te'ete'emanu to chew, and then swallow its juice. After a while the person's bowels move.
If it is effective, the person will go to sleep and his throat and fever are gone afterwards.
TAPU: He is not allowed to eat fatty food, sweet things or drink green coconut.

MEDICINE FOR KONA (poison).
DISEASE: If somebody becomes injured in the foot by a poisonous fish.
MEDICINE: Drink some cold water, then take a big cup and put some water into it and a few drops of Tongan oil, then give to the person to drink. Stroke the foot with Tongan oil. If the person has still got a chance that the poison is not yet getting worse, then the person will vomit, and it it is so, give him the NEXT MEDICINE: (an original page missing).

DESCRIBED BY A FAITO'O OF PANGAI, AGED 60, ON 24TH APRIL, 1967

DISEASE CALLED FILIMAMANGE.

DISEASE: The person feels empty and has pains in the stomach, belches, and is hot with moist skin spreading up to his chest.

MEDICINE: 16 leaves of uhi

Mix them with a few drops of Tongan oil, then stroke the stomach with it.

After treating the person with the above medicine, scrape a little bit from the trunk of the volovalo and hēhea. Wrap them up and tie. Prepare this medicine, then give to the person to drink.

If it is effective, the pain will be gone afterwards.

TAPU: He is not allowed to eat salted food and sweet things.

When the medicine man strokes the stomach he says these words:

"Filimamange, mā kehekehe, māhanga lei,
'eiki motu'a, tu'utu'u matā, va'e uka.
Ka 'oku ke 'ihena pea mou ō".

(What he says means that of all these kinds of abscesses, if the person's got one of them, then let go of the person, and let him get better).

DISEASE CALLED FAKA ĀVANGA.

DISEASE: This disease is like this: if anybody eats anything (anything at all) then his stomach is sore (painful) and the upper part of the abdomen is feeling empty as a result of hunger.

MEDICINE: 6 leaves of lautolu 'uta

Pound these leaves until soft, wrap them up and tie. Prepare this medicine, then give to the person to drink.

If it is effective, the person will recover afterwards.

PAIN AT THE FLAT OF THE BACK.

DISEASE: Pain in the flat of the back, down to the inner side of knee joint.

MEDICINE: 16 leaves of uhi. Boil these leaves with a little bit of water. Put a few drops into it. When the leaves are cooked, take them out, leave to warm, then massage his back down to his knee joint with the medicine.

If it is effective, he feels comfortable afterwards.

TAPU: Nothing is forbidden.

DESCRIBED FO A FAITO'O OF LAPAHA, AGED 46, ON 5TH JUNE, 1967

MEDICINE FOR PULEPULE KAI (kind of abscess).

DISEASE: Starts as boils or abscesses. When they burst they become like ringworms and then spread.

CREAM: 6 leaves of ate
6 leaves of polo Tonga
6 leaves of kavakava'ulie

Chew these leaves until soft, eject it onto a la'i feta'aki, then squeeze the juice into a clam shell. Put a little bit of enga into it, then apply it on the ringworms.

If it is effective, they're itchy, then pat them again with the cream. The person must have the medicine first, then apply the cream after.

TAPU: He is not allowed to eat sea food, or be out in the sun or wind, or use Tongan oil.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 70, ON 6TH JUNE, 1967

MEDICINE FOR ULUFI (kind of abscess).

DISEASE: The kind of abscess is likely to be on your thigh (soft part) or the knee joint, or any part of the body that is soft. It swells like an abscess. After a few weeks when it isn't healed, it becomes hard and has

boils with eyes.

MEDICINE: Scrape a little bit from the trunk of Te'epilo-'a-Maui. Wrap them up and tie. Prepare this medicine, then give to the person to drink.

DROPS: 8 leaves of tutu'uli.

Chew these leaves unti soft, eject it onto a la'i feta'aki, wrap them up and put a few drops on each of the eyes of the abscess.

CREAM: a leaf of ate

Heat the leaf in a hot coconut charcoal, then apply it slowly on the abscesses to that the pus comes out.

If it is effective, the pain from the abscess will be gone afterwards.

TAPU: He is not allowed to eat corned beef and salted food.

MEDICINE FOR KULOKULA.

DISEASE: The person catches cold and high fever up to 104°

MEDICINE: Scrape a little bit from the trunk of the toa and manonu and a few leaves of the kihikihi. Wrap them up altogether and tie. Prepare this medicine, then give to the person to drink.

If it is effective, the person will pass a lot of water (urine) afterwards, and the fever goes down.

After three hours, prepare the medicine again, then give to the person to drink. The fever will now be gone and the person feels comfortable afterwards.

TAPU: He is not allowed to eat, but drinks a lot of cold water.

This disease is also known as Tongan fever. Sometimes an abscess shows up on his groin or arm joint together with fever and cold, then it's called kulokula.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 65, ON 6TH JUNE, 1967

MEDICINE FOR ONGOSIA.

DISEASE: The person gets sick, then feels better, then he keeps on having relapses and feels tired.

MEDICINE: Scrape a little bit from the trunk of mālōlō and manonu and take 8 leaves of tutu'uli. Pound them altogether, wrap them up and tie. Prepare this medicine then give to the person to drink.

If it is effective, the person will sweat. After four hours prepare the same medicine again, then give to the person to drink. He will feel comfortable afterwards.

TAPU: He is not allowed to move around until he is fully recovered.

MEDICINE FOR HEADACHE.

MEDICINE: 8 leaves of heilala

Chew these leaves until soft, eject it onto a la'i feta'aki. Wrap them up, then put a few drops on his head, eyes, nose, and ears. If it is kulokula, the person will feel better.

TAPU: Nothing is forbidden.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 65, ON 7TH JUNE, 1967

PUNGA (abscess in the armpit).

DISEASE: This abscess is in the armpit or on the head. It is small and swollen if on the head.

MEDICINE: 6 leaves of mālōlō

6 leaves of kavakava'ulie

6 leaves of hēhea

Chew these leaves until soft, then eject it onto a nonu leaf, then apply it to the abscesses on the head and in the armpit.

If it is effective, the abscesses gather together, then burst and sometimes they go down and disappear without

bursting or being lanced.
TAPU: He is not allowed to eat salted food or be out in the sun and wind.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 68, ON 7TH JUNE, 1967

MEDICINE FOR KITA MATE.
DISEASE: When somebody suddenly gets sick and his mouth really closes so that nobody can open it, then he is relapsing (collapsing?).
MEDICINE: 8 leaves of fiho'a
6 leaves of moli
6 leaves of mapa

Pound these leaves until soft, wrap them up and tie. Prepare this medicine with hot water, then give to the person to drink. You must force his mouth open and give it to him. Then put a few drops in his nose and ears.

If it is effective, the person will sneeze and talk afterwards. Prepare the same medicine again and give it to the person. After he drinks it, he then vomits and phlegm comes out. After that, leave the person to have a rest. When he sweats, wipe him and change his clothes, then give him some food to eat.
TAPU: Nothing is forbidden.

MEDICINE FOR KULOKULA AND TA, FOR BABIES.
DISEASE: Phlegm in the baby which cannot come out and the baby feels uncomfortable.
MEDICINE: 6 leaves of fau

The mother chews these leaves then ejects the juice from her mouth straight into the baby's mouth. When the baby takes some of it, he will then vomit and the mother puts her finger inside the baby's mouth and brings out the phlegm.

If it is effective, the baby will breathe normally and comfortably afterwards.
TAPU: The mother is not allowed to eat salted food, and keeps the baby warm and away from draught.

DESCRIBED BY SIULOLO OF SAPA'ATA, AGED 34, ON 25TH APRIL, 1967

KO E 'EKEMATA (eye disease).

DISEASE: Wound or injury of the eye.

MEDICINE: 6 small mokofute (sticks)

Use each of these sticks to lever up the coconut-leaf floor mat. After that, put together 6 coconut spathes and light it. Put some sea water in a coconut shell and hold it up so that the person can see the lighted spathes shadow in the sea water. He must keep his eyes on that, then the medicine man puts out the light by putting it in the sea water while the person concentrates on the lighted spathes shadow. He then strokes the person's eye. Do this 5 times.

If it is effective, the pain in the eye will be gone afterwards.

TAPU: He is not allowed to be out in the sun or wind.

DROPS: Soft end of a young coconut or its leaf.

ABSCESS CALLED KAHI MATAKILALO (kind of abscess).

MEDICINE: Stroke both knees, then get a few leaves of polo Tonga. Chew these leaves then blow it away from the person. Then the medicine man says these words (laulau):

"alu pea ke ke pā".

(what he means is for the abscess to go away and hopes it (abscess) will burst). The abscess then will burst afterwards and the person feels comfortable.

TAPU: He is not allowed to sit up or drink green coconut.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 34, ON 8TH JUNE, 1967

MEDICINE FOR SORE THROAT.

DISEASE: Starts with a sore throat, then the mouth dribbles, and sometimes the person feels as if something is blocking his breath.

MEDICINE: 12 young fruits of nonu

Chew these fruits, then eject it onto a la'i feta'aki, then wrap it up. Let the person open his mouth wide, then put two drops straight to his throat. Stroke the person's throat after.

If it is effective, the person can swallow anything without any trouble. He wants to go to sleep and when he wakes up he is hungry, then give him some food to eat.

TAPU: He is not allowed to eat food while it's still hot, or be out in the sun and wind.

DESCRIBED BY A FAITO'O OF TALASIU, AGED 45, ON 9TH JUNE, 1967

MEDICINE FOR FESI'IA (sickness caused by spirit).

DISEASE: Sharp and sudden pain of any part of the body. Sometimes pain at the back and when moving around, you cannot stand the pain.

MEDICINE: 8 leaves of tono

8 leaves of lautolu tahi

Mix the leaves together, wrap them up and apply it onto the part of the body that hurts.

If it is effective, the leaves will stick to the person's body, and secondly, the person will feel better afterwards.

TAPU: He is not allowed to have anything to do with sea water (swimming in the sea) or use Tongan oil, or taking a nap during the day.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 34, ON 9TH JUNE, 1967

MEDICINE FOR POISON AND CONVULSION.

DISEASE: If someone gets wounded and it takes a long time to heal but does not really heal and becomes hard. Sometimes the person has a convulsion and his mouth is really closed.

MEDICINE: 8 leaves of tamatama
6 leaves of mālōlō

Pound these leaves until soft, wrap them up and tie. Prepare this medicine then force the person's mouth open and give him the medicine. After that, take a look at the wound, if it is closed, open it up with a pin and put a few drops on it.

If it is effective, the person's mouth can open now without any trouble and the convulsion is gone afterwards.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 40, ON 9TH JUNE 1967

MEDICINE FOR TOKOMOHU (hiccups).
DISEASE: If somebody has hiccups, then it is the symptom for kahi tautau (kind of abscess). When this disease (kahi tautau) gets worse, then he has hiccups even though he feels alright and does his everyday work. That is why this disease is called Tokomohu (hiccups).
MEDICINE: Scrape a little bit from the trunk of pukovili. Wrap them up and tie. Prepare this medicine, then give to the person to drink.

There is ANOTHER MEDICINE for this disease also:

Scrape a little bit from the trunk of mui'i fā, uhi, and mohokoi. Wrap them up and tie. Prepare this medicine, then give to the person to drink.

If it is effective, the hiccups and belching will be gone afterwards.
TAPU: He is not allowed to eat salted food, sweet things, drink Tongan kava, or sit up.

DESCRIBED BY A FAITO'O OF LAPAHA, AGED 44, ON 10TH JUNE, 1967

MEDICINE FOR 'ATE (liver).
DISEASE: The person's eyes and skin turn into a yellowish colour, and if the person yawns too often, then he will

get this disease.
MEDICINE: Scrape a little bit from the trunk of tava and toa. Wrap them up and tie. Put a little bit of water in a coconut shell, put the medicine in it, then cook in an open fire. When it's frothy, take it out and leave it to cool. Prepare it, then give to the person to drink. After four hours, prepare it again, then give it to him to drink.

If it is effective, the person will vomit and the yellowish colour will be gone afterwards.
TAPU: He is not allowed to eat fatty food, sweet things or eat food while it is still hot.

DESCRIBED BY A FAITO'O, OF LAPAHA, AGED 68, ON 24TH MAY, 1967

MĀKEHEKEHE HUKE PULE (kind of abscess).
DISEASE: The person feels pain and feels empty in the upper part of the abdomen. If it gets worse then give him laxative first.
MEDICINE: (laxative). Scrape a little bit from the bark of toto. Wrap them up and tie. Put a little bit of water in a coconut shell, then put the medicine in it. Put it in an open fire. When the water is boiling, take it out and prepare, then prepare it again with cold water, then give to the person to drink. After he drinks it, his bowels move.

If it is effective, the pain and belching will be gone afterwards.
TAPU: He is not allowed to eat salted food, sweet things, or drink coconut.

MEDICINE FOR KAHI MATAKILOMA (kind of abscess).
DISEASE: Pain in the stomach, at the back, buttocks, and small boils show up in the anus, and it is also sore when passing water.
MEDICINE: Scrape a little bit from the trunk of fekika. Pound them, wrap them up and tie. Prepare this medicine, then give to the person to drink.

DROPS: 10 leaves of kaka mika

Pound these leaves until soft, wrap them up with la'i feta'aki, then put a few drops in his anus and parts of his body that are sore.

If it is effective, the pain in his body will be gone afterwards.

TAPU: He is not allowed to eat salted food and sweet things.

MEDICINE FOR SICK BABIES AND TODDLERS.

DISEASE: The baby is sick and has fever, and cries all the time.

MEDICINE: Scrape a little bit from the trunk of toa and a few leaves of kihikihi. Wrap them together and tie. Prepare this medicine then give the baby one or two sips. If the baby vomits, the phlegm will come out. Sometimes the baby doesn't vomit, but feels better and can open his eyes afterwards.

TAPU: The mother is not allowed to eat food that is no good for breastfeeding the baby (octopus).

TREATMENT FOR MAHOKA OR PAKIA (eye disease).

TREATMENT: If the eye was pierced, then bring the thing that pierced the eye and lick it.

MEDICINE: 6 coconut spathes.

Tie them together, then light it. Put some water in a coconut shell and put up the lighted spathes and let the person watch the shadow of the lighted spathes in the coconut shell of water. While the person concentrates on that, put out the lighted spathes in this coconut shell of water, then stroke the eye and it will be better afterwards.

ABSCESS CALLED FUOFUA (pimple).

DISEASE: Pimple in the nostril and sometimes in the ear. If the person takes the wrong medicine, he could be having a flat nose or be deaf.

MEDICINE: 6 leaves of nonu

Break its stem into the nostril until the 6 leaves finish. Then stroke the nose and say these words

(laulau):

"Abscess called Tōtōifale
Abscess called Ngalu Holoholo
Abscess called Fuofua Momona
Abscess called Fuofua Vai
Abscess called Fuofua Maka
And all kinds of abscess,
Would go and be on someone else
and let this person be fine."

TAPU: He is not allowed to be near the fire, or be out in the sun and wind or the abscess is not supposed to burst.

MEDICINE FOR PIHI FOR BABIES (diarrhoea).

DISEASE: Diarrhoea.

MEDICINE: Scrape a little bit from the trunk of kavakava'ulie motu'a. Wrap them up and tie. Prepare this medicine and give it to the person to drink, even an adult can take this medicine if he has diarrhoea.

If it is effective, diarrhoea will stop and the person feels comfortable afterwards.

TAPU: The mother is not allowed to eat salted food, hard food, and fatty food.

MEDICINE FOR FA'ELE FAKA-MAHAKI (childbirth sickness).

DISEASE: When a woman, after having her baby for a week, still has pain in her stomach and back, then she is having this disease.

MEDICINE: Scrape a little bit from the trunk of vi and 8 leaves of vi also. Pound them altogether, wrap them up and tie. Prepare this medicine, then give to the person to drink. Stroke her stomach afterwards.

If it is effective, the continuous discharge of blood from the womb is stopped, pain in the stomach and at the back is gone afterwards.

TAPU: She is not allowed to move around but must stay in bed and keep herself warm all the time. After four days she is allowed to move around.

KO E LAFA KULA (red rings on skin).

DISEASE: It's itchy, and when scratched, then it spreads and gets bigger and thick. It starts to crack and open up and the person gets a fever.

MEDICINE: a few young leaves of sī tongotongo

Pound these leaves until soft, wrap them up and tie. Prepare this medicine, then give it to the person to drink.

CREAM: 6 bananas

Cut each of its bottom end and put its sap in a cup, then apply it to the abscess.

Scrape a little bit from the trunk of ngatae and 6 leaves of mālōlō. Pound them altogether, wrap them up and tie. Prepare this medicine and pat the abscess with it.

If it is effective, the abscess becomes dry and the fever is gone afterwards. After five days, then take the person to the spring at the beach and sprinkle his abscess there.

TAPU: He is not allowed to use rain water for baths, but only well water.

MEA HAFE OR MEA FELE (kind of rash).

DISEASE: It spreads out on the person's body like a rash and it's itchy.

MEDICINE: 8 leaves of nonu and one coconut spathe

Tear the spathe into 6 parts. Light these parts of spathe, then heat the leaves on it and hit the abscess with each of these heated leaves. Stroke the abscess afterwards and say these words (laulau):

"Mea Toka, 'uluake haha 'aki 'a e lau'i nonu
Mea Fele, haha'aki 'a e lau'i nonu
Mea hafe, haha'aki 'a e lau'i nonu
Mea vai, haha'aki 'a e lau'i nonu
Mea vela, haha'aki 'a e lau'i nonu
Mo e ngaahi mea kotoa pe, ke 'alu 'o tu'u
'i ha taha kae mo'ui si'i mahake ni".

(What he means is that all these kinds of rash are treated with nonu leaves, and if the person has any one of them, then the medicine man said that he hopes it (rash) would go and be on someone else and let this person get better).

If it is effective, the person feels comfortable and the itch is gone afterwards.

TAPU: He is not allowed to use Tongan oil, or be out in the wind.

DESCRIBED BY A FAITO'O OF PANGAI, AGED 69, ON 24TH APRIL, 1967

KO E KULOKULA.

DISEASE: This kind of disease starts with something else like having a toothache and it starts swelling. When it's swelling, then it has to be getting this disease as well.

MEDICINE: 6 leaves of polo fifisi

Let the person chew these leaves and leave it to the side of the tooth that's aching. The person will then feel better and he swallows the juice and ejects the leaves. If it's aching again, then get the same leaves and chew until soft, then eject it onto a leaf of ifi that has been folded like an ice-cream cone. Put a few drops on the toothache (through the pointed end that's got a small hole in it).

TAPU: He is not allowed to eat salted food.

ABSCESS CALLED LAMI (diarrhoea).

DISEASE: Pain in the stomach and diarrhoea

MEDICINE: Strip a few leaves of mangele. Rub them between your hands, then wrap them up and tie. Prepare this medicine, then give to the person to drink.

If it is effective, the pain and diarrhoea will be gone afterwards.

KO E KULOKULA

BOILED MEDICINE: Scrape a little bit from the trunk of fekika, tuitui, tava, volovalo, hēhea, loupata, and manonu. Wrap them up with kaka and tie. Prepare this medicine as boiled medicine (usual preparation). Let the person take it from the bottle three times a day (one or two sips).

If it is effective, pain in the stomach will go and the bowels move afterwards.

TAPU: Nothing is forbidden. Anybody could take this medicine if he gets sick (of any kind).

DESCRIBED BY A FAITO'O OF 'OHONUA, AGED 53, ON 24TH APRIL, 1967

MEDICINE FOR SICK BABIES.

MEDICINE: Coconut called niu matakaula

Scrape the eye of this coconut after you take off the husk, and put a little bit of enga into it. Wrap them up and tie. Prepare this medicine, then give it to the baby.

If it is effective, the whiteness that covers the tongue will come out afterwards.

TAPU: The baby is not allowed to have a bath for five days, but rest.

ABSCESS CALLED ULAMEA (disease among children).

DISEASE: The child's buttocks are red and he has diarrhoea.

MEDICINE: A little bit from the bark of tuitui

Pound the bark, wrap up and tie. Prepare this medicine, then give it to the baby.

DROPS: 6 young leaves of telie

Chew these leaves until soft, eject onto a lou ifi that has been folded like an ice-cream cone. Put a few drops in the baby's nose and on the buttocks.

If it is effective, the diarrhoea and redness of the buttocks is gone afterwards.

MEDICINE FOR SAUSAU MATE (kind of abscess).

MEDICINE: 6 leaves of mohokoi

Chew these leaves until soft, eject it onto a coconut shell, then apply it on the joint that is aching.

If it is effective, the pain will be gone and the person feels better afterwards.

TAPU: He is not allowed to have anything to do with sea water, e.g. swimming in the sea.

DESCRIBED BY A FAITO'O AT NEIAFU, VAVA'U, AGED 90, ON 11TH MARCH, 1968.

FAITO'O MAKEHEKEHE.

DISEASE: If someone has this disease, she/he will have back and stomach aches.

MEDICINE: So, what you will do is scrape an amount of the mohokoi (tree with greenish-yellow flowers) and ngatae (tree with prickly leafstems and its flowers are reddish-yellow and shaped with a parrot's beak). Add them together in a piece of kaka and mix it with cold water. Then let the person drink it.

TAPU: Eat any kind of food except foods that you eat which causes your back and stomach to ache.

ĀVANGA FAFANGU.

DISEASE: The habit of this, is that you want to eat foods that are very outragious and in other words, those foods that we never usually eat, and you sometimes have dreams that you have been awakened by a spirit.

MEDICINE: The treatment for this disease is to scrape the trunk of the langakali and ngatae (tree with prickly leafstems and its flowers are reddish-yellow and shaped like a parrot's beak). Wrap them and mix with cold water. While you are still twirling it, the person seems to be vomiting and feels like vomiting. After twirling this medicine with cold water, the person should drink it every morning and early evening, until she/he feels O.K.

TAPU: Nothing forbidden.

ĀVANGA TAHI.

DISEASE: If you eat any seafood you will be sick from stomachache, but if you drink the medicine for this sickness, you will vomit and that is the ailment.

MEDICINE: Scrape the skin of the kili'i toi (it makes good timber), add to it some Tongan oil made of sandalwood, and grill on an open fire, and then give it to the person to drink in the morning and afternoon. The person will vomit, so he/she will be well again.

TAPU: Do not eat foods that are sweet.

DESCRIBED BY A FAITO'O AT KOLOFO'OU, TONGATAPU, AGED 37, ON 19TH FEBRUARY, 1968

FAITO'O TALAU.

DISEASE: A woman who is going to give birth to a child and suffers from continued discharge of blood after the birth of her baby and aches from time to time and the placenta is not able to come out.

MEDICINE: Boiling water and steaming water. So, what you need is the leaves of uhi (green and yellow leaves - should be in the same amount). Break them into many pieces. Put these pieces of leaves in an empty coconut husk and mix them with cold water and Tongan oil. Then boil it on the open fire and make it cool, then the woman drinks this medicine. The OTHER MEDICINE is the steaming plant. This is the uhi leaves (I mean the green and yellow leaves that you first made for her to drink) and stir it with only Tongan oil, wrap it up with the leaves of the caster-oil plant. Put it on the open fire and let the steam escape to her.

TAPU: No food is forbidden.

DESCRIBED BY A FAITO'O, AGED 75 YEARS, AT 'AHAU, TONGATAPU, ON 6TH JUNE 1968

MUIFA'ELE.

DISEASE: This disease is usually on the males' body. It starts with a state of fever on the flat of the back. We can easily tell it on his body and it aches or is painful when he is defaecating.

MEDICINE: Scrape the casuarina (toa) and Malay apples (fekika) bark, and mix with cold water, then drink. If it appears on the skin that it is rough (to the touch), then rub it with three-leaved leaves and Tongan oil.

TAPU: Do not eat sweet and salted food.

DESCRIBED BY A FAITO'O, AGED 49 YEARS, AT NEIAFU, VAVA'U, ON 7TH MARCH, 1970

SAUSAU MATE.

DISEASE: All joints of the bones are aching and the body is not able to work or move and he/she is having fever and the body is affected by the cold.

MEDICINE:

1. Tongan medicine: Three leaves of the Tongan gardenia, only the right side of each leaf.
2. Three leaves of langakali, only the right side of each leaf too. Do the same for the three leaves of hēhea, kavakava'ulie (shrub somewhat like kava - piper or macgillivrayi), masikoka (ficus), uhi laukoka (bush resembling the uhi but with broader leaves), volovalo (tree), nonu (tree with fruit that look somewhat like custard apples).

Add them together, grind them with a piece of stick, pour some water on these leaves after grinding them, wrap it up with a piece of kaka and smear it on the person's body.

The sign for this medicine after it has worked is that it is good, that there will be no more ache, fever, and cold.

Then let him drink water that is made from scrapings of the trunk of the heilala (flowering tree), wrap it with fibrous integument at the top of the coconut palm, add some cold water to it.

TAPU: Do not go to the sea and salty food is forbidden.

DESCRIBED BY A FAITO'O, AGED 57 YEARS, AT NEIAFU, VAVA'U, ON 7TH MARCH, 1968

KULOKULA MAVAEUA.

DISEASE: It shows on the baby's head or his/her breast and makes a sudden show while sleeping. Sometimes he/she is slightly feverish and has slight diarrhoea. If this sickness is too much the tongue will stick to the roof of the mouth.

MEDICINE: What you have to do is use six flowering trees' young leaves (heilala) with each pair and six leaves of Eugenia (hēhea). Add these leaves and mix with cold water. That is ONE medicine.
SECOND MEDICINE: Six young leaves of volovalo and each pair of six young leaves of nonu. Wrap them up with a piece of material and mix with cold water, then let him/her drink these medicines at the same time.

The sign for this that the baby will be alright after drinking these medicines.

TAPU: Do not bath the baby for about five days and nights. Do not hit or chew, but use a piece of stick to break the above leaves in many pieces.

Described by a Faito'o, aged 46 years, at Kolofo'ou, on 28th May, 1968

FAITO'O ME AHAFE.

DISEASE: It appears on the children's bodies. It is lumpy and if it appears to be black lumps, it is solid and he/she will have a shivering fit and fever.
MEDICINE: Chew the candle-nut (wrap it up) and a small amount of yellow powder made from the root of the ginger-like plant (curcuma longa) from which tumeric (enga) is made. Paint it onto the lumpy body.
TAPU: Keep away from the sea, do not eat salty food, stay away from the open fire and sunshine.

Described by a Faito'o at Kolomotu'a, on 9th October, 1965

FAITO'O KULOKULA NO'OSIA.

MEDICINE: Six leaves of creeper (leguminous) that grows inland, six leaves of shrub somewhat like kava (piper macgillivrayi), six leaves of creeper (leguminous) that grows near the sea, add them together, and mix it with a fairly warm water and then give it to the baby to drink. Do not give the baby any food after drinking the medicine. Try to let the phlegm to come out or you put one finger in his throat and clean the phlegm out.

FAITO'O KONA.

MEDICINE: Same amount of leaves of creeper (leguminous) that grows near the sea and the leaves of the creeper (leguminous) that grows inland. Add them together and grind them with something hard, wrap it with a piece of material etc. and mix it with cold water and give it to the baby to drink.

DESCRIBED BY A FAITO'O OF TAFAHI ISLAND, OCTOBER 1979

BURNS.

Treated with poultices or mashes of: sugarcane leaves in Niuatoputapu; nonu leaves in Tongatapu; raw yam in Ha'apai (1956).

FRESH DEEP WOUND.

Common treatment in Ha'apai: Place a hot stone from ground oven ('umu) in a bundle of ate leaves. Wrap this now in nonu leaves and coconut cloth (kaka). When squeezed, a hot aromatic juice runs into the wound. This cleanses the wound and helps it to heal.

MOLEFUA (incipient boils).

A macerate may be prepared from the leaves of the nonu, volovalu, mahame, uhi, lala, fue trees. Massage is also used.

MEA (as a superficial skin ulcer).

A macerate is prepared from the nuts and roots of the tuitui and ango trees.

MEA (as heat blistering of the neck).

Collect several leaves of the nonu plant and heat on a fire. Apply heated leaves of the nonu.

TAVELI (prickly heat).

This is also a hangatāmaki. The leaves of the polotonga are used.

KIATOLONIFO (toothache).

Withered tobacco leaf is applied.

MATAKOVI (literally 'bad eye'. Here refers to an inner eyelid ulcer).

The juice of the leafstalk of the nonu plant is squeezed into the eye.

MĀKEHEKEHE (acute pains in the abdominal-genito-urinary area).

Leaves and bark from the trunk of uhi, mei, tava trees are used for a medicine. Massage is also used.

TULOTULA (chronic diarrhoea with blood).

Leaves of the uhi are prepared as a medicine. Massage is also used.

TULILEFU (swollen joints).

Nonu buds and leaves of the nonu and uhi are used for a medicine.

PIKOIA (painful and ankylosed joints).

Leaves from the tea vine are used for a medicine. Massage is also used.

HULUPA (swelling fingers or toes).

Mashed and heated nuts of the tuitui and leaves of the laiuhi are combined to make a medicine. Massage is also used.

PALA LOUNGUTU (ulcers of the lips and mouth).

Bark and leaves of the mangele and telie and leaves of the lolotonga are used for the medicine.

KONA HAMU (tetanus infection).

Leaves from the tono, tamatama, hēhea, kavakava'ulie are used for medicine. Massage is also used.

LAVEA KANO'IMATA (eye injury).

Kaho root-sprouts are used for the medicine. Massage is also used.

KULOKULA TAKALOTO (skin rash).

Scrapings from the trunk of the lepohina tree are are used for medicine. To be taken internally. Massage is also used.

MATAKILUA (urinary obstruction).

Medicine is prepared from the leaves of the uhi and moukai. The medicine is taken internally.

SAUSAU (pain in the side of the body).

Massage is used. The leaves of the volovalo may be used to prepare a medicine.

ULUFII (carbuncle).

The leaves of the heilala, mohokoi, heenea are used to make a medicine.

LOOA (heartburn).

Medicine is prepared from the too atu, too mai, too kifu'a, too kiloto.

MATAFUHU (boil on outer eyelids).

Massage is used as well as medicine from the leaves of the lolotonga.

Described by a Faito'o, Nuku'alofa, September 1979

PALAFEFIE.

The person does not eat or drink well. They have swollen, red gums and a white tongue.

Leaves from the angoango, nonu and fale are crushed and put in cold water. Then they are wrapped in a clean cloth. The medicine is ready for drinking.

HAUKIVA'E (headache of a type).

Leaves of the uhi are prepared as a medicine with water. Amoamo (massage) is also used to cure (applied over the affected side of the head).

DESCRIBED BY A VILLAGER AT NUKU'ALOFA, SEPTEMBER 1979

TETANUS CONVULSIONS, HYPERTENSION AND DIABETES.

Use equal numbers of leaves from the tamatama and mālōlō plants. Make a macerate with cold water. Give to the person to drink as much as he wishes.

This therapy was reportedly applied by his 'aunt' in Kolomotu'a.

DESCRIBED BY A FAITO'O AT NUKU'ALOFA, SEPTEMBER 1979

BURNS.

Take a leaf of the mei tree (breadfruit) or au (black sugarcane leaves used for roofing). Burn the leaf by placing it on a fire until it turns to black ash. Apply it as a powder directly to the burn.

or Take leaves from the kalakala 'a pusi. Crush the leaves and put the juice on to the burn.

or Take the scrapings of the inner bark of the mālōlō. Crush the bark and apply the juice to the burn.

SEE ALSO:

Yuncker, T., 1959;

Whitcombe, J., 1930;

Weiner, M., 1971;

Croft, K., and Tu'ipulotu, P., 1980;

Beaglehole, P., Beaglehole, E.; 1941: 107; for a brief outline of medicinal cures for nine sickness conditions.

APPENDIX D

Medicinal Plants and Their Uses

The first selection is a pharmacopoeia given to students studying Tongan culture at Atenisi College, Nuku'alofa, Tonga.

(September, 1979).

COLLECTED FROM FUTA HELU, DIRECTOR ATENISI (UNIVERSITY DEPARTMENT)

TONGAN FOLK - MEDICINE PHARMACOPOEIA (traditional)

Tongan Name	Common Name	Botanical Name	Medical Use
1. 'Akauveli (shrub)		Indigoera suffruticosa	Poultice for insect bit e.g. hornet's sting (acid?).
2. 'Alu (vine)		Epipronnum pinnatum	Macerate (or infusion) for kulokula patanivai (a skin rash usually accompanied by temporary lumps and pigmented spots).
3. Ango (lily)	Turmeric	Curcuma longa	1. Antiseptic for childbirth*. 2. Treatment of sores. 3. Ingredient of vai for flatulence and worms esp. in children and babies.
4. Angoango		Zingiber zerumbet	Could be used in place of Ango now, use as vai for diabetes.
5. Ate (shrub)	Tarweed	Wedelia biflora	1. Poultice, mash for hours, inflammation and boils. 2. Inner wrapping of hot stone in fakatafe.
6. Fa (tree)	hala, pandanus	pandanus tectorius	Aerial root tips as emetic.
7. Fau (tree)	wild hibiscus	Hibiscus tiliacous	Bark, leaves and flowers in poultice for festering wounds, and skin disease.

Tongan Name	Common Name	Botanical Name	Medical Use
8. Fekika (tree)		Syzygium malacense	Bark in vai for dysentery (together with molitonga and tava bark scrapings.
9. Fiki (shrub)*		Jatropha curcas	Leaves in vai for stomachache.
10. Fisiuli (herb)		Bidens pilosa	1. Leaves' juice as eyedrops for eye sores (together with heilala). 2. Poultice and dressing for cuts.
11. Fotulona (tree)		Pisonia grandis	Fruit extract as dejulatory.
12. Fue kula (vine)		Merremie peltata	Oil extract for constipation.
13. Fue-'a-puaka (vine)		Pueraria lobata	Cathartic and purgative.
14. Heilala (tree)		Garcinia sessilis	1. Leaves (juice) for sore eyes. 2. Leaves (juice) for 'avanga. 3. Leaves as flavouring in vai manatu.
15. Hēhea (shrub, tree)		Syzygium corynocarpum	Juice of trunk (cambium), boils.
16. Ifi (large tree)	Malay chestnut or Tahitian chestnut	Inocarpus edulis	Bark scrapings are chewed and blown (puhi) for serious burns. Tough leathery shell, cut open to boil it or cook in 'umu if wanted to eat.

Tongan Name	Common Name	Botanical Name	Medical Use
17. Kaho (reed)		Miscanthus floridulus	Stems cut into 3in lengths used in "fence" treatment of boils. Perhaps six sticks used to symbolically stop spreading of boil, plus laulau and amoamo.
18. Kava (shrub)		Piper methysticum	1. Leaf juice for boils. 2. Anaesthetic (local) (narcotic: keeps one detached but alert and clear-minded) (narcosis = to induce sleep). 3. Used for injuries at sea, e.g. poisonous fish, knife, or hook injuries.
19. Kavakava'ulie (shrub)		Piper puberulum var. glabrum	1. Preparation shoots (together with mālōlō leaves) for poultice for boils and inflammation.
20. Kea (tree) thorny outside	Breadfruit (partic. species, puou is nicest var.)	Artocarpus altilis	Bark scrapings in vai for pregnant women's morning sickness.
21. Kihikihi (herb)		Oxalis corniculata	Leaves in vai (infusion or macerate) for peridontitis and thrush.
22. Koka (tree)		Bischofia javanica	Dab for burns (fire) and severe sunburn. Scrapings from bark used as pō (dab). (Juice of bark used for red-colouring and tapa making).

Tongan Name	Common Name	Botanical Name	Medical Use
23. Kuava (shrub small tree)	Guava	Psidium guajava	Leaves chewed and swallowed by the person for upset stomach.
24. Lala tahi (shrub, small tree)		Desdemodium unbellstum	Bark and/or leaves in vai as cathartic or purgative. (Found near or on the beach).
25. Lala vao (shrub)		Wikstroemia rotundifolia	Root extract as a physic (for constipation or diarrhoea). (Found inland).
26. Laufale (terrestrial fern with creeping rhizome)		Nephrolepsis nirsutula	Vai for kulokula patanivai. (See alu above).
27. Lautolu (creeper)		Vigna marina	One of commonest lou'akau (lou = leaf, akau = plant: medicinal herb) for 'avanga - used as vali.
28. Lekileki (tree)		Xylocarpus granatum	1. Decoction from bark for pulmonary and bronchial complaints. 2. Bitter for salivary and enzymic arousal in digestive systems. (Bark is hard, black, and flakey; 3-4in. diam. trunk only).
29. Lesi (tree-like plant)	Pawpaw, papaya	Carica papaya	1. Local anaesthetic (latex of the plant). 2. Sap used to clear necrosis of wound. 3. Seeds used for a purgative - don't break capsule around sea. 4. Bark scrapings (one tsp.) taken in tea for asthma.

Tongan Name	Common Name	Botanical Name	Medical Use
30. Loukie (tree)	Pandanus (species)	Pandanus tectorius	Dried leaf used symbolically as funnel in the treatment of inner-ear infection (Mats made from this are the most prized in Polynesia - glossy, soft, and white).
31. Loupata (tree)		Macaranga harveyana	1. Leaves in vai (influsion or macerate) against infants' diarrhoea (restores normal pH and intestinal flora). (Used canoes, leaves used to cover 'umu').
32. Meile (shrub)	Wild myrtle	Alyxia stellata	Leaf juice in tulu'i for eyesores (mahoka) type. (tulu'i - to apply drops; 'black eye', penetrating injury, scratch to cornea).
33. Mālōlō (tree)		1. Glochidion concolor 2. Glochidion ramiflorum	1. Leaves for skin diseases and boils. 2. Bark scrapings as puhi or vai for peridonitis. 3. Vali for kulokula. (Vava'u, Ha'apai called masikoka).
34. Mangele (tree)		1. Trema amboinensis 2. Trema orientalis	Root bark, fusi leaves pounded together and enga, and macerate prepared for child afflicted with skin sores (parents also) to be taken internally.
35. Manonu (tree)		Trenna sambucina	1. Famous fakamelie. 2. Bark scrapings in vai for 'avanga. 3. Macerate for quick delivery in childbirth. (Most famous: fakamelie = flavouring).
36. Mapa (tree)		Diospyros lateriflona	Young shoots in poultice for boils.

Tongan Name	Common Name	Botanical Name	Medical Use
37. Milo (tree)		Thespesia populnea	1. Famous emetic. 2. With tono leaves, bark scrapings in macerate for dysentery (tu'utu'u toto). (Grows near or on beaches in the South Pacific).
38. Mohokoi (tree) (Also a kakau)		Cananga odorata	Bark scrapings in vai for stomach complaints (esp. in old people). Flower used for making sweet-smelling hair oil.
39. Moli (tree)	Orange	Citrus maxima	Bark chewed for toothache.
40. Moli tonga (large tree)	Grapefruit sp.	Citrus decumana	With fekika and tava in vai for dysentery (tu'utu'u toto), as macerate or infusion. Only preparation taken internally is a vai.
41. Monomono (shrub or small tree)		Mussaenda raiateensis	Macerate prepared from bark scrapings and fruit as emetic for upset stomach.
42. Mo'osipo (shrub-like plant)		Triumfetta bartramia	Leaf juice as ointment for injury from fish, e.g. sting as from Sth sea stone fish).
43. Mo'ote (tree) (violent acrid smell)		Dysoxylum fersteri	1. Used in luluku or ceremonial cleansing (sterilisation) of houses or rooms where deceased had been lying in state (old women may throw these leaves around or dip in water and sprinkle room). 2. Leaf extract used to wet tapa cloth to cover body in cases of weakness, loss of stamina, run-down. 3. used against 'avanga (possession by spirits) (leaves used as a vai or poultice (vali).

Tongan Name	Common Name	Botanical Name	Medical Use
44. Ngatae (tree)		1. Erythrina crista galli 2. Erythrina variegata	1. Bark scrapings in vai for acute stomach pains. 2. Used in 'avanga. (Found in low lying swampy land - large tree with soft white wood).
45. Niu (unbranched tree)	Coconut	Cocos nucifera	1. In vai for heartburn (juice from fibre of green coconut, mix with water). 2. In vai for kidney trouble (a diuretic).
Niu mealava (Malaya)	Malayan coconut	Cocos nucifera	Juice from husk or green fibre in vai for skin rash on young children.
46. Nonu (shrub or small tree)		Morinda citrifolia	1. Young twigs are chewed or grated as vali for pain in stomach. 2. Young leaves with hehea leaves in vai for rheumatism and 'avanga. 3. Green fruit in puhi (with roasted copra) for thrush in young children. 4. Ripe fruit eaten for immunisation and longevity. (Ancient and famous plant in Tonga, features in numerous medicines; has unpleasant odour and apple-like spikey fruit.
47. 'Ovava (tree)	Southsea 'banyan'	Fieus obliqua	For tapitopito.
48. Polo (herb)		Capsicum frutescens	Leaves in vali for kulokula 'ohuafi or fefulai.
49. Polo Tonga (herb)		Solanum uporo	1. Leaves in vai for elephantiasis (kulokula). 2. Berry juice as eyedrops for conjunctivitis.

Tongan Name	Common Name	Botanical Name	Medical Use
50. Pua tonga (tree)		Fagraes berteriana	1. In midwifery (see manonu). 2. Bark in vai for consumption or bronchiectisis
51. Salato (tree)		Laportea harveyi	Leaves in vai for skin rashes (esp. those from contact with salato leaves themselves).
52. Siale tonga (large shrub)	Gardenia	Gardenia taitensis	1. Bark extract for 'avanga. 2. Leaf juice for tuhu'i for 'avanga.
53. Talatala (shrub)		Lantana camara	Leaf juice as initial tulu'i for cuts (minor).
54. Tamanu (tree)		Colophyllum vitiense	Leaf juice as eyewash for sore eyes. Fruit extract in vai for ulcers and burns.
55. Tamatama (shrub)		Achyrantea aspora	1. Active herb in many tetanus treatments. 2. Antiseptic in circumcision.
56. Tatangia (tree)		Acacia simplicifolia	Bark scrapings in vai for kahi and diabetes.
57. Tava (tree)		Pometia pinnata	1. Bark scrapings in famous expectorant. 2. Trunk scrapings applied externally for sore mouth in children. 3. Physic for fever, stiff jaws, and fixed eyes in children. 4. Bark scrapings (with fekika and Molitonga) in vai for tu'utu'utoto.
58. Te'epilo-'a-maui (small tree)		Geniostoma vitiense	Bark in scrapings in vai for: 1. uhuuhu (stitching pain on the side); 2. shortness of breath.

Tongan Name	Common Name	Botanical Name	Medical Use
59. Telie (tree)		Terminalia catappa	Young leaves in puhi for thrush in young children.
60. To (reed)	Sugarcane	Officenarum	Stalk chewed in diarrhoea.
61. Toa (tree)	Iron wood casuarina	Casuarina equisetifolia	Bark scrapings in famous expectorant taken internally.
62. Toi (tree)		Alphitonia zizyphoides	Trunk scrapings in vai for 'avanga spirit possession
63. Tono (prostrate herb)		Centalla asistica	1. Leaves mashed in poultice for 'avanga. 2. Leaf juice as vai for tu'utu'utoto.
64. Toto (tree)		Cerbera managhas	Trunk scrapings in vai for fever, lockjaw, or fixed eyes in children.
65. Touhuni (tree)	False tobacco	Messerschmidin argentea	Leaves and young bark chewed for fish (or shell-fish) poisoning.
66. Tutu'uli (vine)	Candle nut	Jasminum simplicifolium	1. Leaves in tonic for relapse. 2. In vai for hepatitis.
67. Uhi (small tree)		Evodia hortensis Evodia simplicifolia	1. Leaves in a variety of preparations for 'avanga, vali, vai, bed tugs. 2. Leaves and bark scrapings in vali for hangatāmaki and molefua. 3. Leaves in vai for female barrenness. 4. Mixed with oil for gum boils.
68. Valai (vine)	Liana	Entada phaseoloides	Bark scrapings in vai manatu for young children missing their parents overseas.

Tongan Name	Common Name	Botanical Name	Medical Use
69. Volovalo (shrub or small tree)		Prema taitensis	Leaves in vai for angalo'afu (severe form of tonsilitis).

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fa or pahina root	combined with coconut leaves is used for treating pala of the skin.
fale	for stomach pains in a baby.
fasiole	for making Tongan oil.
fekika	for heart attack or asthma. The leaves and bark are used, grind the leaves and drink the boiled juice. It makes the person vomit.
Guava leaves	6 - 10 leaves. Chew and swallow the juice for diarrhoea or stomach upset.
Heilala	Use the leaves to treat inflammation of the eyes.
Langakale	Use the bark as a medicine (vai) for a sick stomach.
Lemon and Orange Leaves	Boil many leaves. Drink the juice. The medicine gives energy postnatally to women.
Mālōlō	Either wash the leaves and chew, or boil the leaves and drink the water. Used for constipation and menstrual pain.
Mei	Boil the leaves and drink the juice for the recovery of a woman postnatally. Also put a bruised leaf on a baby's face rash.
Mohokohe	If a stomach ache cannot be cured with the guava, then use this plant in the same manner.
Nonu	Use the large leaves and roots to make a medicine for skin rash. Nonu, uhi, lautolu are used for spirit sickness. Nonu - crushed or chewed and administered to a baby, aids feeding where the mother is having difficulty feeding the baby. Nonu bark - is used for a ta'ovala kie which is used to hold a baby's umbilicus

	flat, for an unhealed umbilicus. Nonu root - is used as a medicine for stomach ache.
Patapata	Leaves used for skin rash. Cooked leaves used for stomach upset.
Polo	Leaves used for pimples around the nose. Bark used for boils around the nose.
Tava	Chew the leaves. Refreshes the mouth. Cures bad breath, e.g. from drinking milk or from eating hot spicy food.
Te'elango	The juice is used for skin diseases that are more than pala in seriousness, e.g. boils.
Tuitui	The bark is chewed to refresh the mouth.
Uhi	Commonly used for treating āvanga. Used as a medicine to treat inverted pimples of the face.

SEE ALSO: Whitcombe, J.D.','Notes on Tongan Ethnology'; Bernice, P., Bishop Museum, Occasional Papers, Vol. IX, No. 9, Oct. 1930.