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Title

Heizer and Almquist: *The Other Californians: Prejudice and Discrimination under Spain, Mexico , and the United States to 1920 (second edition)*

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useful in Yaqui data, let alone Australian and/or Tibetan accounts of shamanism? Without such comparisons the common origin and great antiquity of shamanistic beliefs and practices is obscured, if not lost altogether.

I find *Flowers* all-too-close to accepting the rubric of an unchanging pre-Conquest past. Indeed, little is even said of the recent dynamics of Native American ritual and belief; dates are given to almost no events, making analysis of change difficult, if not impossible.

I am startled at the lack of reference to contemporary Native California religion. Certainly members of the Society for California Archaeology and/or members of the public reading newspaper accounts of protests over excavation of Indian graves will find Zigmund's summary statement about contemporary Kawaiisu culture—"a fragmentary survival in the consciousness of a few people for another decade or two" (p. 95)—rather unlike the situation in some parts of the state. For instance, on occasion, Native northwestern California sacred specialists have spoken on their beliefs at Humboldt State University in Arcata and at the Zen Center in Marin County; and such belief frames have sometimes been used in drug, alcohol, and/or mental health therapy programs. Also today, there is still at least one active, rather traditional Wintu curer (Knutdson 1975). And an attempt is being made to gain Constitutional protection for Native northwestern California religion, keeping the U. S. Forest Service from building logging and/or tourist roads near actively used prayer and/or meditation and/or vision quest sites (Lester L. Alford, Inter-tribal Council of California, Anita Bussell, Del Norte Indian Welfare Association, Dorothy Hiestand, Robert G. Lake Jr., Northwest Indian Cemetery Protective Association, Malki Museum Association, and Charlie Thom, all in Roether 1975; Leisz 1977: 304-373, 433-483), as well as the stopping of construction of a highway bridge directly on a

major Karok world renewal site, where some say rituals may still be rejuvenated after a pause of over 60 years (Winter and Heffner 1978).

However, the inadequacies of this volume are less those of the individual authors than the editors, who say too little of the broader scene. Their *Flowers* seem more desiccated specimens in some museum plant press than the flowers in bloom, which are a gentle and symbolic aspect of Native California belief.

REFERENCES

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1975 Flora, Shaman of the Wintu. *Natural History*, May issue, pp. 6-8, 12-13, 16-17.
- Leisz, Douglas R.
1977 Draft Environmental Statement: Gasquet-Orleans Road: Chimney Rock Section. Eureka: U. S. Department of Agriculture, Forest Service.
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1975 Eight Mile/Blue Creek Units: Final Environmental Statement. Eureka: U. S. Department of Agriculture, Forest Service.
- Winter, Joseph C., and Kathy Heffner
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Edible and Useful Plants of California.
Charlotte Bringle Clarke. Berkeley and Los Angeles: University of California Press, 1977. 280 pp., 8 color pls., 77 figs. \$5.95 (paper).

Reviewed by E. N. ANDERSON, Jr.
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This useful guide includes a fair amount of data on Indian uses of plants, and thus seems

deserving of review here. The listing of Indian uses is far from exhaustive, since this is a practical guide for foragers rather than a study of all human uses of plants. Most of the relevant data are from California and all appear to derive from standard sources. The Indian uses are accurately given, but usually not specified by tribe, language or whatever—it's just "The Indians used this plant as . . ."

More generally, this is a marvelous guide and should be indispensable to anyone interested in California plants. It is far better than the various previous works dealing with the west-coast area's useful plants from a popular standpoint. Some 127 plants are treated—actually many more species, since the usual Californian folk classifications are the basic "sorting" here, and thus we have only one entry for "nettles," another for currants, etc. A key species is given, with scientific name, but many other species are described within the following text.

The guide is arranged by habitat: Foothills and Mountains, Deserts, Wetlands, Urban and Cultivated Areas, Ornamentals. The latter section may be particularly useful to suburban Californians, since it tells how to use many common garden plants that are not normally considered food sources.

The descriptions of the better food sources include recipes, and these alone are worth the price of the book. They are superb. I have not counted them up, but there are plenty. Anyone interested in good food and in cookbooks should take notice—even persons who would never normally forage in the wilderness.

All in all, we have a very worthy successor to Euell Gibbons here. For a second edition, much to be hoped for, I have the following comments: First, the poisonous plants should be more sharply stressed and separated from useful plants; e.g., the color plate of Poison Hemlock should have its caption printed in red as a warning (at least one guide does this). Second, of course, I would like to see the data

on Indians made more specific by ethnic group, and at least sometimes referenced (the sources are given in a bibliography in the back, though, so this may not be necessary in a popular work of this kind). Third, I can think of a few worthy plants that are missed here: wild lettuces, for one. Fourth, one use not much covered here is scent—wild rose petals for potpourri, for example. Fifth, I would hope for more cross-cultural data on uses. I miss references to Chinese uses of plants—there are a few (e.g., under Chrysanthemum) but not enough. Likewise, European uses are sometimes noticed but get rather short shrift. Last, medicinal uses of some plants are given, without sufficient disclaimer; nothing is claimed for them but nothing is denied either. I know from my students that many people will try anything herbal, and occasionally damage themselves thereby: I think all books on useful plants should counsel moderation (*great* moderation) in self-medication. This book is not a serious offender in this regard, however—unlike many others.

All in all, I recommend this book highly. Students of California Indians will find it convenient even though it is no substitute for the primary sources. Anyone interested in Californian plants and foods will find it invaluable.



Occasional Papers in Method and Theory in California Archaeology, No. 1. Gary S. Breschini, ed. Society for California Archaeology, 1977. 82 pp., no publication place and no price given.

Reviewed by M.A. BAUMHOFF
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This publication inaugurates a new series published by the Society for California Archaeology under the editorship of Gary S. Breschini. The preface tells us that it will