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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REVIEWS 139

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 Zigmond’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 (Knudtson 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

Knudtson, Peter M.

Leisz, Douglas R.

Roether, George A.

Winter, Joseph C, and Kathy Heffner


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 inter­
ested 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 follow­
ing 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 some­
times noticed but get rather short shrift. Last,
medicinal uses of some plants are given, with­
out 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 invalu­
able.

Occasional Papers in Method and Theory in
California Archaeology, No. 1. Gary S.
Breschini, ed. Society for California Ar­
chaeology, 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