



A Tree For Health

By Dr. Crooked Arrow Phd. M.H. L.M.T.

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By

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DEDICATION

This book is dedicated to all the people that told me that I should become a writer. Especially Miss Luskie my kindergarten teacher, she knew I had writing abilities even at age 4, Miss Carol, my second grade teacher, whom always pushed me to write stories. Miss Mullen my first year high school English teacher, who pushed me to continue to write poetry. Mrs. Jackie Kennedy Onassis, through much correspondence when she was in the White House, encouraged me to write when I was 13 years old. My older brother in law Jay Payne who encouraged me to follow my dreams. Mrs. Hall, my childhood neighbor, who gave me the nickname of Chatterbox and told me to write my thoughts down. All my English Professors in College; who acknowledged my writing abilities by giving me a grade of A and telling me how they enjoyed reading my work, throughout my time in college. My husband, Philip and my children, Desire and Hawk. My daughter in law Mary. My grandchildren, Taz, Ricky, Bianca, and Katrina, whom are always very supportive of everything I do. Finally, Mr. Castellanos, my children's Godfather; whom held official family Monarch and Baron titles, told me to never give up and always follow my heart. I thank all of you for all the encouragement that you gave me throughout the years. Finally my parents for whom I owe my existence and who taught me how to write and read at the tender age of 2.

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PREFACE

God has placed more than one kind of person on the earth along with more than one species of trees. Like humankind who stand upright with their feet planted firmly on the ground, the tree stands erect and securely fixed in the earth by its roots. We humans lift up our arms in praise to our Creator and the tree extends its faithful branches upward daily in its acclaim of love for the Creator. Man lives and man dies. In similarity the tree also exhibits the characteristic signs of life and then will shrivel up and cease to exist. Just like the human race the tree is a wonderful specimen of architectural beauty created by God.

INTRODUCTION

During this century there has been a gradual awaking to the holistic approach to health. The ugliness and suffering about us have made us more appreciative of the beautiful natural health aids that nature has to offer. Chemicalized, junk foods and liquor have made us sick, made us pause to question our pop-a-pill-for-what-ails-you culture. For as mankind progresses the dependence on drugs seems to increase.

A Tree for Health is not meant to be just another one of the numerous herbal books that are now on the bookstore shelves. Instead, this book is meant to be an eye-opening, shortened and yet descriptive text on the fruit and timber trees spoken of in the Bible, giving also their helpful uses. Now those who are interested in trying to attune the body forces can have a clearer understanding of the trees that are the meat of the earth given to us by God.



ALMOND (a'mond)

Referred to in the Bible in Gen. 43:11 as one of the presents in the vessels that were carried down to man.

Jer. 1:11 as a rod seen by Jeremiah

Exod. 25:33-36 describing bowls, the branches were used as decorative motif on the candle-stick of the tabernacle.

Botanical name: *Prunus amygdalus*.

Hebrew name: saged, “waker”, suggesting its being the first to blossom.

Latin name: *amandula*.

German name: amygdalse sulces.

French name: amandes duces.

Greek name: amugdale.

Swiss name: mandeln.

Common names: Greek nuts, Jordan almond, sweet almond, bitter almond.

Tree Description: the almond is a deciduous tree, meaning it sheds its leaves

annually. It grows from eight to twenty feet in height, with oblong-elliptical leaves that are finely serrate on thorny branches. The calyx tube is short cylindrical, which is deciduous after flowering and a single pistil. Its ovary is tipped with a slender style, containing a pair of ovules, and becomes a simple drupe or stone fruit. Each fruit contains one large seed, which is edible. The tree flowers in the early spring with attractive flowers that shade from white to pink. The flowers are almost sessile and usually occur in pairs. A tree containing white blossoms produces bitter almonds. A tree with pink blossoms produces sweet almonds. The almond is a native tree to parts of Asia and the Mediterranean countries. Several varieties have been known to be cultivated in Palestine and especially in California and southern Europe.

The bitter almond's chemical constituents are thirty-five percent to fifty percent fixed oil, about three percent amygdaline, proteins, emulsin (synaptase) and sugar. The chemical constituents of the oil from the bitter almonds are not less than ninety-five percent benzaldehyde, two to four percent hydrocyanic acid and phenoxyacetonitrile. The bitter almond's velvety fruit resembles a peach but is dry and splits open when ripe, exposing a smooth, pitted stone. ***This kernel is very bitter and highly poisonous.*** This action is due to amygdaline and emulsin, which by fermentation produces hydrocyanic acid (HCN). When taken in isolation these substances are not harmful, but when combined together they react and form hydrocyanic acid.

Thus cyanide poisoning from ingestion of burnt bitter almond has been reported. The physiological action is poisoning with convulsions, prostration and paralysis. On the other hand, bitter almond given in a very slight dose has an antispasmodic effect, and because of this the bitter almond has been employed in medicine. It has been prescribed in an emulsion for asthma, whooping cough and all convulsive coughs.

Sweet almond is among the leading nut trees in the world. Sweet almonds have been classified as paper-shell, soft-shell, standard-shell and hard-shell. These delightful nuts may be cooked and salted for eating. Sweet almonds contain about thirteen percent protein, thirty-nine percent fat and fourteen percent carbohydrates per half cup serving of the shelled nut. Chemical

constituents of the sweet almond are fifty percent fixed oils, proteins, emulsin and sugar. The ripe seed also contains three proteids: myosin, vitellin and conglutin, which are twenty-four to thirty percent of the sweet almond. The oil of the sweet almond's chemical constituents are chiefly glyceryl oleate with small amounts of glycerides of linolic. It has been known to contain no stearic acid. Most of all, the sweet almond contains phosphate of potassium, which is brain and nerve food; phosphate of calcium, which is bone food; and phosphate of magnesium, which is muscle and cell food. It so happens that sweet almond is one of the greatest builders of brain, bone and flesh that is available to man.

Properties of the sweet almond are: Demulcent, emollient, pectoral, vulnerary, laxative and since it contains no starch it is excellent for diabetes.

Part of the tree used: the ripe seed.

Some uses of the almond are: as a face cleanser, ground almond meal has the capacity for drawing out the impurities which clog up the pores in the face and help to reduce the pores to a reasonable size again.

Simply mix a little almond meal with water to form a paste and apply liberally over the face (not on the mouth or eye area). Allow the mask to dry good and hard about twenty-five to thirty minutes, then rinse gentle with warm water, then pat dry your face.

In cases of asthma, bronchitis or coughs this is a nutritious almond drink; take six almonds and grind them into a powder, place them into a pint jar of cold water. Cover the jar and let sit in the sun for two to three hours. This drink will help the cough and is good to take for reducing fevers.

Almonds are used as nut butter for nursing mothers, diabetes, urinary problems and many other fatal diseases.



APPLE

Referred to in the Bible in: Gen, 3:1-8 an association of the apple with the forbidden fruit.

Deut. 32:10, Pss. 17:8, Prov. 7:2 here are numerous references to the phrase, “apple of the eye”.

Botanical name: *Pyrus malus*.

Hebrew name: tappuah.

Latin name: *malus communis*.

Old English name: apple.

Common names: apple tree, wild apple.

Tree Description: apples are angiospermae, which are characterized by having their seeds enclosed in an ovary. The leaves are simple spiral or alternate, in which there is a single leaf at a node and in which these alternate leaves form a continuous ascending spiral from the basal portion to the apex of the stem. The leaf margin is toothed with a single row of teeth. This true flowering plant has two cotyledons in the embryo and the flower parts are usually in fives or fours. The vascular tissues are in cylinders or regularly arranged bundles with cambium present. The fragrant flowers are either white or pink. The rounded fruit is usually red but may be yellow or green and is edible. Today there are reportedly up to 2,000 varieties cultivated. Apples contain from eighty to eighty-five percent water, about five percent protein or nitrogenous material, from ten to fifteen percent hydrocarbons, including starch and sugar, from one to two percent acids and a variety of salts. All the different types of apples contain varying amounts of organic acid such as malic acid, gallic acid, potassium phosphate, calcium phosphate, iron phosphate, magnesium phosphate and sodium phosphate. In comparison to other fruit the apple has a larger percentage of phosphates than other fruit.

Apples are easily digested and the fruit sugar available quickly passes into the blood stream. Apples are great cleansers in detoxifying the body. ***Note: that apple seeds eaten alone in large quantities can be poisonous.***

Properties of the apple tree are: diuretic, laxative, poultice, fasting, tonic, febrifuge.

Part of the tree uses: fruit, bark.

Some uses of the apple are: a tea of the bark is used for fever, gravel in the bladder, kidney trouble and suppressed menstruation.

Apple cider vinegar is used in baths and douche. It is also good to keep around the house in case of burns to help keep the skin from blistering.

To detoxify the system, eat apples of the Jonathan variety for about three days, being sure to eliminate the bowels each day and drink plenty of water.

Apple pectin is used to eliminate metal and radiation from the system.

Apples can also be used for first aid, as poultice; here the raw, peeled, grated apple is used, and for eye strain and inflammation use the cool pulp of the apple. Apple water is a good drink for fevers.



FIG (fici)

Referred to in the Bible in: Num. 13:23, 20:5 and Matt. 7:16 along with the grapevine the fig typified freedom and prosperity.
II Kings 20:7 here figs are employed to cure a boil.

Botanical name: *Ficus caricae*.

Hebrew name: teena, pag, “green fig”.

Latin name: *Ficus*.

Greek name: sukon.

French name: figue.

Common name: common fig.

Tree Description: the fig is a deciduous tree, shedding its leaves at the end of each growing season. The fig can reach a height of up to thirty feet. Its wood is found to be soft with many spreading branches. Its alternate, long-petioled leaves are usually deeply three-to-five-lobed and are broad-ovate to nearly orbicular in outline. The palmately ribbed leaf blade is thick and rough on the top and has a hairy downy underside. Its flowers are inside a nearly close receptacle, which ripens into the hollow, fleshy, pear-shaped edible fruit. Depending on the variety, the ripe fig can vary from greenish yellow to purple. The fig tree grows well in the hot sun, in good soil with ample water supply. The fig is a native of the Mediterranean countries. It is considered a sacred tree in India, China, Japan, Greece and even long ago to the Romans. It was introduced into America by the Spaniards, where now in California it is being cultivated. Figs contain a protein digesting enzyme called ficin. Figs are also rich in calcium, iron and copper. Figs happen to be good source of vitamin C, vitamin A, sodium, phosphorus, potassium and vitamin B1 and vitamin B2.

Properties of the fig are: nutritious, laxative, demulcent, emollient and antiseptic.

Part of the tree used: fruit and leaves.

Some uses of the fig are: a tea made from fig leaves can be used to wash sores and as a compress on bruises to remove discoloration and aid in the circulation. The tea is made by taking several leaves and finely cutting them up until you have at least a teaspoonful. Place them into boiling water and let them steep. As stated in the Bible, the fig's drawing power is used on boils, by taking the ripe fruit, splitting it open and laying it on the boil. Figs eaten will act as a mild laxative to help relieve constipation. The fig will make a good substitute for candy if you have children.

Figs are a nutritious energy food containing dextrose. It has been reported that cancer is seldom found in areas where figs are freely eaten. It could be that figs are rich in some kind of anticancer factor. Figs are good blood-

builders and have been of considerable value in the treatment of nutritional anemia.



MULBERRY

Referred to in the Bible in: Luke 17:6 the tree referred to by the Lord when He talked about faith.

Botanical name: *Morus Alba*, *Morus nigra*, *Morus rubra*.

Hebrew name: bekam, sycamine.

Latin name: *morum*.

Chinese name: sang.

Common names: red mulberry, black mulberry, cel tree, bulberry, murier sauvage, Virginia mulberry.

Tree Description: the black mulberry is a small tree growing to a height of thirty feet, where as the red mulberry can reach heights of up to sixty or seventy feet. The leaves are heart-shaped or ovate, but mostly serrate and often palmately lobed. These alternate leaves are rough on top and soft or hairy beneath. They range from two to eight inches long and are a dark dull green color, flowering in the spring and bearing fruit in the summer. The edible fruit should not be considered a true berry, for it is made up of many small drupes. This fruit may range in color, according to the variety of tree, from a grayish to a deep dark purple which is almost black. A European and Asian tree, it is also cultivated in the United States from Massachusetts to Florida and west to Kansas and Nebraska. ***A very important fact to remember is that the milky juice and the unripe fruit can cause hallucinations, nervous stimulation and stomach upset.***

Properties of the mulberry tree are: anthelmintic, cathartic, laxative and vermifuge.

Part of the tree used: fruits, bark and sap.

Some uses of the mulberry are: mulberry has been used in the past to treat dysentery, constipation, liver disorders, poor complexion and bad blood.

The ripe berries when diluted with water and taken in large quantities have a tonic effect on the heart. The sap has been used by the Indians to treat ringworms. The outer bark can be used to treat intestinal worms, while the inner bark can be used as a mild laxative for children. The tea is made by scraping the inner bark and taking about a teaspoonful and placing it in boiling water.



OLIVE TREE (tree of ages)

Referred to in the Bible in: Judg. 9:8-9 here the tree symbolized superiority and divine blessings.

Pss. 128:3 the sign of fertility.

Jer. 11:16 used to describe beauty and freshness.

Gen. 8:11 and Neh. 8:15 sign of peace.

Botanical name: *Olea europaea*.

Hebrew name: zayit.

Latin name: oliva.

Greek name: elaia.

Common names: olive tree, emblem of peace.

Tree Description: an old- world, semitropical evergreen tree that grows to heights of fifteen to twenty feet. The hard yellow wood of the trunk is gnarled, twisted and covered with gray-green bark. The wood of this tree is so hard that it has been rarely used for building. Its branch, which is regarded as an emblem of peace, extends to a height of twenty-five feet or more. The tree has opposite, leathery leaves which are elliptic, oblong or lanceolate in shape. They are green and glabrous on top with a white-silvery scaly rough underside. The fragrant white flowers grow in axillary panicles that are much shorter than the leaves. The fruit is an oblong fleshy drupe which turns from green to black when ripe and contains about fifty percent oil. It is reported that some olive trees grow to be thousands of years old and that even some of the original trees in the Garden of Gethsemane are still in existence. The olive tree is native to the warm regions of Europe and Asia and is also cultivated in California. The olive contains sixty percent fat and a very high content of potassium. It is also rich in sodium and calcium. Olive oil is a fixed oil obtained from ripe olives. It is pale yellow or light greenish-yellow with a pleasing delicate flavor. The oil becomes rancid on exposure to air. The chemical constituents of olive oil are mixed glycerides of oleic acid 83.5 percent, of palmitic acid 9.4 percent, of linoleic acid 4.0 percent, of stearic acid 2.0 percent, of arachidic acid 0.9 percent: and the minor constituents are squalene up to 0.7 percent, phytosterol and tocopherols about 0.2 percent.

Properties of the olive tree: nutritious, emollient, demulcent, laxative, a powerful peristaltic and a solvent of cholesterol, antiseptic, astringent, febrifuge and tranquilizer.

Part of the tree used: leaves, bark, fruit.

Some uses of the olive are: olive oil has been used for years as a nourishing food and an aid to the digestive tract. Used in moderation, the oil can serve as a general body-building tonic. An excellent tonic for the heart is made by steeping eight sun-dried olives in a pot of water for about ten minutes. An infusion of the leaves has a tranquilizing effect which is helpful for nervous

tension. A tea made from the inner bark is good to use in treatment of fevers. A teaspoonful of olive oil is an excellent mild laxative for children. Everyone should take a spoonful of olive oil occasionally to help keep the organs well lubricated and to help reduce the cholesterol in the system. Eat olives for their potassium value.



POMEGRANATE (carthaginian)

Referred to in the Bible in: Exod. 28:33 used to adorn the robes of the high priest.

Botanical name: *Punica granatum*.

Hebrew name: rimmon.

Latin name: *granatus*.

German name: granat rinde.

French name: ecorce de granadier

Spanish name: corteza de granada

Common name: pomegranate, Chinese apple

Tree Description: the deciduous pomegranate growing wild is a hedge-like shrub, but when cultivated it can be trained to grow into trees reaching heights of up to twenty feet high. The leaves are smooth, small, oblong and scattered or opposite on spiny-tipped branches. The leaves range from one to two inches in length. The flowers are short-stalked, usually solitary, but larger and red-appearing in late summer. The calyx and corolla are bright scarlet with five to seven petals. The flowers grow together on the tip of axillary shoots. The pomegranate's orange size fruit has a thick, leathery skin, ranging in color from yellow to purple. This pleasant-flavored fruit is several-celled, containing many seeds that are surrounded by red acid pulp making it quite watery and edible. The chemical constituents of the pomegranate are 0.5 percent alkaloids consisting of pelletierine, methylpelletierine, pseudopelletierine (granatonine), and isopelletierine: mannite, about 20 percent tannin. The rind of the fruit contains about 30 percent tannin. The tree grows best in deep heavy loams. It is a native of southern Asia and found cultivated in eastern countries and the southern states of the United States.

Properties of the pomegranate tree: Anthelmintic, astringent, laxative, vermifuge, depurative.

Part of the tree used: seeds, rinds of the fruit, the bark from the root and stem.

Some uses of the pomegranate are: the rind has been used as an astringent, tonic, laxative and vermifuge. The rind has even been used by females as an excellent vaginal douche. **Caution should be taken when using the rinds because large doses can cause cramps, vomiting and other unpleasant effects.** The bark has been employed for its astringent properties to loosen the bowel and effect the expulsion of tape worms. The seeds have been good to use in the treatment of high blood pressure and obesity. The juice should be diluted with water or taken in small quantities.



SYCAMORE

Referred to in the Bible in: 1 Kings 10:27 spoken of as a tree of abundance.
1 Chron. 27:28 grouped with the other trees in the low plains.

Botanical name: *Ficus sycomorus*

Hebrew name: skikmim, shiqmah

Latin name: *sycomorous*

French name: sicamor

Greek name: sukamoros

Common name: sycamore

Tree Description: this strong biblical tree grows to a height of thirty-two feet or more and ages several hundred years. On its spreading branches are large, five-lobed toothed elongated leaves. The flowers are greenish and in clusters. The fruits are arranged also in dense clusters on the older branches. This tree is still found in abundance in Egypt and the lowlands of Palestine.

Properties of the sycamore tree: Astringent, opthalmicum and vulnerary.

Part of the tree used: bark.

Some uses of the sycamore are: a warm tea made from the bark applied to the eyes helps in the treatment of eye disease. Also the warm solution can be used to clean cuts to promote healing.

SUMMARY OF THE FRUIT TREES FOUND IN THE BIBLE

Here I have tried to help the reader get acquainted with the famous fruit trees listed in different parts of the Bible. In giving the Biblical reference to these trees, you can see where a lot of the times these wonderful trees were not used just for their fruit-bearing qualities.



ACACIA

Referred to in the Bible in: Exod, 25:10, 26:15, 27:1, 37:1 wood used to build the ark and fittings for the tabernacle.

Botanical names: *Acacia senegal*, *Acacia arabica*, *Acacia vera*, *Acacia decurrens*

Hebrew name: senah, shittah

Latin name: *acacia*

Greek name: akakia

Common names: cape gum, Egyptian thorn, gum arabic tree, gum acacia tamarisk, catechu.

Tree Description: requiring little water and growing well in the desert, the acacia is a shrub that has been known to grow to heights of twenty feet or more. The leaves are alternate and bipinnate. The yellow flowers are arranged in globose heads and the fruit is an oblong pod. The wood of the tree is very hard and resistant to insects. The bark yields a gum that flows naturally as a thick and frothy liquid which turns into spheroidal tears up to 32 mm in diameter. Acacia was originally thought to be composed of arabinose, galactose, rhamnose and glycuronic acid. The acacia is native of northern Africa, Egypt and Middle-Eastern countries.

Properties of the acacia tree: demulcent, mucilaginous, astringent, excipient, emulsifier.

Part of the tree used: juice or gum

Some uses of the acacia are: acacia is used to form a protective coating over inflamed respiratory, alimentary and urinary tracts. In medicines it is used as an excipient for tablets. Acacia is used on burns to prevent blistering and to help heal the tissue. Enemas of acacia solution are used to cleanse the intestinal tract. When fever is present treatment with a cold acacia brings about a reduction in excessive body temperature.



ASH

Referred to in the Bible in: Isa. 44:14 here it states the planting of an ash.

Botanical name: *Fraxinus excelsior*, *Fraxinus americana*, *Fraxinum ornus*

Hebrew name: oren

Latin name *fraxinus*

Common names: Common ash, European ash, weeping ash, English ash

Tree Description: this timber tree may grow to heights of hundred feet or more. The light ashy gray bark is tough and furrowed. The hardy trees leaves are eight to twelve inches long, with seven to eleven sessile, toothed leaflets either pale or downing beneath. The flowers are small white clusters coming in panicles from the axils of the preceding year's leaves. The seeds occurring in clusters also are winged, flat, long and narrow, about three inches long. This tree thrives best in moist soils. It is a native of North America, Europe, Asia, Mexico and Java. The tree yields manna.

Properties of the ash tree: antiperiodic, laxative, purgative and stimulant.

Part of the tree used: bark, leaves, seeds.

Some uses of the ash tree are: the bark and leaves have been used in folk remedies for a laxative. In cases of gout, arthritis, dropsy and rheumatic pain, a tea is made from the leaves. The ash has also been regarded as a quinine substitute. The bark has been used into poultices for sores. The seeds are known to increase the appetite and urine flow.



BAY TREE

Referred to in the Bible in: Pss. 37:35 here a wicked person is compared with this indigenous plant.

Botanical name: *Laurus nobilis*.

Hebrew name: ezrah, “native”

Latin name: baca.

English name: baye

French name: baie

Common names: bay laurel, California laurel, bay tree, black myrtle, cajeput, Grecian laurel, Indian bay, Roman laurel, sweet bay, true laurel, mountain laurel.

Tree Description: an evergreen bush or tree that has been known to grow to heights of up to seventy-five feet. If the tree is kept pruned by cutting the side growth and suckers, it will grow slowly and seldom exceed ten feet in height. The leaves are a lovely shade of green. The alternate simple, stiff, waxy and spicy leaves are three and a half inches long, with entire margins but sometimes lobed. Oil of sweet bay is obtained from the leaves. The chemical constituents of this oil are eucalyptol, eugenol, methylchavicol, pinene and also esters of isobutyric and isovaleric acids. The regular inconspicuous greenish-yellow flowers with a calyx of four to six petals is imbricated in two ranks in the bud and free from the ovary. Flowering in April and May and developing later into a dark purple berry or drupe. This fruit is about half to one inch long. The bay tree is found both wild and cultivated around the Mediterranean sea. The seeds of the bay tree are about the size of a pear and dark brown in color. The bay tree can be very frustrating for anyone trying to grow one from seed, for they are hard to maintain as house plants; but they do well in ordinary garden soil in a sunny position.

Properties of the bay tree: astringent, carminative, digestive, stomachic and aromatic.

Part of the tree used: leaves, fruit.

Some uses of the bay tree are: in the past a tea made of the leaves was used in the treatment of headaches and stomach troubles. The bay leaves can be used to repel biting insects. A decoction of the fruit made into a paste with honey can be applied to the chest for colds. The leaves have been employed to complement the flavor of most meats and vegetables. A pleasant tonic made from the leaves or fruit will give tone and strength to the digestive organs. It will also expel wind from the stomach and bowels and is good for cramps.



CEDAR

Referred to in the Bible in: II Sam. 5:11 wood used to build the house of David. I Kings 5:10 the tree given to Solomon by Hiram. Pss. 92:12 symbolizing might and grandeur. Lev. 14:4, 6, 49, 52 and Num. 19:6 burned by the priesthood in purification rites.

Botanical name: Cypressaceae, *Thuja occidentalis*.

Hebrew name: crez, arze.

Latin name: *cedrus*.

English name: cedre.

Greek name: kedros.

Common names: American arborvitae, arborvitae, Atlantic red cedar, cedar, eastern arborvitae, easter white cedar, feather leaf cedar, hack-matack, Michigan white cedar, New Brunswick cedar, swamp cedar, thuja, tree of life, western arborvitae, western thuja, white cedar, yellow cedar and Lebanon cedar.

Tree Description: this member of the pine family can grow to heights of sixty to hundred feet with a trunk width of six to nine feet. The leafy branches are horizontal with the ends turned up. The needles or leaves are a bright green color on top and a yellow-green on the underside. Oil of cedar leaf is obtained by steam distillation from the fresh leaves of the white cedar. The chemical constituents of this oil are alsp-pinene, dextro (rotatory) -thujone, and alpha- fenchone, **CAUTION: ingestion of large quantities causes hypotension, bradycardia, tachypnea, convulsions and death.** The brownish-yellow cones are about half inch long and the seeds are winged. The fragrant wood is a reddish color. The oil of cedar wood's chemical constituents are chiefly cedrene (a terpene) and cedral (cedar camphor). Cedar trees that are in the Lebanon forest are over a thousand years old.

Properties of the cedar tree: Sudorific, anti-rhymatics, febrifuge and diuretic.

Part of the tree used: leafy young twigs, cones

Some uses of the cedar tree are: The essential oil, when removed from the leafy branchlets, can be used as an insecticide. A decoction made from the fresh leaves can be used in the treatment of coughs and fevers. The cones can be ground into a powder and when mixed with milk and fern leaves can be applied to painful joints in the treatment of rheumatism. A tea of the leaves can also be use to help increased perspiration and urine flow.



CYPRESS

Referred to in the Bible in: Isa. 44:14 here the carpenter makes use of this strong tree.

Botanical name: Cupressus, Coniferous Cupressaceae.

Hebrew name: tirza, “hom-tree”.

Latin name: cypressus.

English name: cipres.

Greek name: kuparizzos.

Common names: Oriental cypress, Monterey cypress, gopher wood, Arizona cypress, smooth cypress.

Tree Description: an evergreen tree reaching thirty to sixty feet in height, with an erect trunk. Its outer bark is thin, dark-brownish, with spreading branches that have tiny scale-like leaves. The triangular leaves are closely appressed to the branches and generally in opposite arrangement. Oil of cypress is the volatile oil obtained from leaves and young branches. The oil's chemical constituents are furfural, dextro (rotatory) - pinene, dextro (rotatory) - camphene, cymene, dextro (rotatory) - terpineol, levo (rotatory) - cadinene, sylvestrene and cypress camphor. The seeds are winged, and the cones are small and globular. The fruit ripens some time in the beginning of winter. It is indigenous to the Mediterranean area, also growing well in southern Arizona and New Mexico.

Properties of the cypress tree: astringent, diuretic, demulcent and carminative.

Part of the tree used: cones, fruit, leaves, stems.

Some uses of the cypress tree are: a tea made from the cones will stop bleeding of all kinds, internally as well as externally. The pounded leaves can be made into a poultice to treat ringworm, tumors and ulcers. The baked stems were employed for the treatment of damaged skin and burns in the past. The fruit will help ease stomach and bowel gases.



FIR

Referred to in the Bible in: I Kings 5:8, 10 wood used in Solomon's temple.
II Sam. 6:5 used to make musical instruments.

Botanical name: *Abies balsamea*.

Hebrew name: beros, bertim.

Latin name: *abies*.

English name: furh.

Common names: balm of Gilead, balm of Gilead fir, balsam, blister pine, blister, Canada balsam, eastern fir, fir balsam, fir pine, fir tree, sapin, silver pine, single spruce, balsam fir.

Tree Description: this highly aromatic evergreen tree is able to reach heights

of up to eighty feet. The tree has a smooth, thin, brown bark with small blisters of yellow resin. The twigs grow perpendicular to its branches. The flat dark green needles are notched at the top and one inch long. Oil of fir is the volatile oil obtained from the needles and young twigs. The chemical constituents of this oil are levo (rotatory)- pinene, levo (rotatory)-limonene and levo (rotatory)-bornylacetate. Growing best in moist woods in cooler climates, it is native from Newfoundland to Minnesota and West Virginia.

Properties of the fir tree: antiseptic, astringent, vulnerary, demulcent and aromatic.

Part of the tree used: resin, inner bark, leaves twigs.

Some uses of the fir tree are: the leaves and twigs have been employed in perfumes and household sprays. The resins can be applied to burns, sores and cuts. The inner bark can be made into a tea to treat chest pains. The leaves made into a tea can be used as an inhalant.



HYSSOP

Referred to in the Bible in: Exod. 12:22 the branches of the hyssop were used to dip the blood of the lamb on to the lintels of the Hebrew homes. Lev. 14:4, 6, 49, 51, 52 and Pss. 51: 7 here it is used in purification rites for diseases, plagues and sin. Num. 19:6, 18 for the red heifer sacrifice. John 19: 29 used with vinegar that was given to Jesus after he was nailed to the cross.

Botanical name: *Hyssopus officinalis*.

Hebrew name: ezob.

Latin name: *hyssopus*.

English name: hysope.

French name: ysope.

Greek name: hussopos.

Common name: hyssop

Tree Description: a semi-woody perennial plant growing from eight inches to two feet in height. This bushy evergreen-like tree has long protruding stems that are rather square and woody at the base, with rodlike branches. Its small dark-green, pointed, pungent leaves are opposite, sessile, linear and lanceolate. The tubular calyx is fifteen-nerved, equally five-toothed and naked in the throat. The corolla is larger, two cleft with middle lobe of the lower lip. The small clusters of red, blue or white flowers are crowded in a terminal spike blooming in the summer. The seeds are long, oval and dark brown to black in color. The oil of hyssop's chemical constituents are about fifty percent pinene, with small quantities of aromatic alcohol and probably also sesquiterpenes. Hyssop grows best in dry, sunny locations and in soil that has a good calcium reserve. It is native to various parts of Europe and the Middle East and also grown in gardens in the United States.

Properties of the hyssop tree: astringent, carminative, emmenagogue, expectorant, stimulant, stomachic, tonic, aromatic, diaphoretic, vermifuge, sudorific, febrifuge, anthelmintic and aperient.

Part of the tree used : the entire tree, but leaves have been most commonly used.

Some of the uses of the hyssop are: acts as a general cleanser for the entire system. The leaves can be made into a tea that helps in the treatment of poor digestion, mucous congestion, a wash for burns, and skin irritation and is an excellent gargle for sore throats. Crush the leaves and apply directly to wounds to stop infection. The tea will help start perspiration, relieve the kidneys and bladder, and is slightly laxative. It is an excellent blood regulator, helping to increase circulation. The tea used to bathe in will kill body lice and is good for insect bites. The leaves given an unusual tang to green salads and vegetable soups.



JUNIPER

Referred to in the Bible in: I Kings 19:5 the tree Elijah slept under. Pss. 120:4 its burning qualities here explains the “coals of juniper”.

Botanical name: *Juniperus communis*.

Latin name: *juniperus*.

English name: junipere

Chines name: kuei

German name: wacholderbeeren

French name: baies de genievre

Spanish name: bayas de enebro

Common names: horse savin berries, juniper bush, juniper bark, dwarf juniper, gorst, ground juniper, hack-matack, prostrate juniper, scent cedar, scrub juniper.

Tree Description: this hardy evergreen may reach heights anywhere from six

feet to thirty feet, growing erect. The leaves are mostly gray-green or blue-green, thin, straight, long, needle-shaped with sharp stiff points and nearly at right angles to the branchlets. The seed-bearing cones are ovoid and each cone is divided into three fleshy scales, each scale containing one rudimentary seed. The fruit is dark purple about a quarter inch in diameter, fleshy and berry-like with a sweet aromatic, pungent turpentine flavor. The juniper berry's chemical constituents are volatile oil, juniperin, resin, proteins, formic, acetic and malic acids. The oil of juniper is obtained from the dried ripe berries. The oil's chemical constituents are pinene, cadinene,, camphene, terpineol, and juniper camphor. The juniper grows well in dry woods where there is rich soil and partially shaded areas. They are hardy even in the coldest areas. Juniper has been reported to be growing hardy in North America, Canada, Asia, Europe, North Africa and China.

Properties of juniper tree: stimulant, diuretic, anodyne, emmenagogue, carminative, stomachic and antiseptic.

Part of the tree used: the fruit in season, leaves and wood.

Some uses of the juniper are: **NOTE: that this herb is not to be taken when there is any inflammation of the nerves, such as the condition known as neuritis or in cases of nephritis.** The Indians made a tea using the juniper berries to control diabetes. The tea can be used to help heal the kidneys and is also good for indigestion. Used as a spray in sick rooms, the solution acts as a disinfectant, killing all harmful bacteria and fungi. Chewing the berries will disinfect the mouth and throat. Bathing the skin with juniper solution has been very beneficial in cases of skin itching, insect bites and stings, snake bites, scabs and even leprosy. In some areas of the far East the dry berries have been burned as a fragrant incense. A poultice made from the needles and twigs can be used to treat wounds. **An important note here is that junipers are very direct in their effect so the doses should always be kept very small, and the cedar oil from the juniper wood must never be used internally.**



MALLOW

Referred to in the Bible in: Job 30:4 referred to as a meat eaten by hungry shepherds when their provisions were low.

Botanical name: *Malva sylvestris*.

Hebrew name: malluah

Latin name: malva

English name: malwe

German name: malva

French name: mauve

Spanish name: malva real

Common names: high mallow, cheese flower, common mallow, country mallow.

Tree Description: the mallow ranges in as many as thirty species that are annuals, biennials and even perennials. This shrub growing to about four feet high is known by the monadelphous numerous stamens, their tube connected with the base of the petals, kidney-shaped one celled anthers, the calyx valvate and the corolla convolute in the bud. The alternate palmately-veined leaves are often five to seven-lobed, green, soft and downy. The flowers are large numerous pink or purple with five narrow petals and appear from May to October. The ovaries are numerous and separate, crowded in a head, in the fruit becoming little one-seeded pods or akenes. The whole plant, especially the white root, is mucilaginous with a very tough fibrous bark. The chemical constituents of the mallow are pectin, tannin, coloring and matter. The mallow grows abundantly in fields, waysides and waste places. It is native to Europe, North Africa, and several species have been naturalized in North America.

Properties of the mallow tree: demulcent, emollient, astringent and expectorant.

Part of the tree used: the herb

Some uses of the mallow tree are: the minced leaves can be used as a poultice and fomentation externally to relieve inflammation and pain. An infusion of the flowers is used in the treatment of chest complaints. For cases of very acid urine, eating the leaves is recommended. The Indians used the leaves, stems and flowers steeped and made into a poultice for running sores, boils and swelling. A tea made from the herb helps in the treatment of respiratory ailments. A warm enema made from the leaves is helpful for treating intestinal inflammation.



MYRTLE

Referred to in the Bible in: Neh. 8:15 and Isa. 41:19, 55:13 mentioned as a sign from the Lord of promise and bounty.

Botanical name: *Myrtus communis*.

Hebrew name: hadas.

Latin name: *myrtus*.

English name: mirtille.

Greek name: murtos.

Common names: bayberry, wax myrtle, candleberry, waxberry, southern wax myrtle, American vegetable tallow, American vegetable wax, bayberry tallow, bearing myrica, candleberry myrtle, cirier, myrtle tree, pucker bush, tallow shrub.

Tree Description: this popular evergreen perennial shrub has been known to

grow up to thirty feet in height. The simple entire aromatic green leaves punctate with pellucid or resinous dots, and taper at both ends. Oil of myrtle is obtained from the leaves. The chemical constituents of this oil are dextro (rotatory)- pinene, eucalyptol, dipentene and camphor. The perfect small fragrant white or rose tinged flowers are born in catkins, blooming in May. The spicy edible fruits are grayish to black berries containing several kidney-shaped seeds. Myrtle is found growing chiefly in woods and fields from Canada to Florida.

Properties of the myrtle tree: astringent

Part of the tree used: bark of the root and wax from the berries, leaves.

Some of the uses of the myrtle are: the dried powdered bark has been used in the treatment of diarrhea and nasal congestion. Applied as a poultice on cuts and bruises. The leaves have been employed in the making of a throat gargle. A tea made from boiling the leaves and stems can be used to treat fevers and eliminate intestinal worms.



OAK

Referred to in the Bible in: Amos 2:9 symbolized might and grandeur. Isa. 6:13 long life, Isa. 44:14 graven images. II Sam. 18:9, 10 Absalom was caught by his hair in the fork of an oak limb.

Botanical name: quercus alba, Quercus rubra, Quercus tinctoria.

Hebrew name: alla, allon, ela.

Latin name: Quercus.

Chinese name: hu.

Russian name: dub.

German name: eichnrinde.

French name: ecorce de chene

Spanish name: encina roble.

Common names: tanens bark, common white oak, red oak, black oak.

Tree Description: this sturdy large hardwood tree has been known to reach a height of up to 150 feet, consisting of at least eighty species having trunks ranging in diameter up to eight feet. The bright green, smooth leaves are sinuately prinnatifid and deciduous. It flowers in the spring, and later develops into the shallow rough cut of the fruit known as acorn. This edible seed is about one inch long and ripens in autumn. The oak, a forest tree, grows hardy in North America, China and Russia.

Properties of the oak tree: astringent, tonic, haemostatic and antiseptic.

Part of the tree used: bark, acorn.

Some uses of the oak tree are: the bark can be used in the treatment of diarrhea, chronic mucous discharges and passive hemorrhages. A stiz bath made from oak bark tea acts like a resin in a strengthening way on the outer vessels of a prolapsed rectum. The Indians used the mold off acorns and applied it to boils, sores and other inflammations. A coffee made from the acorns is used on children's skin rashes. A solution of the leaves can be used to stop falling hair and dandruff. The solution can also be used cold as an enema or douche.



WILLOW

Referred to in the Bible in: Job 40:22, Isa. 15:7, 44:4 and Ezek. 17:5 referred to as a tree growing near water.

Botanical name: *Salix alba*, *Salix nigra*.

Hebrew name: arabim, sapsaps.

Latin name: *salix*.

English name: wilowe.

Common names: black willow, white willow, pussy willow, catkin willow, common willow, European white willow, European willow, Huntington willow, American willow, salicin willow, withe, withy, crack willow.

Tree Description: the shrubs and trees of this group can grow to heights of from fifteen to seventy-five feet. Over 300 species ranging from straight upright forms to spreading weeping branches. Its alternate, lanceolate serrate leaves are silky on both sides, grayish in color and taper pointed. The narrow leaves are one to four inches long. Male and female flowers occur on separate trees, appearing in catkins on leafy stalks, in the spring. The willow grows well on low river-banks, stream banks, low woods, roadsides and rich shores. This deciduous tree is found in North Africa, Central Asia, North America and Europe.

Properties of the willow tree: aphrodisiac, tonic, astringent, detergent, antiperiodic, anodyne, antiseptic, diaphoretic, diuretic and febrifuge.

Part of the tree used: bark, leaves.

Some of the uses of the willow are: the Indians applied some of the dry powdered bark to the navels of newborn to speed up the healing process. The bark contains salicin, which is a prime ingredient in aspirin. A tea made from the bark and leaves will reduce fevers. The bark can be employed in the treatment of indigestion, diarrhea, ulcer and gangrene.

SUMMARY OF TIMBER TREES FOUND IN THE BIBLE

Timber trees have always been known for their strength and durability. Even in biblical times they were used frequently by the carpenters. In this section of the book I have tried to present another helpful function of those great wooden giants.

GLOSSARY OF DEFINITIONS

ANODYNE: an agent used for soothing or relieving pain

ASTRINGENT: an agent that produces contraction of organic tissues or the arrest of a discharge.

APERIENT: a mild stimulant for the bowels.

ANTISEPTIC: preventing or counteracting decay or the formation of pus.

ANTHELMINTIC: a remedy expelling intestinal worms.

ANTIPERIODIC: preventing the recurrence of periodic disturbances and irregularities.

AROMATIC: a spicy stimulant.

CARMINATIVE: an agent that expels wind from the bowels.

CATHARTIC: producing evacuation from the bowels.

DEPURATIVE: an agent used for aiding a cleansing process to purify the blood.

DIURETIC: an agent used to increase the flow of urine.

DEMULCENT: an agent that is soothing and bland, used to relieve internal inflammations.

DIAPHORETIC: an agent that helps produce perspiration.

DETERGENT: an agent that is cleansing to wounds.

EMMENAGOGUE: an agent that encourages the menstrual flow.

EMOLLIENT: an agent that softens tissues and has a soothing effect.

EMULSIFIER: an agent used to make an emulsion.

EXCIPIENT: an inert agent that is used as a diluent.

EXPECTORANT: promoting mucuous excretions from the air passages.

FEBRIFUGE: an agent that abates and reduces fevers.

HAEMOSTATIC: remedies which arrest hemorrhages.

LAXATIVE: producing a gentle action of the bowels.

MUCILAGINOUS: emits a soothing quality to inflamed parts.

OPHTHALMICUM: a remedy for disease of the eye.

PURGATIVE: an agent that helps produce watery evacuations.

SOPORIFIC: an agent that induces sleep.

SUDORIFIC: an agent that produces copious perspiration.

STIMULANT: an agent that helps increase functional activity.

STOMACHIC: an agent that strengthens and gives tone to the stomach.

TONIC: an agent that produces an increase in the tone of the system.

TRANQUILIZER: calming agent.

VERMIFUGE: an agent expelling intestinal worms.

VULNERARY: an agent favoring the healing of wounds and cuts.