



Trying to Give Ease: Tommie Bass and the Story of Herbal Medicine

John K. Crellin, Jane Philpott

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In *Trying to Give Ease*, John K. Crellin and Jane Philpott focus on the life, practices, and accumulated knowledge of the late A. L. "Tommie" Bass, a widely known and admired Appalachian herbalist. Informed by insights drawn from several disciplines, particularly anthropology, their broad historical analyses of self-care practices and herbal remedies draw heavily on recorded interviews with Bass and his patients. Special attention is given to local resources that shape alternative medicine, the backgrounds of herbal practitioners, and the cultural currency of medical concepts once central to professional medicine and now less common. The authors report on both the physical effects of herbal remedies and the psychological factors that have an impact on their success. *Trying to Give Ease* is a companion to *A Reference Guide to Medicinal Plants*, also published by Duke University Press.

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