

Mary Maude "Grandma" Supernaw
Interviewed by: Bill Supernaw, Jr.
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Transcribed by: Rise Supernaw Proctor and Billy Supernaw Proctor
Subject: Cold Water

Cold Water

Grandma: Quapaw use to do, uh, make young people go swimming as soon as it, uh, water get cold, uh, about October, November, I guess and then they quit. And so, most of them, they young boys go, you know, they, they need it, war, so he can runs, run fast, so he can get away. So, that's what they claim.

And so, and uh, that's where, uh, cold water all right for rheumatism too so, my mother, uh, she, she had, uh, knee hurting and uh, go in the morning, and uh, stand in the water a while and uh, they, they make me go swimming, and uh, and not too long go, but, oh, not very long, cause, uh, water get too cold and they quit and my mother quit and then I quit too. So, uh, that help me whole lots, I guess, I, I never, I don't have any rheumatism at all, this, old as I am now but I just keep going, and uh, that's what they claim.