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SOME NOTES ON THE COMMON (GREATER) COUCAL (*CENTROPUS SINENSIS*)**J.E. Duckett****MEDICINAL VALUE**

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by

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"The Bubok is a very clever bird, knows how to heal broken bones in itself and its young by some unknown process. To benefit from this knowledge of the bird one must find its nest and young. The young (there are usually two) must then be tied into the nest or the mother bird will remove them. Having done this you must break the legs of the young birds.

On returning the next day you will find that the parent has, by some miraculous method, repaired the broken bones. You then break the legs again, which they will again repair and you do this for a total of three times. After the healing of the third break the nestlings should be taken and all be boiled for a period along with coconut oil. After the boiling the pot should be allowed to cool and the oil then be skimmed off and bottled.

The resulting Minyak Bubok will, when applied to the affected area be very effective in helping to mend any bone damage".

Elderly China-born Malaysians tell me that this bird is well known in Southern China and its bone-healing properties are equally well known in rural medicine there. It would be interesting to determine where was the origin of its use in medicine as it appears to be widespread in S.E. Asia. It could be that the technique of producing Minyak Bubok spread along with the spread of the