

# RURAL REMEDIES

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When the nearest doctor lived many miles away folks were forced to rely on their own knowledge to treat a wide variety of ailments. Most families had a "Doctor Book" of some fashion, often handwritten, that contained instructions for home treatment. The treatments and medications were handed down from family to family.

Here are some of the choice home remedies from out of our past. They are being printed for interest, not use.

**Arthritis:** Take a teaspoon of chopped garlic twice a day with water for relief from the pain and swelling of arthritis.

**Blister:** Wash with warm water and anoint with tallow or candle grease.

**Chapped hands and lips:** Apply castor oil or equal parts of glycerin and lemon juice often to area. Rubbing hands regularly in sheep's wool will also work.

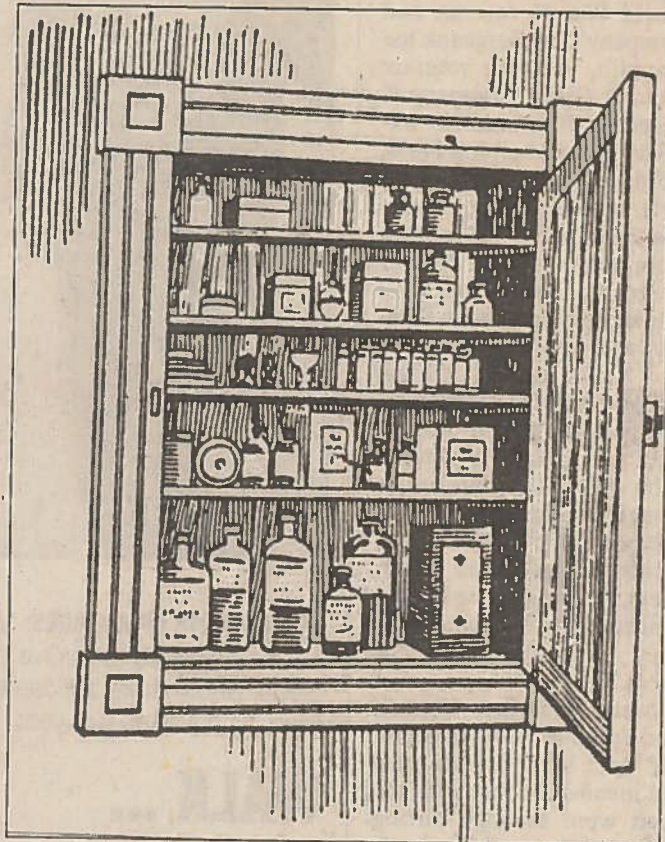
**Colds:** Mix and drink a nixture of cinnamon, sage and bay leaves, and add a little lemon juice. Drink warm. Drink juice of citrus fruits often.

**Constipation:** Eat freely of reserves, drink plenty of water; eat garlic.

**Cuts and scratches:** Rub with a sliced clove of garlic or apply raw honey.

**Diarrhea:** Brown a little over the fire, add two teaspoons of vinegar and one teaspoon of salt, mix and drink. Mixing a tablespoon of warm vinegar and a teaspoonful of salt will cure most severe cases. A hot drink of ginger tea is often good. Repeat any of the above every few hours.

**Headache:** Inhale fumes of



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cider vinegar into a paste and apply with a cloth wet in vinegar.

**Toothache:** Mix warm vinegar and salt, hold in mouth until pain ceases. For cavities, apply cotton doused with pepper and garlic.

**Warts:** The juice from milkweed or castor oil will take away warts when applied regularly.

boiling vinegar.

**Hiccups:** Eat a tablespoonful of peanut butter.

**Insect bites:** Apply common mud, a slice of onion, garlic juice, lemon juice, baking soda, tobacco or honey.

**Liver ailments:** Mix pure olive oil and lemon juice in warm water and drink once each day.

**Nervousness:** Chew snakeroot or drink a tea made from dandelion leaf or peppermint.

**Ringworms:** The juice from a green walnut hull drives out ringworms.

**Scalds:** Relieve instantly by using common baking soda applied thickly to wet rags and placed on scalded area. If baking soda is not available, flour may be used.

**Sleeplessness:** Drink a glass of warm milk; or mix equal parts of apple cider

vinegar and honey, take two teaspoons each hour.

**Sore throat:** Apply fat bacon or pork to outside of throat and hold in place by tying a rag around it. Keep in place until soreness is gone. Hold small piece of garlic in mouth for several minutes, several times during the day.

**Spasm of muscles, cramps:** Eat two teaspoons of honey with each meal.

**Sprains:** Mix sea salt and