

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 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.

Blisters: Boil the bark from an oak tree in a small amount of water and apply to blisters.

Bruises: 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 mixture of cinnamon, sage and bay leaves, and add a little lemon juice. Drink

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warm. Drink juice of citrus fruits often.

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

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

Diarrhea: Brown a little flour over the fire, add two teaspoons of vinegar and one teaspoon of salt, mix and drink. Mixing a tablespoon of warm vinegar and a teaspoon 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 boiling vinegar.

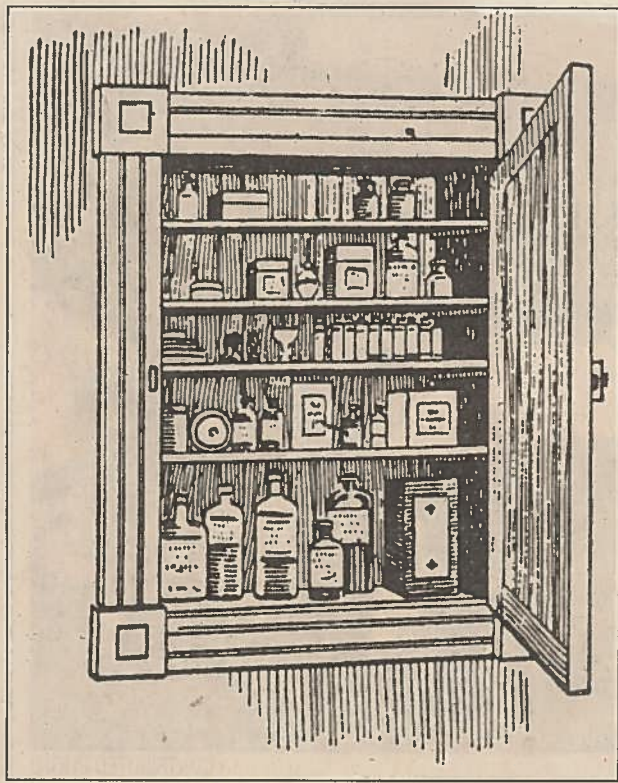
Hiccups: Eat a tablespoon of peanut butter.

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 daily.

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

Ringworm: The juice from a green walnut hull



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drives out ringworm.

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, and take two teaspoonfuls each hour.

Sore throat: Apply fat bacon or pork to the outside of the throat and hold in place by tying a rag around it. Keep it in place until the soreness is gone. Hold a small piece of garlic

in your mouth for several minutes, several times during the day.

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

Sprains: Mix sea salt and cider vinegar into a paste and apply with a cloth wet in vinegar.

Toothache: Mix warm vinegar and salt, and hold in your mouth until the pain ceases. For cavities, plug it with cotton doused with pepper and garlic.

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