

MICKEY LEWIS
5-7:30 Mondays
Folk Med. 462

Folk Beliefs for Colds & Flu

Mickey Lewis

The person i obtained this knowledge from is Mrs. Emma D. Frances. Mrs. Emma D is 69 years old (july 1916) and is the daughter of a mid-wife from Barren Co. Kentucky. As for her education, she attended the Rocky Hill grade school. This grade school was for black kids only. The grades this school has are grades 1-8. Most of the kidssfrom this school (including herself) live or has lived in the Barren Co. area all their life.

Mrs. Emma D is one of the first black avon ladies in the area of barren co. She also attends the Rocky Hill Baptist Church where she has been a member for 40 plus years. Mrs. Emma D reported to me that as to date she has only been sick with a cold or flu twice. She states "These beliefs are very much real to me"

BELIEFS:

1. Rub goose grease on the body to cure colds. (BR 1126)
2. Drink cast oil and just a tab of sugar to cure colds.
3. Drink whiskey and rock candy mixed to cure a cold. (BR 1220)
4. Drink whiskey and lemon with sugar and honey to cure a cold.
5. Rub pole cat grease on the chest area and back to cure a cold. (BR 1126)
6. Drink Hickory bark tea for colds. (EBR 1104)
7. Drink Kuckerberry tea for colds. (BR 1104)
8. Drink Broom sage tea for colds. (BR 1120)
9. Take mullen syrup to cure colds. (BR 1110)
10. Eat onion stew to cure a cold. (BR 1113)
11. Use aloe to cure any form of cold.
12. Drink black draught cough syrup.
13. Take medicated salve(orally) to cure a cold.
14. Drink a lot of fluids. (BR 1100)

15. Rub soltis on your chest, then warm a fanel rag and wrap it around the person, then cover up to cure a cold.
16. Drink catnip tea to cure a cold. (BR 1106)
17. Take simple asprin to cure a cold.