

Folk Medical Beliefs Concerning Colds or the Flu

A.B. is an eighty-five year old, Barren County man. He had an eighth grade education and is a retired tobacco farmer. He has lived and worked in Barren County for his entire life. He is of German descent, and he is not particularly religious.

1. For fever or colds drink sage or ginger tea. (Br.#1448, Br.#1427, See Brown#1107)

1107 "Hot ginger tea, with no water after it, taken before retiring is fine for colds"

2. It is good to sweat out a fever with a lot of blankets and heat. (Br.#1457)

3. Sponge a person with vinegar if they have a fever. (See Br #1460)

1460 "Bathe a person in vinegar to cure a fever"

4. A very cold winter is good for health. (See Br.#658)

658 "A cold winter is healthy; snow takes the germs form the air"

J.O. is a nineteen year old female from Mulenburg County. She is a sophomore economics student at W.K.U. She has lived in Mulenburg county all of her life.

1. To prevent a cold always dress warmly. (See Br.#1138)

1138 "Wear red flannel underclothes to keep of colds in the winter."

2. To prevent a cold do not wash your hair at night or go outside with a wet head.

3. Drink a lot of fluids and eat heartily when you have a cold. (See Br.#1100)

"Br. 1100" To cure a cold, eat a great deal, and drink a great deal of water."

4. When you have a cold, soak in a warm bath to fight off the chills.

5. For the sore throat that often accompanies a cold, gargle with warm salt water.

6. For the upset stomach that goes with the flu eat soda crackers and drink light colored colas.

J.J. is a nineteen year old female from Louisville. She is a sophomore at W.K.U. She was born in West Virginia and is a non-practicing catholic.

1. For the upset stomach that accompanies the flu eat dry toast and drink warm tea.

2. Drink orange juice and eat chicken soup when you have a cold.

3. Take vitamin C to prevent a cold.