

SAMPLE FOLK BELIEFS

Assignment #2

Folk Medicine

By: Joe Bowers

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Avonell Newman, age 60.

Mrs. Newman is a resident of Beech Creek, Kentucky, where she was born and raised. She is a housewife and a retired waitress. She has been married 41 years and attends the Methodist Church.

- 1) Hot lemonade is good for the flu.
- 2) Hot tea is good for the flu or a cold.

Brown, #1107 "Hot ginger tea (with no water after it),
taken just before retiring, is fine for colds.

- 3) Sodie (baking soda) and aspirin help you to feel better when you have a cold or the flu.
- 4) Cod liver oil (a teaspoon a day) keeps you from getting sick with things like the flu.

Marshal Yost Newman, age 66.

Mr. Newman is a resident of Beech Creek, Kentucky. He was born and raised in Muhlenberg County where he has worked as a coal miner for most of his life. He has been married for 41 years.

- 1) Don't go outside without a hat when it is cold; you loose heat out of the top of your head and that makes you more likely to catch the flu.
- 2) If you go outside in the cold when you're sweaty, you'll catch the flu.
- 3) If you drink 2 or 3 glasses of orange juice every day, you won't catch the flu.
- 4) Take an aspirin every day and it will help you keep from getting a cold.

1-3
Macy Morris, age 72.

Mrs. Morris is a resident of Jackson Co., Kentucky. She is a housewife and has been married most of her life. Mrs. Morris is a devote Baptist.

- 1) If you drink orange juice every day and stay bundled up when its cold, you won't catch the flu.
- 2) Stay in bed, drink lots of fluids like milk and orange juice.

Ethel Gray, age 84.

Mrs. Gray is a resident of Jackson Co., Kentucky. She is a housewife and also is a very devote Holiness.

- 1) Starve a cold, feed a fever.

Brown, #1101 states the opposite, "Feed a cold and starve a fever."

- 2) Give orange juice and other liquids, but no food, for a cold.
- 3) If you have chills, put a cold compress of your head.
- 4) If you have fever, bundle up and sweat it off.

Patty Jo Gray, age 51.

Mrs. Gray was born in Jackson Co., but she now lives in London, Kentucky. She is Pentecostal and has been married since she was 14.

- 1) Milk is bad for you when you have a cold because it might make you throw up. Orange juice is good for you though.

Naowarat Poolasap, age 34.

Ms. Poolasap is a chemistry graduate student from Bangkok, Thailand. She is not married and is a devote Buddhist.

- 1) When you have the flu, get lots of sleep for a day or so and take Decolgen (an over-the-counter drug from Thailand that contains Vitamin C).
- 2) Bundle up well when its cold to keep from getting a cold.
- 3) You can catch a cold from another person with a cold that sneezes or coughs on you.
- 4) Vitamin C helps to keep you from getting a cold, either taken in tablets or by drinking orange juice.
- 5) Eat and drink alot when you have a cold; it builds up your strength.

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