

"Beliefs on the Flu and How to Treat It"

The following remedies and causes for the Flu were given to me by Mr. David W. McLellan. He is 74 yrs. of age and was raised on a farm in Warren County Kentucky. He has a degree in Civil Engineering from the University of Kentucky. The majority of his life he spent working in road construction or in the family business (McLellan Stone Co.). He is the second generation of Scotch Irish decent to be born in the U.S.. He is of a strong Southern Baptist background.

The following is the list he gave to me:

1. Calamel was given anytime any one became no matter what. It was followed with Casterol. This was used to get all the impurities out of your Liver and finally out of your system.

2. Sugar soaked in Apple Brandy was given to take care of a cold and cold like symptoms.

3. An Asfetida bag was worn around your neck to keep from catching the Flu from sick neighbors or siblings.

(1745) Brown's stated the following; "To keep from catching influenza, wear a bag of Asfetida and Sulfur around your neck."

4. To break up congestion due to cold or Flu Vic-Sav was rubbed on the chest and hot flannel clothes put over it.

5. Aspirin was given to help break the fever due to Flu or other reasons.

6. A shot of Whiskey with honey was given for aches and pains of any kind.

7. For an upset stomach or diarrhea a diet consisting of chicken broth, tea, and toast was given; if lemonade was available it was given also.

8. Steam from boiling water was inhaled to help break up congestion and to aid breathing.

9. A drop of peppermint on sugar was given also to help settle an upset stomach due to Flu or other causes.

10. Many people believed (or still believe) if you went outside in your stocking feet in the dead of Winter you were sure to catch the Flu.

Ref: The Frank C. Brown Collection of North Carolina Folklore Vol.6