

Bombinate 3.2

REMEDIES

#SAVEOURSOUNDS

Hi there!

This weird small zine is about remedies and cures for various illnesses. Most of these come from a recording by Douglas Drummond in which he discusses the remedies he grew up with (Scotland's Record - Grannies' Remedies: 1917-20s | UNLS001/185 / MS.2230) but there is also material from a number of friends and strangers on the Internet.

For historical remedies I mostly looked at the English Recipe Books, 17th Century - 18th Century (Wellcome Library MS.8097) and Bald's Leechbook as translated in Kevin Crossley-Holland's 'The Anglo-Saxon World: An Anthology.'

Please enjoy my ramblings & excuse my handwriting.

Love from

Toby



xox



COLDS

The cure I remember most clearly was the famous hot lemon drink for a cold when you were a child -- piping hot and sweetened with two or three spoonful of sugar, and you know it always seemed to lift the cold. It gave you a good sweat.

This was a remedy we used in my house too, and seems to still be very common. All of my Internet FriendsTM had their own versions (often adding various whiskeys and brandies). Some friends said to add vinegar. Others said to eat raw garlic.

My former tutor and personal idol Dr. Malte Urban says to drink this with your feet wrapped in blankets. You can wrap the rest of your body too if necessary, just so long as your feet are wrapped up warm.

In Ireland, 7-Up (especially flat 7-Up) is the go-to cure for all diseases, but especially colds and stomach bugs. It was the only time we were allowed fizzy drinks in my house, so I definitely enjoyed being sick a little more than I should have.

ANYWAY. I don't know about all the different additions people make, but a study called The effects of a hot drink on nasal airflow and symptoms of common cold and flu has found that

a hot drink like honey and lemon or hot squash can provide 'immediate and sustained relief from symptoms of runny nose, cough, sneezing, sore throat, chilliness and tiredness,' while cold drinks like 7-up 'only provided relief from symptoms of cough, runny nose and sneezing.' I feel like even

Sanu, A. and [Eccles, Ronald](#) 2008. The effects of a hot drink on nasal airflow and symptoms of common cold and flu. *Rhinology* 46 (4), pp. 271-275.

relief from these 3 symptoms is pretty neat but science basically says cold drinks can go and do one so who am I to argue?

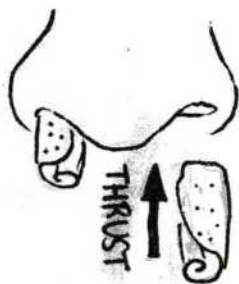
If none of these options work, the speaker on the recording has offered some alternatives. Probably the most scientifically accurate option is to...

Take an orange peel and pare the rind

very thinly. Roll it up inside

out and - to quote his words -

thrust it into each nostril.



Or your other options are:

incorrect: always feed everything

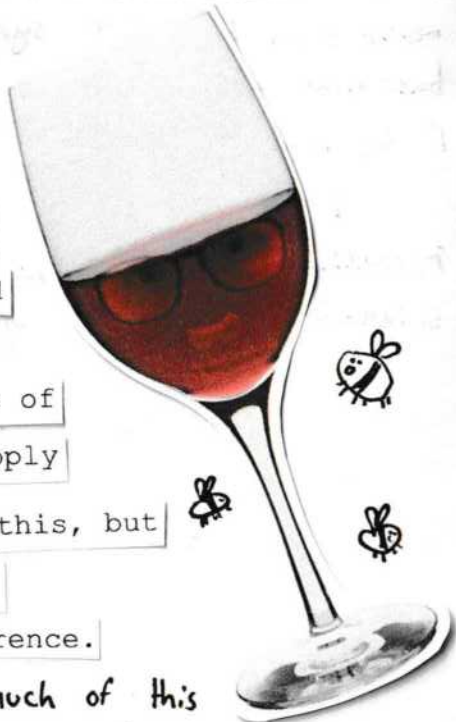
Cures for colds are almost as numerous as the stars in the sky, but the most popular pieces of advice used to be "feed a cold" or "sweat out a cold". No doubt you'll have remembered the old adage which ran about colds and fevers, feed a cold and starve a fever.

I remember an old [person] from Strathearn telling me that the best cure for a cold was bread and milk. You broke up the bread and mixed it up with butter and sugar, put it in a bowl, covering it with piping hot water. And then, we used to call this saps, and even to this day I love a bowl of saps - it must be the wean in me.

it looks like I've censored a swear here. I haven't, I just gave up trying to figure out the exact word (cops)

APPETITE

I often thought there must be something to stop this insatiable appetite, and the other day I read that John Lesley's cure for this "sin" was to dip small piece of bread into wine and apply it to the nostrils. Well, I tried this, but it made not a whit of difference.



The speaker doesn't seem to think much of this remedy, but there may be something to it! The bread is basically an edible sponge which may break down in your nose. The lifespan extension effects of resveratrol are conserved in the honey bee and may be driven by a mechanism related to caloric restriction. Which is gross, but the wine?

This study found bees ate less food when they were given a compound in red wine called *resveratrol*.

These bees stopped eating when they'd consumed enough to fill their energy needs, rather than gorging themselves on all food that was available.



○ The chemical also appears to have increased the bees' lifespans.

(I was unable to find a wine-drinker who could confirm or deny their Superpowers)



Rascón, Brenda et al. "The lifespan extension effects of resveratrol are conserved in the honey bee and may be driven by a mechanism related to caloric restriction" *Aging* vol. 4,7 (2012): 499-508.

hey kids

Are you having problems
with

SORE
THROAT??



you should try...

- * FINDING A WET CLOTH
 - * WRAPPING IT AROUND YOUR NECK
WITH THE SOCK FROM YOUR LEFT
FOOT
- and
- * SECURING IT WITH A LARGE SAFETY
PIN

YOUR FRIENDS WILL THINK THAT IT IS



300%
RAD

call 1-800-GIVESOCK

SORE THROAT.

When I had a sore throat my mother used to soak a cloth in cold water, wrap it around my neck with a sock held on with a great giant safety pin. [My friend] remembered this too, but pointed out - in all seriousness, mind you - that the sock had to be off the left foot.

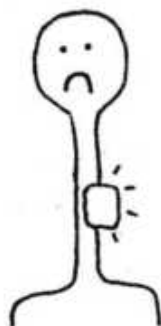


Fig 1. DAMP CLOTH



Fig 2. SOCK



Fig 3. GREAT GIANT SAFETY PIN

The binding of stockings around the neck, which appears to have been applied with the prevention of cold and sore throat, becomes a regular therapeutic device in their of warmth and protection. This is especially true in the case of sore throat, which will collected in Salt Lake between 1900 and 1964, four recommended the wearing of a one a sock "worn that day." A stocking worn on the left foot is prescribed in two items reveals lingering magical aspects of the practice. A woolen sock is indicated in an entry state the "dirty sock" treatment is reported from Randolph (1910), Murray (1935), (1960). Variations include a "stocking you have been wearing" (Honeyvill, 1902), and City, 1957, but referable to the early 1930's).

NETTLE STINGS



When we used to go out on our hikes into the country, it was a frequent occurrence to be stung by

nettles, and you immediately looked around for a dock leaf. And you rubbed it on the stinging places and - hey presto! - sting gone.

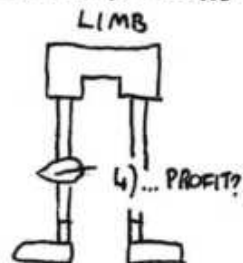
We definitely did this in my household (probably all culchies do), but you had to spit on the dock leaf for it to work and ideally would keep the dock leaf stuck to your leg with spit for as long as possible.

According to The Woodland Trust™, dock leaves could work for three possible

reasons:

- 1) their sap contains an antihistamine;
- 2) the sap evaporating might produce a cooling sensation;
- 3) big old Placebo.

1) FIND LEAF 2) APPLY SPIT 3) AFFIX TO AFFECTED LIMB



some intended magical efficacy in treatment, namely, as applications be taken up first. Of eight items "dirty sock" around the neck and (1957, 1958), a detail which from 1900. Elsewhere in the Bingham (1944), and Bountiful "a soiled wool sock" (Bear River

TRAPPED GAS

One common - I was about to say popular - complaint was wind. Many a time have I heard old buddies making such a noise as would waken the [devil?] himself. Many a time, too, the wind would not move, and other remedies would have to be tried. Now, the one I remember was baking soda - just a pinch in hot water. And if that didn't do the trick, even if it was taken in soured milk, then cloves (if you had them) were used.

According to **SCIENCE**, this remedy could work - but only if you're willing to take a much higher dose than is recommended and risk causing severe damage to your gut 😊:

Gas Production After Reaction of Sodium Bicarbonate and Hydrochloric Acid

... even though hydrochloric acid and sodium bicarbonate react instantaneously, the resulting gas production is slow, mainly because CO_2 produced from the dehydration of carbonic acid dissolves in water and is only slowly released into the gas phase.

Based on our results, we believe that ingestion of the recommended dose of sodium bicarbonate (one-half teaspoon) would result in only small amounts of sudden gas release, probably not enough to be an important factor in causing spontaneous gastric rupture. On the other hand, we measured the amount of sodium bicarbonate that people actually select to take for indigestion, and all exceeded the recommended dose. Some people select doses of bicarbonate that would result in several hundred milliliters of gas release within 3 min; it seems likely that such injudicious ingestion of sodium bicarbonate, if taken when the stomach was distended with air, food, and liquid, could be an important

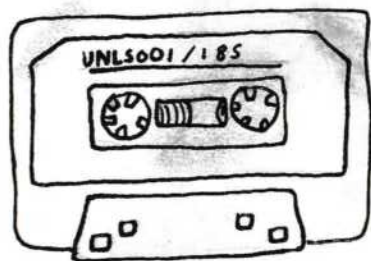
factor in spontaneous gastric rupture.

Gas Production A
STEPHEN G. M
Internal Medicine
University of Cal

According to the Missouri Poison Centre (in an article published in December 2018), there has been at least one case of an individual being hospitalised with gastric perforation having ingested baking soda to beat a drug test. This individual took 5 tablespoons rather than the "pinch" mentioned in this remedy, though, so the remedy can still be considered safe...ish?

I remember when I was a child I might be laid low with a sore tummy and your mother never gave you baking soda for it was said that it was bad for giving you a

perforated
stomach



After Reaction of Sodium Bicarbonate and Hydrochloric Acid JOHN S. FORDTRAN, JORAWSKI, CAROL A. SANTA ANA, and FLOYD C. RECTOR, Jf. Department of Medicine, Baylor University Medical Center, Dallas, Texas; and Department of Internal Medicine, University of California at San Francisco, San Francisco, California

**My mother used to
be a great believer in**

**BOILED
ONIONS**

fun lil' note:

While working on this zine I was getting people I knew to send me the remedies they remember from growing up. This was by far the worst.



Paul Maddern

@Backmuir

Following

Replying to @palepoetling

In Bermuda, they used to tie string to a cockroach and put it down your throat, the idea being it would scratch away the infecting mucous. This was some time ago. Thank god.

11:40 AM - 28 Feb 2019

6 Likes



4



6



Some Remedies for which I Couldn't Find Fun Info but I Think You'll Like Them Anyway

[quotes from recording]

Cough:

When you had a hacking cough, your mother used to make up balls of butter rolled in sugar, and they were a real pleasure to take.

Headache:

If you had a bilious headache in the morning, the juice of a lemon without sugar was recommended.

???:

Older people talk of the spring remedy for giving the blood a good tune-up of sulphur and treacle.

Stomach pains:

But to go back to my tum, rubber hot water bottles were not so numerous. Nor, indeed, were they very safe in those days. And they were only the big hot water bottles (many, by the way, made in Portobello). Now, this was a rather [heavy?] item to place on a small stomach, and mother had to use hot plates. And they used to heat these in the oven or the fire and place them on the spot. I don't know whether this cured the ache, but it seemed to put you off to sleep.

Toothache:

Now, toothache used to be a dreadful ailment and if it happened in the night, your poor mum and dad had a rather trying time. Burns had named the toothache well: the hell o' all diseases, for really the only cure was to have it out. I remember there were two cures or, rather, easements, because often it happened at a time of day that it was late. And one of these easements was whiskey, and the other tincture of myrrh. Your mum used to put a little of the whiskey into an egg cup, wet her finger in the liquid and spread it 'round the gum where the offender lurked. Same with tincture of myrrh: egg cup, wet finger, and onto the gum. And the next day: to the dentist!

Cures from the Chemist:

Friars Balsam, for instance - now there was a cure for a cold in the head. Well, it always worked with me. There you were, head over a steaming basin of the balsam and boiling hot water, and giving off the most pungent of steam fumes. Your head was covered with a towel, and this fell around the basin so you got the real benefit of the curative properties. It was very effective, but I wonder how many people use it now.

One of the most pleasant medicines - very moreish but very embarrassing if you succumbed to your greed - was syrup of fig. But I'll say no more!

Poor appetite:

If you had a poor appetite you should eat caraway seeds, and this was an old herbal remedy which went on to say "They will expel wind and relieve flatulence."

Something in your eye:

I was visiting some friends in [location] and we got talking about old-fashioned remedies, sparked off by one of the company getting something in her eye. As we all do, she started to rub it, and one of her friends stopped her, saying "let that eye alone and rub the other one!" Apparently, her granny passed on this tip. Whether it worked or not I couldn't say, but eventually the eye cleared.

Sleeplessness:

If you suffer from sleeplessness, all you had to do as place a vessel of cold water near your head and it gave you quiet and relief.

Hiccups:

One cure for hiccups which I had never heard before was to drink a half-teaspoonful of vinegar. Keep your arms in an upright position for a minute or so afterwards, until you feel the hiccups have gone.

Also here is some information about remedies in Bald's Leechbook which isn't necessarily relevant but it's interesting and I need you to know it

Bald's Leechbook is a medical text most likely compiled in the ninth century which instructs its reader on curing a number of ailments. Many of the proposed cures in this text are distinctly ritualistic in their instructions. See, for example, the proposed treatment for dog bites:

“For the bite of a mad dog: mix agrimony and plantain with honey and the white of an egg; treat the wound with that. For the wound of a dog: boil burdock and groundsel in butter; anoint with that. Again: bruise betony; apply it to the bite. Again: beat plantain; apply it. Again: seethe two or three onions; roast them on ashes; mix with fat and honey, apply it. Again: burn a pig's jaw to ashes; sprinkle on. Again: take plantain root; pound it with fat; apply it to the wound so it casts out the poison.” (Crossley-Holland, 273)

Here, we see the ritualistic preparation and application of the cure. While certain aspects of the cure, such as the beating and application of various herbs, were most likely included because of the healing qualities of certain herbs, some aspects also seem to be more symbolic. For example, in this prescription, it is specifically called for that the jaw of a pig is burned and its ashes applied. This is likely because this cure is for a wound caused by a dog's bite – its jaw. Similar symbolism is also to be found in the proposed treatment for baldness:

“If a man should be bald, the great doctor Pliny prescribes this remedy: take dead bees, burn them to ashes – linseed also – add oil to it; seethe very long over the coals, then strain and wring out; and take willow leaves, pound them, pour into the oil, boil again for a while over the coals, then strain; anoint with it after the bath... In order that hair should not grow: take an ants' eggs; rub them down; smear on the place; no hair will ever come there. If hair should be too thick, take a swallow, burn it to ashes under a tile and have the ashes sprinkled on.” (Crossley-Holland, 274)

There is no scientific reason that the ashes of dead bees would prompt the growth of hair. One must come to the conclusion that these animals are selected for more symbolic reasons: bees are hairy, therefore they are associated with the growth of hair. Bees and their honey are also firmly associated with healing throughout history, so that's sort of a double win.

Pliny has also suggested that other products can restore hair however: in his remedy for burns and erysipelas, Pliny suggests that burns can be cured by "applying ashes of calcinated sea-crabs or river-crabs with oil" and that this treatment also "restores the hair, provided the ashes are those of river-crabs" (Pliny, 49). Restoration of hair is also included in his sixty-six remedies and observations concerning tortoises – "The blood of this animal also reproduces the hair when lost through alopecia, and is curative of porrigo and all kinds of ulcerations of the head;" (Pliny, 16).

The treatment of illnesses in Anglo-Saxon society was an interesting combination of medicine and religious belief. While many cures involved the preparation of herbs (such as the treatments of Bald and Pliny, as discussed above), other cures were focussed more on appealing to the spirits who supposedly caused the illness. Many theories circulated around what days were the most beneficial on which to treat patients, or what days it was most dangerous to fall ill on. These theories were further affected by the various cycles of the moon.

While external causes of illnesses were simple to explain, less obvious causes baffled many doctors. These illnesses, therefore, were believed to be the work of "evil beings, the elves, according to the creed of the people, or the demons, according to that of the monks; or else they were produced by the charm of the witch, or by the sinister influence of the evil eye." (Wright, 102). In these cases, rather than trusting the treatment of a physical scientific cure, the doctor would endeavour to cure the illness by performing an exorcism or counter-charm on the patient and the spirit supposedly affecting them.

Texts cited in that ramble on anglo saxon things:

Crossley-Holland, Kevin. The Anglo-Saxon World: An Anthology. Oxford: Oxford University Press Inc, 2009.

Pliny (the Elder.) The Natural History of Pliny, Volume 6. Trans. John Bostock and H. T. Riley. London: H. G. Bohn, 1857.

Wright, Thomas. Anglo-Saxon period. London: J. W. Parker, 1842.

Other citations can be found throughout the zine.

If I've left out anything please do contact me and scold me

bombinatezine@outlook.com

bombinate