



Wyck Previsit Activity #4

Farm & Garden: History's Medicine Cabinet

In early America there was no such thing as a doctor's office. People would be treated at home, and occasionally a doctor would be called. Women were often the ones to take care of everyday illnesses in the family. Women used plants (mainly herbs and spices) and/or animal products from the garden and farm to make medicines. Each plant part or animal product was thought to cure a variety of illnesses.

Part 1: A Cure for Colic

Hannah Marshall Haines' "A Cure for Colic," is a well-known Wyck recipe for calming a colicky baby. Colic is a condition in which a healthy baby frequently cries without any known reason. The cause was historically thought to be because of stomach or digestive problems. Each spice or herb in the "Cure for Colic," was specifically chosen for their medicinal properties. Cloves, aniseed, and nutmeg all help with digestion. Cloves are anti-bacterial, anti-viral, anti-fungal, and antiseptic. Aniseed is a sleeping aid and helps relieve gas and bloating. Nutmeg helps cough and respiratory problems. And raisins are high energy, low fat, and high in anti-oxidants.

Directions:

Below is Hannah Marshall Haines' "A Cure for Colic." Read the recipe, then use the information above and in the recipe and write the name of the appropriate ingredient next to its description in the chart below.

"A Cure for Cholick"

~from the recipe book of Hannah Marshall Haines (1765-1828)

"Take the rinds off four fresh China Oranges, four pints of good Spirits of Brandy, twelve or fifteen Cloves, two Nutmegs, grated fine, a quarter of a Pound of Raisins, one teaspoonful of Aniseed, mix and steep the above two days, shaking it the first when made and after settling, it is fit for use. Take a tablespoonful with a little water. If that does not ease repeat it again."

Herb/Spice	1800's Treatment
	Anti-bacterial, anti-viral, anti-fungal, antiseptic. Helps promote digestion.
	Helps promote digestion. Sleeping aid. Helps relieve gas and bloating.
	Helps promote digestion. Helps cough and respiratory problems.
	High energy, low fat, high in anti-oxidants.

