



# NORTH GREENBUSH NOTES

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## North Greenbush Nostrums

What do you do in these days if you have a cold? Take something from the pharmacy? In the 1800's, the advice was to eat a roasted Spanish onion before bedtime.

How do I know this? Recently I met Tom Cipperly, a local area resident who showed me a little book from an ancestor which listed home remedies for various ills. The tie in to North Greenbush is that his Cipperly ancestor lived at Snyders Lake, probably in what old time residents remember as the Excelsor House on Peck Road.

I can't remember all the things from Mr. Cipperly's book, but after researching the subject I've come up with a few interesting "cures".

**Arthritis:** Put two horse chestnuts in you pants pocket. **Bronchitis:** Wear a sock you wore all day around your neck at night to bed, with the foot part near the throat. **Black Eye:** Rub it with a cold tallow candle as soon as you can. **Cold feet:** Sprinkle some cayenne pepper in your socks.

How about these? **Burns:** Put mushroom slices on the burn. **Cough:** Take one spoonful of a mixture of chopped raw onions and honey. **Hair** (Shine & Gray Prevention): While standing on your head, massage your scalp. **Headache:** Grind really fine charcoal from your fire and mix it with a teaspoon of water. Drink it. **Lumbago** (lower back ache): Place strips of dried seaweed inside your mattress.

**Nausea:** Take a black and white newspaper page. Then sniff the ink.

Here are some more: **Leg cramps:** Take a silver spoon (or stainless steel) and put it on the cramp. **Nosebleeds:** Pack a spiderweb into your nose. **Sinus Problems:** Put garlic and a little chicken fat in a silk stocking. Then wrap that stocking around your neck. **Sober Up:** Have the inebriated person lay on his back. Place the palms of your hands on his ears. Then, rub both ears briskly and strongly in a circular motion. Within a few minutes he should come around. **Sore Throat:** Wrap a dirty sock around your neck. **Small Pox:** Eat fried mice (Ewww!)

Please share your favorite home remedies with me with a phone call or via email [nghistory@aol.com](mailto:nghistory@aol.com) . Also remember that items like fried mice are probably not covered by your health insurance plans and always remember to consult your medical provider before using these remedies.