

Home Remedies

Grade:	4
Locale:	Balm/Picnic (Indicative of South Hillsborough County)
When:	19 th and early 20 th centuries
Spark of Interest:	Home Health Remedies
Content Areas:	Health/History
Time Frame:	One 30 minute lesson
Sunshine State Standards:	SS.A.6.2 SS.C.2.2 SC.A.1.2

**It is best to teach this lesson prior to the lesson titled "The Traveling Country Doctor". If taught in tandem, both lessons will provide students with a solid, enjoyable glimpse of health issues of the 19th and 20th century pioneers in Southern Hillsborough County Florida.*

Abstract:

Students will learn how trained doctors were scarce or non-existent in the pioneering days of Southern Hillsborough County, therefore families and neighbors passed down "Home Remedies" from generation to generation or from neighbor to neighbor in order to deal with illnesses and injuries. These remedies were usually created with locally grown and generated materials. Students will create and learn about several home remedies commonly used by pioneering families in the South Hillsborough County during the mid 1800's and early 1900's. The uses of these remedies were told by Cora Davis Capp whose father was a pioneer in the Balm and Picnic area of Southern Hillsborough County.

Materials:

- Cup of vinegar
- Cup of brown sugar
- Heaping tablespoon of ground mustard
- Cup of warm water
- 2-3 cups of flour
- Half a cup of ketchup
- 1 plate

Key Vocabulary:

- Remedy -Pioneer

Lesson Outline:

1. Ask students if they have ever had hiccups that were difficult to get rid of. (Most should be able to remember a time when this happened to them). Tell the class that in the 1800's and early 1900's the residents of South Hillsborough County had a cure for hiccups. This one comes from the Capps family who were early settlers in the Balm and Picnic area.
2. Produce a bottle of vinegar and brown sugar. Have students smell the vinegar then pour several drops onto the sugar. Let students know that the brown sugar will sweeten the taste of the vinegar but not very much. Pass around the mixture for the students to smell again and inform them that it will taste very much like it smells. Ask who would be willing to take this remedy to cure them of their hiccups.
3. Ask students what they would do if they swallowed poison. (Responses might include calling 911, contacting the police, EMS or Fire Dept., etc.). State that in the pioneering days of South County this was not an option.
4. Demonstrate to students the method of eliminating poison from a body in the pioneer days. Mix a heaping cup of ground mustard with a cup of warm water then stir. **Do not drink or let students handle!** Display to the students, tell them that this old remedy will cause instant vomiting. If someone ingested poison this should be used as quickly as possible, the sooner it is consumed the more poison it is likely to expel from that persons body.
5. Ask who has ever cut themselves falling down, with a knife, or anything else. Ask what the first thing is that they did. (Probably clean it up at a sink with running water, put Neosporin on it then wrap it up with sterile gauze and a band aid). This wasn't an option in the pioneering days. If you were near the kitchen and cut yourself a great way to stop the bleeding was to grab a handful of flour and put it on the wound.
6. Demonstrate by placing half a cup of ketchup on a plate and tilting it so the ketchup will run. Place a handful of flour on the ketchup and observe how it soaks it up and congeals.
7. Ask student if their parents (Especially moms) ever complain about wrinkles on their face or around their eyes. Pour half a cup of olive oil into a clear container. Inform class that early pioneers would smear this on their face before they went to bed to get rid of the wrinkles.

Extension:

For homework have students ask their parents, grandparents, or great-grandparents if they have any home remedies. Students should write down what they were, and what they were used for. Bring them in the next day and discuss their practical uses. Discuss why this remedy would have been used instead of a product from a drugstore such as Ekerds, Walgreen, or Walmart. List the home remedy on an overhead projector or dry erase board and next to it write the modern day equivalent that "Cures" the same medical problem.