

What's Happening at Wesley



- December 04 - UCW Breakfast with Santa
- December 12—11:00 am White Gift Service
- December 12 - 7 :00 pm UCW Carol Service and Tree of Memory
- December 14 - Thrift Shop Christmas Party
- December 15—7:00 pm Barrett's Funeral Home Service of Remembrance
- December 18 - 2:00 pm Senior's Christmas Communion
- December 18—7:00 pm Cantus Vocum Christmas Concert
- December 24—7:00 pm Christmas Eve Family Service of Carols & Lessons

**Can You Carry a Tune? ... The Senior Choir Wants You!!**

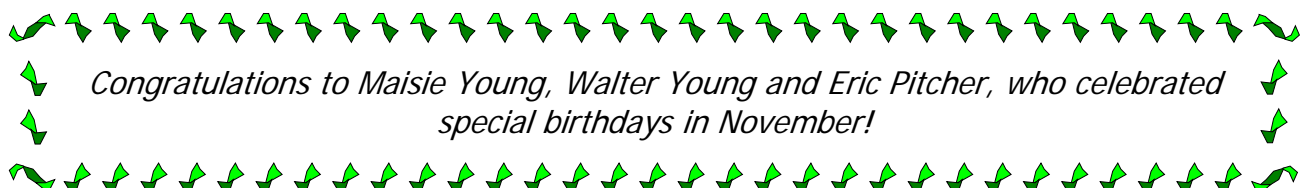
The Senior Choir meets regularly on Thursday nights at 8 p.m. and new members are always welcome. We especially need male voices, so if you can carry a tune, and would like to make a considerable contribution to our Sunday morning services, please join us on Sundays at 10 am. See you there!



**Pottle Award Winner**



Congratulations to Edward Sawdon of our congregation who received the 2010 CMHA-NL (Canadian Mental Health Association - Newfoundland & Labrador) Pottle Award on October 6, 2010, at the CMHA-NL 4th Annual Gala Dinner, Holiday Inn, St. John's. The Pottle Award "honours a volunteer in the community who has demonstrated tireless commitment toward furthering mental health in Newfoundland & Labrador." CMHA-NL's President Mark Gruchy presented Ed with the Award!

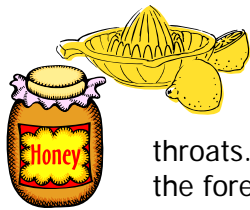

  
*Congratulations to Maisie Young, Walter Young and Eric Pitcher, who celebrated special birthdays in November!*

## Traditional Home Remedies

Have you ever been told to place a flat rock from the ocean on your forehead to treat a nosebleed? Maybe you've taken a mixture of onions boiled in milk and thickened with flour to break up a cold? If you've answered "yes", then you're probably a Newfoundlander who's passed the half-century milestone of life.

Most Newfoundland communities did not have physician services until the 1950s or 60s. Some communities had a "nurse", who most likely was not a trained nurse, but a lay woman who performed mid-wife duties and dispensed advice to the sick when called upon. Traditional remedies were an important and necessary part of life in every community. I remember being sick with the 'flu back in the early 50s and having to drink a concoction of beaten egg white for nausea. An uncle of mine, born in Wesleyville in 1910, told me that he was given kerosene oil to drink when he was ill with Diphtheria. The oil, according to tradition, broke up the membrane which forms in the throat with this potentially fatal disease. Because of the prevalence of infectious diseases in the era predating vaccines and antibiotics, many home remedies were developed to treat symptoms of communicable diseases, including colds, coughs, and nausea, among others.

There was an element of superstition in many home remedies, but several others were based on sound principles. For instance, to treat a boil, soak bread in boiling water, add a few flakes of Sunlight Soap and squeeze out excess water; place bread on a cloth, then place the cloth on the boil. Medically speaking, the heat increases blood supply and the Sunlight Soap probably has some antibacterial properties. In a different vein nosebleeds were sometimes treated by placing a flat rock from the ocean on one's forehead. I'm not sure how this particular method worked. Coughs and other cold symptoms were generally treated with some form of sugar, such as molasses or honey and some acidic solution,



such as lemon juice or vinegar. Ginger was another ingredient found regularly in cough and cold solutions, as well as to treat stomach upsets. Apple cider vinegar was one of the most frequently used household ingredients, helping resolve gastrointestinal complaints, such as constipation, as well as headaches and sore throats. The vinegar could be applied topically, for instance soaked in a cloth and placed on the forehead for a headache, or mixed with warm water and honey and swallowed for constipation.

A multi-purpose remedy, so to speak, was ginger tea, made from simmered, fresh ginger root, to treat nausea; add a pinch of cayenne for a cold and simmer the ginger with cardamom pods to cure a headache. Some of the more curious remedies included tying a strand of red wool around the wrist, circling it nine times to treat a sprained arm. A sprained wrist, on the other hand, (pardon the pun) was treated using a rag soaked in urine and salt and tied around the wrist! Warts were a common, though benign, problem that was dealt with using some interesting and diverse techniques. One involved placing a piece of fresh meat on the wart, then burying the meat; as the meat decays, so does the wart. A very different method requires counting the warts and marking the number of warts in chalk on the back of the stove. As the marks burn off, so will the warts.



For parents of young children who have a tendency to stick small objects (beans, stones) up their noses, there's a very common sense method recommended to dislodge it. Shake some pepper in the hand and sniff it to induce a sneeze. Finally, my mom always advised me, when needing to awaken early, and lacking an alarm clock, to ask a dead loved one to wake me up. She told me it always worked for her. I'm afraid I usually relied on a back-up plan.