



Healing Threads: Traditional Medicines of the Highlands And Islands

Mary Beith

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The Gaelic pharmacy was a rich one, the sources of which lay almost entirely in nature and were subject to the minimum of preparation. Much of the rich store of material comes from the great legacy of medieval Gaelic manuscripts. In more recent times, papers of medical societies have shown how traditional methods and cures are still of value to modern medicine. In addition to a general historical background, which traces the story of Highland folk tradition from earliest times, Mary Beith also describes a whole variety of traditional remedies, cures and practices, from the healing properties of stone and metal, animals and insects, to rituals, charms and incantations. Her book also includes a list of the most commonly used herbs. Clearly written with extensive source notes, *Healing Threads* is a unique introduction to a subject that has fascinated generation after generation. This is a reprint from Birlinn of the Polygon edition.

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