**Scenario**

You may recall your mom putting a mentholated salve on your chest when you had a cold. Your cousins had to take a spoonful of cod-liver oil each night before they went to bed. Grandma made chicken soup with homemade noodles when you had the flu. An apple a day, hot or cold steam in a room, and many more traditions are medical practices of years gone by. Many still stand, however, and from them others have developed. Interestingly, medicine has a rich history, and every culture exhibits that history differently. The more you know of and understand that history and its various cultural influences, the more effective and therapeutic your communication will be with patients.

**Recall two or three medical treatments or practices used in your family or culture.**

1. Were these medical treatments helpful? If so, how?
2. Is any part of these treatments still used today? If so, describe.
3. Discussion

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