

A. Kuhn, indische und germanische segensprüche
 (in Zs.f.vergl.Sprachforschung XIII (1864))

S. 55

The following charm is applied for the cure of
 sprains. A linen thread is tied about the in-
s. v. binden jured part after the solemn repetition of the
 charm. The thread is called the "wristing thread"
 from the wrist or ankle being the part to which
 it is most commonly applied:

Our saviour rade,
His fore foot siade,
 Our saviour lighted down;
Sinew to sinew, - joint to joint;
blood to blood and bone to bone,
 Mend thou in God's name!

(Choice notes from notes and queries
 p. 64; von den Orkneyinseln.)