

When a person has received a sprain, it is customary to apply to an individual practised in casting the wresting thread. this is a thread spun from black wool, on which are cast nine knots, and tied round a sprained leg or arm. During the time the operator is putting the thread round the affected limb, he says, but in such a tone of voice as not to be heard by the bystanders, nor even by the person operated upon:

the lord rade,  
and the foal slade;  
he lighted,  
and he righted.  
set joint to joint,  
bone to bone,  
and sinew to sinew.  
heal in the holy ghosts name!

(Schottland. Rob. Chambers, Fireside stories, Edinburgh 1842 p.37.)

K. Müllenhoff in Zs.f.d.Myth. III (1855) S.1 teilt nach Chambers 1847 p.129 eine bessere Fassung mit:

Our Lord rade,  
his foal's foat slade;  
down he lighted,  
his foal's foot righted,  
bone to bone,  
sinew to sinew,  
blood to blood,  
flesh to flesh:

heal in name of the Father, Son and Holy Ghost.

vgl. 2 schwedische Formeln (myth. 1181) und zwei oder drei ehstnische bei Kreutzwald und Neus nr.26 s.97.

*Beide Sprüche, zech. in Brückens Zs. f. myth. Sprachforschung III, 53f.*