

Ben Johnson Day

Ben Johnson night/day is every Thursday in Jamaica when food is scarce in the house. This is a time when everyone eagerly awaits payday to do the Friday supermarket shopping and the Saturday market shopping. On that day/night Jamaicans look about what they can find around the house for food...which is usually not very much. As with many folklores, there are several versions of how Thursdays came to be called Ben Johnson Day.

According to one source, Ben Johnson was an overseer for a plantation and was responsible for providing the farmhands with their wages. In most cases, their wages were pittances and barely enough to cover their living expenses for the week. As a result, many were broke before they received their next pay packet. However, they took comfort in the fact that they would get paid on Thursday night, when Mr. Ben Johnson brought money to pay them their wages. Hence, the day on which they received their wages, was Ben Johnson Day. The story goes on to say that when referring to the state of their financial affairs, those who were broke – but expected that to change soon would say “This is Ben Johnson Day”, which means that there was no money available, and little food- if any; but that would soon change as money was forthcoming

Source: Facebook Jamaican Proverbs 2015

