

# [To Prevent Bad Effects or Disasters from His Recipe]

**Date:**

Publication Format  
Manuscript

Type  
Medicine

Symptoms  
rheumatism  
nervous excitement

Ingredients  
bread pills  
catnip tea  
cognac brandy  
cognac  
brandy

Places  
Halifax  
Nova Scotia

**Source:** Almon Family Fonds

**Institution:** Nova Scotia Archives | **Reference:** Microfilm Reel 807

## Description

A recipe offering an antidote from any "bad effects or disasters" that might arise from the prescription of an unnamed physician. The letter was sent to Halifax, likely from a Byles family member in Boston. Series A #3 Letterbook.

## Transcription

nod of approbation to say "I thank you Dr. for y<sup>r</sup>. compliments" -- By y<sup>e</sup>. day, as he found me sur-  
-orned w<sup>th</sup>. such a number of lett<sup>rs</sup> to answer, he very kindly requested he "might have the  
pleasure of answering one of them for me" & I had almost accepted his obliging offer, when  
y<sup>e</sup>. sudden thought occured y<sup>t</sup>. what he wrote might possibly prove a Recipe & if sent to

Halifax might occasion a combustion amongst you & excite y<sup>r</sup>. nervous system so much as to bring on y<sup>e</sup>. Rheumatix. - I beg if you s<sup>d</sup>. receive such a paper from y<sup>e</sup>. Dr. to prevent very bad effects or disasters from his Recipe, I beg, I say, you will immediately use y<sup>e</sup>. following prescription. Take one or two bread pills, or a few drafts of ice of {...} in a tablespoon full of Katnup tea well pulverized or sifted & swallow it down as quick as possible, & dilute w<sup>th</sup> three pints of best coniac Brandy, I dare say when night comes on you'll sleep as sound as a roach, & rise in y<sup>e</sup>. morning very comfortable, so as to attend to y<sup>r</sup>. hay-making business w<sup>th</sup>. as much alacrity as usual, that is, I mean, if you don't eat salt-pork pie or lobster broth for y<sup>r</sup>. breakfast-- should y<sup>e</sup>. above prescription fail, apply to me & I will think of something else for you; don't be afeard it will kill you, but I will do y<sup>e</sup>. best in my power. It is now y<sup>e</sup>. first day of Autumn, w<sup>ch</sup>. perhaps you may recolect {...} formerly was September; & I suppose ^it is called {...} at present: I am sure it is y<sup>e</sup>. next month to August the 22<sup>d</sup>. day of w<sup>ch</sup>. was my birthday, as y<sup>e</sup>. 21<sup>th</sup> was y<sup>e</sup>. birth day of my gracious Sovereign King William y<sup>e</sup>. Fourth, for I was quite willing y<sup>t</sup>. his Majesty w<sup>d</sup>. be born the day before me. --

But is time I s<sup>d</sup>. close this & go by the Cordelia, by whom I hope you will receive it safe, from:  
your aunt, C. [Foy]

To Prevent Bad Effects or Disasters from His Recipe recipe from Early Modern Maritime Recipes:  
<https://emmr.lib.unb.ca/recipes/160>