

# [A Receipt for a Cold] Doctor James

**Date:** The early date on the manuscript is 1755. William Trueman died in 1797. | 1755/01/01 to 1797/12/31

Contributors

Contributor Role

Author

Contributor Name

Doctor James

Contributor Role

Compiler

Contributor Name

William Trueman

Publication Format

Manuscript

Type

Medicine

Symptoms

cold

cough

Ingredients

linseed

licorice

raisins

sun raisins

water

soft water

sugar

brown sugar candy

vinegar

white wine vinegar

lemon juice

Places

London

England

New Brunswick

**Source:** Trueman Family Scrapbook

**Institution:** Mount Allison University Archives | **Source Origin:** Trueman Family Fonds | **Sublocation:** 3. Scrapbook containing Trueman Family Papers, 1755-1851. | **Reference:** Accession 0102

## Description

A popular remedy for treating colds and coughs deemed by its author "infallible." The remedy appears to be in the hand of William Trueman (1720-1797) and is on page 16. Image courtesy of Mount Allison University Archives.

Though the origins of the Trueman version are unclear, slightly different instructions appear as "Recipe for a Cold, which is Most Strenuously Recommended," which includes rum (*The European Magazine, and London Review*, Vol 2. [London, 1817], p.199), as "Cure for Colds," which omits rum and names flax for linseed (*The British American Cultivator*, Vol. 2 [Toronto: Eastwood, 1846], p. 187), and as "A Cure for a Cold," which specifies "arctic" rather than "stick" licorice and identifies the *Saturday Evening Post* as the source (*The Gospel Advocate and Impartial Investigator*, Vol. 6 [Auburn NY: Doubleday, 1828], p. 127).

## Transcription

Receipt for a Cold by the  
Late Doc<sup>t</sup> James of London

Take a large teaspoonfull  
of linsed, with tow penneworth  
of stick li[qu]orice and a Quarter of  
a pound of Raisons of sun, put them  
into tow Quarts of soft water and  
let it simmer over a slow fire  
till it be reduced to one, then ad  
to it a quarter of a pound of Brown  
Sugar candy pounded, a table  
spoonfull of white wine vinegar  
or lemon juse, Note, the vinegar  
is Best to be added only to that  
Quantity you are going immediat-  
-ly to take, for if it is put into the  
whole it is apt in a little time to  
grow flat Drink half a pint at go  
ing to bed, and take a little when  
the cough is troublesome. This  
recipt generally cures the worst of  
Colds in tow or three days. and if  
taken in time may be said to be  
almost an infallible remedy.  
it is a sovereign balsamic cordial  
for the lungs. with out the open  
ing Qualities which endanger fresh cold

on going out it has been known  
to cure colds that have almost  
been Settled into consumptions  
in less than three weaks

A Receipt for a Cold recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/261>