

[For a Cough [3]] Sarah Creighton Wilkins

Date: Late 18th or early 19th century; exact date unknown.

Contributors

Contributor Role

Compiler

Contributor Name

Sarah Creighton Wilkins

Publication Format

Manuscript

Type

Medicine

Symptoms

cough

Ingredients

paregoric elixir

sweet nitre

balsam of tolu

cold water

water

Places

Halifax

Nova Scotia

Source: Manuscript Notebook of Sarah Creighton Wilkins

Institution: Nova Scotia Archives | **Source Origin:** MacDonald Family Fonds | **Reference:** MG 1 No. 1 / Microfilm Reel 10,618

Description

A recipe for a cough remedy given to one Capt. Hughes.

Transcription

For a Cough.

1 Oz [Elixir Paregoric](#)

½ Oz spirits of sweet [Nitre](#)

½ Oz [Balsam of Tolu](#)

Mix them & take a teaspoonful
in a glass of cold water 2 or 3 times
a day & when the Cough is bad
& going to Bed

Given to [Capt Hughes](#)

Annotations

[Elixir Paregoric](#)

An opium derivative used to treat diarrhea, coughs, and pain. (Also Paragoric)

[Nitre](#)

Potassium nitrate in mineral form, known also as saltpeter or saltpetre. (Also niter)

[Balsam of Tolu](#)

A South America balsam distilled to an oil for use in cough remedies, skin rash treatments, and perfumery.

[Capt Hughes](#)

Sir Richard Hughes In was appointed resident commissioner of the Halifax dockyard in 1778; he also held the role of lieutenant governor simultaneously (Dictionary of Canadian Biography).

For a Cough [3] recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/282>