[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