

# [Good Recipe for Cough] Sarah Creighton Wilkins

**Date:** Recorded sometime in 1833. | 1833/01/01 to 1833/12/28

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Publication Format

Manuscript

Type

Medicine

Symptoms

cough

Ingredients

paregoric elixir

sal volatile

squills

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 to address a cough.

## Transcription

Good recipe for Cough  
1833 Dr. G.

Paregoric

Salvolatile

Tincture squills

equal quantities

A tea spoonful & half  
if small) going to bed  
in a small quantity  
of water \_\_\_

## Annotations

**Paregoric**

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

**Salvolatile**

A solution of ammonium carbonate dissolved in alcohol used also as smelling salts.

**squills**

Flowering bulbs used for a variety of medicinal purposes.

Good Recipe for Cough recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/287>