

[The Bolus] 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

Ingredients

aromatic confection

snake root

castor

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 bolus.

Transcription

The Bolus

- If you can, Take it every 4 hours.

1 Scruple of [Aromatic Confection](#)

10 grains of [snake root](#)

10 ditto of Castor

Annotations

Aromatic Confection

A medicinal concoction made with sugar and spices.

snake root

A type of birthwort particular to North America, the Virginian variety was used medicinally by the Nova Scotia Mi'kmaq and employed by settlers to treat croup, fever, and snake bites.

The Bolus recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/299>