

[Mrs. Balchens Compts. to Capt Hughes for a Cough] Sarah Creighton Wilkins

Date: Recorded sometime in 1819. | 1819/01/01 to 1819/12/31

Contributors

Contributor Role

Compiler

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Sarah Creighton Wilkins

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Mrs. Balchen

Publication Format

Manuscript

Type

Medicine

Symptoms

cough

Ingredients

paregoric elixir

sweet nitre

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 cough remedy from one Mrs. Balchen.

Transcription

M^{rs}. Balchen Compt^s. to [Capt Hughes](#)
for a Cough 1819

1 oz [Elixir Paregoric](#)

½ dit sweet [Nitre](#)

½ dit fine [Balsam of Tolu](#)

Mix them & Take a Tea Spoonful

3 times a day in a Glass of Cold

Water going to Bed is very serviceable.

Annotations

[Capt Hughes](#)

Likely the Sir Richard Hughes who was appointed resident commissioner of the Halifax dockyard in 1778 and simultaneously served as lieutenant governor (Dictionary of Canadian Biography).

[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](#)

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

Mrs. Balchens Compts. to Capt Hughes for a Cough recipe from Early Modern Maritime Recipes:

<https://emmr.lib.unb.ca/recipes/331>