[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
Contributor Name
Sarah Creighton Wilkins
Contributor Role
Author
Contributor Name
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

Mrs. Balchen Compts. 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