

[Mr Belcham to Capt Hughes for a Cough] Sarah Creighton Wilkins

Date: Recorded sometime in 1817. | 1817/01/01 to 1817/12/31

Contributors

Contributor Role

Compiler

Contributor Name

Sarah Creighton Wilkins

Contributor Role

Author

Contributor Name

Mr. Belcham

Publication Format

Manuscript

Type

Medicine

Symptoms

cough

Ingredients

paregoric elixir

sweet nitre

nitre

balsam of tolu

tolu

water

cold 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

Recipe for a cough sent to one Captain Hughes.

Transcription

M^r Belcham To [Capt Hughes](#)

For a cough. 1817.

1 once [Elixir Paregoric](#)

½ once spirit of sweet [Nitre](#)

½ once [Balsam of Tolu](#).

Mix & take a Tea spoonful

in a glass of cold Water 3 times

a day or when the cough is

troublesome & always going

to bed.

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](#)

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

Mr Belcham to Capt Hughes for a Cough recipe from Early Modern Maritime Recipes:

<https://emmr.lib.unb.ca/recipes/336>