

# [Hints on the Method of Inoculating against Smallpox] A Member of the Community

**Date:** 1775/07/04

**Other**

A Member of the Community

**Publication Format**

Print

**Type**

Medicine

**Symptoms**

small pox

**Ingredients**

barley water  
brown sugar  
powdered cream of tartar  
tart emittick  
calamel  
powdered jalap

**Places**

Nova Scotia

**Source:** Nova Scotia Gazette and the Weekly Chronicle

**Institution:** Nova Scotia Archives | **Source Origin:** Nova Scotia Newspapers on Microfilm | **Reference:** Microfilm Reels 8155, 8156, 8158

**Description**

These hints on the method of inoculating against small pox includes a diet, a vomit, and a pill to be taken before the inoculation, as well as a pill, purge, and vomit for afterwards. Vol. 5 No. 252.

**Transcription**

Mr. Printer,  
AS the Small Pox has made its appearance in more than one House in Town it is much to be feared it may spread, particularly as this Distemper was not contracted by Contagion which probably indicates a disposing influence to this Malady either in the generstity of Consthutions or the Air.

From these Considerations I beg leave to offer to the public a few Hints on the Method of Innoculating, which may be of use to poor Families who can ill afford to pay a Practitioner to attend.

Eight or nine Days before Innoculation and during the whole illness let the patient abstain from

Meats, Spices, Butter, Wine, and all high seasoned Food, *regard however being had to the Strength and Constitution of the Patient.*

Three Days before inoculation let the Patient take a Vomit of Tart Emittick proportioned to the Age and strength of the Patient.

On the Day of Inoculation let the Patient take Ten Grains of Calamel in a Pill at Bed time; this Dose is calculated for a grown Person of a healthy Habit, and must be proportionally lessened for a younger or weakly Person.

The next Morning the Patient should take a Purge of the kind most agreeable, powdered Jalap may possibly be the best; repeat the Pill and Purge on the fourth and seventh Days after Inoculation.

On the eighth Day after Inoculation let the Patient take a Vomit of Tart Emitt.

The Patient shou'd avoid severe Exercise, violent Passions, or warm Rooms.

Common Drink should be Barley Water sweetened with Brown Sugar, and one Ounce of powdered Cream Tart in half a Gallon of Decoction.

The Opinion of the most experienced in this Disorder is that the safest and best Method of conveying the Infection is by small Punctures of a Lancet dipp'd in the various Matter.

*A Member of the Community.*

Hints on the Method of Inoculating against Smallpox recipe from Early Modern Maritime Recipes:  
<http://emmr.lib.unb.ca/node/40>