

# [For a Cough [2]] 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

Symptoms

cough

Ingredients

river water

spirits of hartshorn

almond oil

oil of Tolu

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 made from river water.

Transcription

A pint Bottle 3 pails full of River  
Water & 3 tea spoonfuls of spirits of  
[Hartshorn](#) 2 oz Oil of sweet almonds  
shake them together & add 1 ounce of  
oil of [Tolu](#) shake them together &  
till well mix d & take 3 spoonfuls  
going to Bed

For a Cough

Annotations

**Hartshorn**

(spirits of) Ammonia-based smelling salts made from the horns of male red deer.

**Tolu**

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

For a Cough [2] recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/464>