

# [Directions for Miss McDonald] John Marshall

**Date:** There are two parts to this document: the directions, dated 16 July 1782, and the letter from John Marshall to Miss McDonald, dated 23 November 1782, that accompanies the letter. | 1782/07/16 to 1782/11/23

Contributors

Contributor Role

Author

Contributor Name

John Marshall

Publication Format

Manuscript

Type

Medicine

Ingredients

sage

salep

barley

rice

gruel

broth

fruit

whey

buttermilk

barley water

tamarind water

milk

water

elixir of vitriol

laudanum

nitre

tincture of red roses

leaves of red roses

sugar

Places

Halifax

St. John's Island

Nova Scotia

## Prince Edward Island

**Source:** Macdonald Family (St. Peter's) Papers

**Institution:** Prince Edward Island Public Archives | **Reference:** Acc2664

### Description

This two part document is Accession 2664, no. 42, pages 1-6. The directions, page 1-2, are in a different hand than the letter. This appears to be because the directions are a copy of the original; the text suggests both are by John Marshall. Miss McDonald might be Helen (Nelly) McDonald. A letter from John MacDonald to his sister Nelly, dated 12 September 1789, makes similar suggestions (see "Remedy for Stomach Ailment" by John MacDonald, Acc. 2664, no. 16, p. 10).

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### Transcription

Directions for Miss McDonald.

1. Coolness, quietness and rest seem to be absolutely necessary at present.

2. Your diet should be cooling and slender: sage, [salep](#), Barley or rice

boiled, with milk: gruel, [Panada](#), weak broths, ripe or prepared fruits

are proper. --

3. Your drinks ought to be mild, [subacid](#) and opening: Whey, Buttermilk

Barley or Tamarind Watter, milk and Watter c. & are well adapted.--

it is to be observ'd that they are all to be drunk cold and rather in

small quantities at a time; these and drinks of a similar kind may be

acidulated.

4. A few Medicines may be necessary, for which reason for which reason two

or three that experience has pointed out as the most effectual in such cases

are sent.

If the spiting of blood be not now very considerably lessend it will be neces

sary to take fifteen or twenty drops of the Elixir of Vitriol in a glass of watter

twice or thrice a day.

If you are not warm or feverish, yet at the same time pass restless Nights, after bathing your legs in a deep bucketful of luke warm water for half an hour it will be necessary to take about twenty, or twenty five drops of Laudanum going to bed, in a cupfull of any of your common drinks.

The Laudanum may be occasionally repeated with or without the bathing.

Of the bark as much as will lift upon a shilling may be taken three or four times a day in a little new milk.

Your bed room ought to be cool large and airy the bed curtains should never be drawn close, A Matress is preferable to a Feather bed, you should sleep likewise with your head considerably raised.

If ever you should become hot and feverish, and your breathing considerably affected it will then be necessary to lose a little blood from the arm if your strength can possibly admit of it.

Upon the whole till such time as your complaints have for a considerable time left you your diet ought to be compos'd almost entirely of milk and vegetables, and you will then be pleas'd to return to your former method of living by degrees, and all violent exertions must be carefully avoided, in the mean time grief must not be indulg'd but a change of ideas attentively courted. amusements where theres little or no exertion required are the most suitable &c. &c.

At this distance it is probable some circumstances may have escaped us. The gen<sup>l</sup> scope of the treatments however being pointed out Miss McDonalds good sense will easily supply All wants

That she may be speedily restored to her former state of health  
is the most sincere wish of  
Halifax 16th July. 1782.

(copy).

Madam,

May I hope you will  
do me the justice to believe, that it was  
with real concern I heard of your relapse.

You must not however [ ] young  
to despond. Perhaps, without much  
difficulty you can assign a sufficient  
cause.

As the same ground now must nearly  
be again travelled over, I have therefore  
put you almost the same Medicines

as before.

The Elixir of Vitriol you will be  
pleased to use as formerly directed.

As the Nitre, you may take  
about a quarter of an ounce in a day  
in any of your ordinary drinks.

A tea cupful of the Tincture  
of Red Roses may be taken  
two or three times a day.

The Tincture is made by infusing

in a stoneware vessel for four or five hours, an ounce of the dried leaves of Red Roses, with fifty or sixty drops of the Elixir of Vitriol, in two pints of boiling water. Afterwards the Tincture is to be strained, and sweetened with sugar.

I am sorry I could not at present

send you more of the leaves.

Cold air, Acids, and Aliments of the laxative and less nutritious kind must always be duly attended to. -- If hot and feverish, bleeding will no doubt be advisable.

The patient must be regulated, and any violent exertion must be carefully shunned. By way of exercise, sleighing may be tried.

The inferior extremities must be kept comfortably warm by additional cloutting of the woolen kind.--

Close stoves are dangerous, --Open fire places are much safer.

I have already had the honour to write you so very fully on this subject, that the preceding is intended

merely as a kind of recapitulation

[ ] at a loss, I must therefore

beg leave, to refer you to my former

letter. -- By attention and perseverance,

I make no doubt, but that you will

not only recover health, but likewise

confirm it.

If however, at any time, you

may think I can be of further use

I beg you will freely command,

Dear Madame,

your most faithful

humble servant,

John Marshall

Halifax, 23<sup>rd</sup> Nov. 1782.

May I hope you will do

me the honour to present my best respects

to Mrs Calbeck.

Annotations

**salep**

"A nutritive meal, starch, or jelly made from the dried tubers of various orchidaceous plants, chiefly those of the genus Orchis; formerly also used as a drug" (OED). (Also salop, saloop)

**Panada**

"A dish consisting of bread boiled to a pulp in water, sometimes flavoured with sugar, currants, nutmeg, or other ingredients" (OED).

**subacid**

"Somewhat or moderately acid; somewhat sour in taste or flavour" (OED).

Directions for Miss McDonald recipe from Early Modern Maritime Recipes:

<https://emmr.lib.unb.ca/recipes/555>