

# [[Latin] Fodus Communis] William Paine

**Date:** This recipe is from a notebook dated 1782. | 1782/01/01 to 1782/12/31

Contributors

Contributor Role

Compiler

Contributor Name

William Paine

Publication Format

Manuscript

Type

Medicine

Ingredients

chamomile flowers

spring water

Common Balm

vinegar

crude sal ammoniac

**Source:** William Paine Papers

**Institution:** University Of New Brunswick | **Source Origin:** Loyalist Collection | **Reference:** MIC-Loyalist FC LFR.P3W5P3

Description

These recipes are on page 15 in what is catalogued as a medical tract, a pharmacopoeia in Latin, dated 1782. Reel 1. Image courtesy of the American Antiquarian Society.

Transcription

Fodus Communis

Rx. Flor. Chamæmel ?ij: coque

in Aq: Fontana q[uan]tum] s[ufficit] \_\_\_\_\_

Fotus commun: cum aceto.

Rx Fotus communis li iv Aceti li ij:

Misceantur pro fotu

Fotus cum sale ammon:

Rx Fotus commun li vi: Sal

Ammoniac crud ?ij: M[isce]

### **Translation**

Common Balm

Recipe: 2 ounces of chamomile flowers, cook in as much spring water as needed.

Common Balm with Vinegar

Recipe: 4 pounds of Common Balm, 2 pounds of vinegar. Let them be mixed as a balm.

Balm with Sal Ammoniac

Recipe: 6 pounds of Common Balm, 3 ounces of crude sal ammoniac. Mix.

*Translation and transcription by Winston Black*

[Latin] Fotus Communis recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/574>