



~ February Meeting

~ J.B. Sanders

Our next meeting will be held at 7 pm on February 7, 2022 via Zoom. There will be no in person meeting at the Galway Town Hall. The topic is “Forgotten Crossroads: Rock City Falls” presented by Karen Staulter, Town of Milton Historian. Anyone wishing to join our meeting via Zoom should sign-in to the waiting room about 6:50 pm as the presentation should start promptly at 7:00 pm. The Zoom meeting number is 294 161 5132. Logging into this meeting number will admit you to a waiting room until I connect you to the meeting.

If you would like information about accessing Zoom meetings you can go to <https://www.seniorsguide.com/technology/a-step-by-step-guide-to-zoom-meeting/> or the Zoom website. The free version of the Zoom application will allow you to attend any Zoom meeting. The Zoom Pro and higher versions are only necessary if you are hosting a group for more than 40 minutes or for more than 100 participants. If you still have questions or need additional information, please contact me on 518-698-3295.

~ Cholera Remedy

~ Bonnie Donnan

Looking through a box of old papers, some as early as the 1880s, I noticed a neatly written recipe. The title "Cholera Mixture" at the top sent me to the internet to look up the disease and the remedy's ingredients.

Cholera: A bacterial infection, spread by contaminated food or water. Symptoms can range from none to severe. Diarrhea that can last for days, and vomiting and muscle cramps can add to the misery. Dehydration from the diarrhea is a threat, and can be quite debilitating. Now rare, fewer than 1000 cases per year in the US, but it kills thousands per year worldwide. Tetracycline and Doxycycline are used for treatment, combined with rehydration therapy.

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Contact us at galwaypressociety@gmail.com or visit us at <http://www.galwaypreservationsociety.org>

The recipe:

Tincture of Cayenne pepper

Tincture of Laudanum

Tincture of Rhubarb

Spirits of Hartshorn

Spirits of Camphor

Essence of Peppermint

In equal parts.

Dose: One teaspoon in water.

For Dissentary or pain in the bowles.(sic.)

Cayenne pepper is a familiar substance, but now we are more acquainted with it as a seasoning than an alcohol tincture.

Laudanum is a tincture of opium in ethanol. It contains several opium alkaloids, including morphine and codeine. It is a pain killer and treats extreme, persistent, diarrhea.

Tincture of Rhubarb is made from the root. It is a laxative tonic, which is odd to treat a disease that causes debilitating diarrhea, but it is said to restore the tone of weakened intestines.

Spirits of Hartshorn is very interesting. It is an ammonia solution used as smelling salts, and is a chemical leavener used before baking powder and baking soda. The name is the clue for how it was made from ground up antlers. Other sources were distilled from hair or urine. Now it is chemically made from carbonic acid. Old recipes that called for it as a leavener were small items like cookies or crackers so the ammonia would cook off during baking. The scent coming out of the oven was not as pleasing as modern gingersnaps.

Spirits of camphor, a scent that is familiar, is distilled from an Asian tree. Today it is used on everything from cold sores, poison ivy, sinus congestion, to knee pain, and as a moth repellent. It also can be used to rub out a white ring on furniture from a glass set down without a coaster. The history of the uses of camphor could result in a multi-page newsletter all by itself.

Peppermint is also familiar to us, as candy canes, or Tic Tacs, Essential oil is popular, but it can be toxic if a lot is taken at once. Peppermint has been studied as a remedy for stomach pain and cramping, and the oil rubbed on the temples and forehead can relieve tension headache. Menthol, the active ingredient, can relieve stuffy sinuses and allergies. Peppermint has antimicrobial properties, so that combined with the refreshing flavor makes it a popular mouth wash.