



— *the* —  
**NATIONAL  
COUNCIL ON  
ARCHIVES**

**A**  
The National Archives



**For immediate release**

**Monday 8 February 2010**

## **FEBRUARY FEVER REMEDIES AT EAST RIDING OF YORKSHIRE ARCHIVES**

If you're trying to get over that lingering cough or cold from the New Year which won't go away, despite all the medicines you have taken, you may well find some remedies in your local archive.

As part of the Archive Awareness Campaign [www.archiveawareness.com](http://www.archiveawareness.com) files unearthed at East Riding Archives & Local Studies illustrate 'cures' for coughs and colds from the 19<sup>th</sup> century. However, anyone who thinks they might like to try one out should beware as the remedies contain ingredients you don't want to meddle with!

In the papers of the *Turner Family of North Ferriby*, is a remedy for 'feverish colds', which prescribes a concoction of 'Spirit of Mindererus', 'Antimonial Wine', and 'Sweet Spirit of Nitre'. If a patient took just a little too much of these ingredients it would have had drastic effects such as faintness, nausea, powerful vomiting, severe diarrhoea, 'nervous derangement', severe muscle weakness, and ultimately death.

**Collections Officer, Sam Bartle** said:

"We're highlighting these cold remedies merely for their curiosity factor. Some of the ingredients mentioned in these archives are potentially lethal. I'm just thankful that we have Lemsip nowadays."

The remedy for 'feverish colds' states: "Half an ounce of Spirit of Mindererus in one ounce of water, twenty drops of Anti-monial Wine and one teaspoonful of sweet spirit of nitre, taken at Bed time will generally promote perspiration; this dose is for an adult and

may be repeated for two or three nights at Bed time. The nitre may be omitted where it does not agree.”

**Ian Mason, Archives & Local Studies Manager** said:

“People can read the documents that contain so-called ‘cures’ for coughs and colds by visiting the Research Room in the Treasure House, Beverley, East Riding of Yorkshire.”

**Angela Owusu, Archive Awareness Campaign Officer** said:

“The Archive Awareness Campaign aims to bring history to life through documents, photographs, maps and treasures. Archives across the UK are opening their doors to the public so that people can search for fascinating materials such as this”.

**- Ends -**

For further details, spokespeople or images on Archive Awareness Campaign, please contact **Angela Owusu** on **0208 392 5237** or email

[Angela.Owusu@nationalarchives.gov.uk](mailto:Angela.Owusu@nationalarchives.gov.uk)

#### **Notes to Editors:**

- Contact Sam Bartle on 01482 392790 for further details.
- Visitors should use the East Riding of Yorkshire Archives & Local Studies online catalogue to identify the archive reference numbers before making a visit. The online catalogue can be searched via [www.eastriding.gov.uk](http://www.eastriding.gov.uk)
- **Address:** East Riding of Yorkshire Archives, County Hall Beverley, HU17 9BA  
**Site address:** The Treasure House, Champney Road, Beverley  
**Telephone:** (01482) 392790  
**Email:** [archives.service@eastriding.gov.uk](mailto:archives.service@eastriding.gov.uk)
- Archive Awareness is spearheaded by the National Council on Archives ([www.ncaonline.org.uk](http://www.ncaonline.org.uk)) and funded by The National Archives ([www.nationalarchives.gov.uk](http://www.nationalarchives.gov.uk)) and the Museums, Libraries and Archives Council ([www.mla.gov.uk](http://www.mla.gov.uk)).
- Archive Awareness Campaign [www.archiveawareness.com](http://www.archiveawareness.com) is an ongoing celebration of all kinds of fascinating archive treasures. It celebrates and promotes local and national archives. Throughout the year archives across the country open their doors to showcase history, hold open days and present workshops to help the public discover a piece of their own history.

For fevers & colds.

Half an Ounce of Spirit of Mindererus  
in one Ounce of Water, twenty Drops of Anti-  
monial Wine, and one teaspoonful of  
Sweet Spirit of Nitre, taken at Bed-time will  
generally promote perspiration, this dose is  
for an Adult, and may be repeated for  
two or three nights at the time. The Nitre  
may be omitted when it does not agree