

# [Tea of Garden Tanzy for Painful Menses] Dr. William James Almon

**Date:** Late 18th century; exact date unknown.

**Compiler**

Dr. William James Almon

**Publication Format**

Manuscript

**Type**

Medicine

**Symptoms**

painful menses

**Ingredients**

garden tansy

**Places**

Halifax  
Nova Scotia

**Source:** Manuscript Notebook of Dr. William James Almon

**Institution:** Nova Scotia Archives | **Source Origin:** Almon Family Fonds | **Reference:** MG 1 / Microfilm Reel 10,045

**Description**

Recommending garden tansy tea as next only to opiates in alleviating menstrual pain, p. 100.

**Transcription**

-- In the painful  
Menses are Opiates, & next to that I know [~~I-kn~~]a nothing  
better than the Tea of Garden Tanzy -- made strong  
and drank warm {bi endie} -- . it seems to have  
a kind of power to cure the patient and alleviates  
the pain --.

Tea of Garden Tanzy for Painful Menses recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/168>