

[Doses] Sarah Creighton Wilkins

Date: Late 18th or early 19th century; exact date unknown.

Contributors

Contributor Role

Compiler

Contributor Name

Sarah Creighton Wilkins

Publication Format

Manuscript

Type

Medicine

Symptoms

indigestion

flatulence

strangury

fever

cramps

nervous fever

gout

rheumatism

Ingredients

gentian tincture

guaiaicum

guaiaic gum

water

camphorated tulip

cardamon

cardamons tincture

mint water

mint

cold water

honey

balsamic

balsam of copaiba

barley

barley water

spirits

Places
Halifax
Nova Scotia

Source: Manuscript Notebook of Sarah Creighton Wilkins

Institution: Nova Scotia Archives | **Source Origin:** MacDonald Family Fonds | **Reference:** MG 1 No. 1 / Microfilm Reel 10,618

Description

A list specifying dosages for a variety of medications and amounts for medicinal ingredients.

Transcription

Doses | Elixir of Vitriol. 10 to 60. ^Adultdrops Stomachic Indigestion flatulence

[Gentian](#) Tincture 1 to 2 drams in Water Stomachic & c. 3 or 4 times a day 3 doses

Volatile Tincture [Guaiac gum](#) 1 to 3 drams in water 2 or 3 times a day ditto

for the Chronic Gout & Rheumatism. --

Camphor Tulip. 2 to 4 Table Spoonfuls 3 times a day febrifuge Nervous fever

Cardamons Tincture 2 or 3 drams mint water, Stimulant Cramp &c.

[Contrayerva powder](#). 20 to 40 grains in water. sudorific recent Cold.

A Ethir. 30 drops in Cold water Antispasmodic astma,

Cramp & flatulence

[Balsam of Copaiva](#) 20 to 30 drops in honey diuretic &

Balsamic - whites Glass & gravel

Bark decoction 3 or 4 Table spoonfuls 3 times day relaxation

& weakness --

Nitric powder 5 to 20 Grains in Barley water Strangury

heat of Urine fever. S[---] spirit 20 to 60 take for ditto

Annotations

[Gentian](#)

Native to Asia, Europe, and the Americas, the roots of genus gentiana were used in making beverages as well as in remedies for a variety of ailments, including digestive disorders, fevers, and dyspepsia.

[Guaiac Gum](#)

A genus of flowering plants native to the subtropical and tropical regions of America, guaiacum was introduced to Europe in the sixteenth century and used to treat a variety of ailments, including syphilis. (Also guajacum)

[Contrayerva powder](#)

In his 1640 Theatrum Botanicum, John Parkinson describes the Contraserua plant: Contrayerva, sometimes termed Indian Spanish Counterpoison, is a root that is native to Peru and the West Indies, that was later brought to Spain. It has a long history of being used as both a poison and a cure of poison, depending on its preparation.

[Balsam of Copaiva](#)

(Copaiba) An essential oil derived from the South American copaiba tree used for a variety of medicinal and cosmetic purposes. It has been found to have anti-inflammatory, antiseptic, and antihemorrhagic properties.

Doses recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/280>