

# [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

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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.

Conrayerva 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)

### Conrayerva powder

In his 1640 Theatrum Botanicum, John Parkinson describes the Contraserva plant: Conrayerva, 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>