

[A Cordial for a Nervous Affection] 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

nervous affection

Ingredients

Peruvian bark

Virginian snake root

saffron

brandy

weak wine

wine

water

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 recipe for a cordial for nervousness.

Transcription

A Cordial^for a Nervous affection

1 ounce of powder d [Peruvian Bark](#)
2 drams of [Viginian Snake Root](#)
1 ditto saffren
put them together into 1 pint of Brandy
let them infuse five days then pour
it clean off. & take 1 large tea
spoonful in a glass of weak wine
& water 2 or 3 times a day

Annotations

[Viginian snake root](#)

A type of birthwort particular to North America, the Virginian variety was used medicinally by the Nova Scotia Mi'kmaq and employed by settlers to treat croup, fever, and snake bites.

[Peruvian Bark](#)

The bark of the cinchona tree used to treat malaria and other fevers.

A Cordial for a Nervous Affection recipe from Early Modern Maritime Recipes:

<https://emmr.lib.unb.ca/recipes/301>