

[A Good & Approved Receipt for a Weak Spine] 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

weak spine

Ingredients

rum

spirits of turpentine

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 and instructions for a spine salve.

Transcription

A good & approv d receipt for a
weak Spine

1 Glass of Rum

2^d of spirits of Turpentine

Shake them well together & rub
the Patient from the back of
the neck to the spine if in
winter by the fire Night & Morning

A Good & Approved Receipt for a Weak Spine recipe from Early Modern Maritime Recipes:

<https://emmr.lib.unb.ca/recipes/304>