[A Nervous Mixture] 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 irritability
irritability
periodical headache
headache
irritation of brain

Ingredients
essential salt of bark
camphorated tulip
salvolatile
spirit of lavender
lavender

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 mixture for nervousness, including instructions on how to address headaches.

Transcription

A Nervous Mixture.
Take of essential salt of Bark 1 dram
dissolve 6 onces of Camphorated Tulip
& add 2 dram of Salvolatile & 3 drams
of of Spirit of Lavender
2 Table spoonfuls to be taken 3 or 4
times a day. for nervous irritability
& periodical headach brushing the
hair is a great auxiliary to this Medicine
in case of nervous headach it affords imme=
diate relief by conducting from the body in
super abundant fluid which occasions the
disturbed Matter & irritation of the brain & nerves.

Annotations
Salvolatile
A solution of ammonium carbonate dissolved in alcohol used also as smelling salts.

A Nervous Mixture recipe from Early Modern Maritime Recipes: https://emmr.lib.unb.ca/recipes/313