

[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 ounces 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>