

# [For Bruises Strains Pains or Achs] Sarah Creighton Wilkins

**Date:** Recorded sometime in 1815. | 1815/01/01 to 1815/12/31

Contributors

Contributor Role

Compiler

Contributor Name

Sarah Creighton Wilkins

Publication Format

Manuscript

Type

Medicine

Symptoms

bruises

strains

pains

aches

Ingredients

saffron liniment

saffron

tincture of opium

opium

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 topical pain salve.

Transcription

For Bruises strains pains or achs

1 Oz & a half Liniment safren

1 dit & half of tincture of Opium

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Rub the parts well

For Bruises Strains Pains or Achs recipe from Early Modern Maritime Recipes:

<https://emmr.lib.unb.ca/recipes/322>