[For Strains & Bruises] Sarah Creighton Wilkins

Date: Late 18th or early 19th century; exact date unknown.

Contributors
Contributor Role
Compiler
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Sarah Creighton Wilkins

Publication Format
Manuscript

Type
Medicine

Symptoms
strains
bruises

Ingredients
soap liniment
tincture of 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 ointment to treat strains and bruises.

Transcription

For strains & bruises

1 once & ½ soap liniment
1 dit & dit Tincture of opium
Rub - The parts affected night & Morning

For Strains & Bruises recipe from Early Modern Maritime Recipes: https://emmr.lib.unb.ca/recipes/327