

# [For Strains & Bruises] 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

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 ounce & 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>