

[Bruises Pains & Aches] 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

bruises

pains

aches

Ingredients

soap liniment

laudanum

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

Recipe for a topical treatment for bruises and aches.

Transcription

Bruises pains & Aches

1 oz & half soap Liniment

The same quantity of Laudanum

Rub the parts well where they are
painful

Bruises Pains & Aches recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/342>