[Bruises Pains & Aches] Sarah Creighton Wilkins

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

Contributors
Contributor Role
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Sarah Creighton Wilkins

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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