

# [A Simple & Good Remedy for the Rheumatism] Sarah Creighton Wilkins

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Publication Format

Manuscript

Type

Medicine

Symptoms

rheumatism

Ingredients

volatile guaiacum tincture

guaiacum tincture

guaiacum

poppies

white poppies

gruel

thick water gruel

volatile tincture

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 remedy for rheumatism from Henry Coxwell.

## Transcription

This is a simple & good remedy  
for the Rheumatism & may be  
taken without fear in the attack  
& through it

1 Tea spoonful of Volatile <sup>^</sup>[Guaiacum](#) Tincture  
1 Tea spoonful of White poppies

put the poppies in first & then the  
Tincture & mix in a tea cup of  
thick water Gruel a small tea Cup  
mix it by degrees  
Take it at night & again in the Morn  
leaving the poppies out

Henry Coxwell Esq<sup>r</sup>

1828

## Annotations

### [Guaiacum](#)

A genus of flowering plants native to the subtropical and tropical regions of America, guaiacum was introduced to Europe in the sixteenth century and used to treat a variety of ailments, including syphilis. (Also guajacum)

A Simple & Good Remedy for the Rheumatism recipe from Early Modern Maritime Recipes:

<https://emmr.lib.unb.ca/recipes/347>