

[Rhumatism] 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

rheumatism

Ingredients

volatile tincture of guaiacum

guaiacum

poppies

white poppies

gruel

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 treating rheumatism.

Transcription

Rhumatism

1 tea spoonful of Volatile Tincture
of [Guaiacum](#)
1 tea spoonful of white Poppies

~~Put in first the tincture & then
the poppy—mix them in Thick
Water gruel~~

put the tincture in a cup of thick
water gruel by degrees stirring it
Take it Night & Morning but leave
out the poppies in the Morning

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)

Rhumatism recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/349>