

# [A Remedy for Contracted Limbs from Dr. Lobb] Dr. William James Almon

**Date:** Late 18th century; exact date unknown.

## **Compiler**

Dr. William James Almon

## **Author**

Dr. Lobb

## **Publication Format**

Manuscript

## **Type**

Medicine

## **Symptoms**

contracted limbs

## **Ingredients**

egg yolk

water

pure water

## **Places**

Halifax

Nova Scotia

**Source:** Manuscript Notebook of Dr. William James Almon

**Institution:** Nova Scotia Archives | **Source Origin:** Almon Family Fonds | **Reference:** MG 1 / Microfilm Reel 10,045

## **Description**

A recipe for treating contracted limbs with a mixture of egg yolk and water, p. 101.

## **Transcription**

MARGIN:

{...}

a Remedy for  
contracted Limbs  
from D<sup>r</sup>. Lobb  
used by him  
with success.

[The best] {...} [is made with] {...}

[Soap and Aloes the best remedy for:] {...} [..~ ]

Tincture of [Myrrh] & Aloes\_ {...}

[in state of Vapors has done much good in bruises.]

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Take the Yolk of a new laid Egg, let it be beaten with  
a spoon to the greatest thinness, then by a spoonf-

-ul at a time add three ounces of pure water agit-  
-ating the mixture continually that the Egg  
and water may be well incorporated; this  
Liquor may be applied to the parts contracted,  
cold or only milk warm, by a gentle friction  
for a few minutes, three or four times a day.

A Remedy for Contracted Limbs from Dr. Lobb recipe from Early Modern Maritime Recipes:  
<https://emmr.lib.unb.ca/recipes/432>