

# [Dr Charles Blick's Receipt for Rough or Scorbutick Hands] Sarah Creighton Wilkins

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

Contributors

Contributor Role

Compiler

Contributor Name

Sarah Creighton Wilkins

Contributor Role

Author

Contributor Name

Dr. Charles Blick

Publication Format

Manuscript

Type

Medicine

Symptoms

rough hands

scorbutic hands

Ingredients

brandy

lemon juice

lemon

water

warm water

oatmeal

gruel

Gowland's lotion

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 and instructions for treating rough hands.

#### Transcription

D<sup>r</sup>. Charles Blicks receipt for  
rough or scorbutick Hands

---

Equal parts of brandy & Lemon  
Juice wash them or bathe with it  
at night wash them in warm  
water, use no soap oatmeal or  
gruel is better -- & now & then  
use [Gowlands lotion](#)

#### Annotations

##### **[Gowlands lotion](#)**

Austenland notes John Corry's description of the caustic lotion developed in 1743, which included mercuric chloride: "There the lotion of Gowland that flays Ladies faces/ Distorting the features of our Modern Graces."

Dr Charles Blick's Receipt for Rough or Scorbutick Hands recipe from Early Modern Maritime Recipes:  
<https://emmr.lib.unb.ca/recipes/488>