

[Dr Potter's Receipt for Rheumatism] Sarah Creighton Wilkins

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

Contributors

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Publication Format

Manuscript

Type

Medicine

Symptoms

rheumatism

sweats

attack

Ingredients

gum guaiacum

barley water

water

linseed tea

sal C. C.

nitre

sage tea

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 recipe and instructions for a rheumatism medicine.

Transcription

D^r Potters Receipt for Rheumatism

1 dram of Gum [Guaiacum](#) dissolved in any mucilage such a Barley Water or Linseed tea Taken at night it will produce 2 or 3 motions - with the addition of 5 grains of Sal C. C. it will promote a perspiration without preventing its operation.

All acrid sweats have been proved hurtful & when they are forced the Mildest only should be employed - sweating is of more service in the Chronic Rheumatism Man in the Acute

[Nitre](#) in the proportion of two drams To 2 pints of sage-tea & given to the Quantity of 9 pints a day has Sometimes carried off the attack
A mistake I think
in the quantity orderd

Annotations

[Guaiacum](#)

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

[Nitre](#)

Potassium nitrate in mineral form, known also as saltpeter or saltpetre. (Also niter)

Dr Potter's Receipt for Rheumatism recipe from Early Modern Maritime Recipes:

<https://emmr.lib.unb.ca/recipes/279>