

# [A Bad Sore Throat] Sarah Creighton Wilkins

**Date:** 1825/01/01

Contributors

Contributor Role

Compiler

Contributor Name

Sarah Creighton Wilkins

Publication Format

Manuscript

Type

Medicine

Symptoms

sore throat

bleeding

evacuations

Ingredients

aromatic conf {...} tion

castor

nutmeg

water

pure water

Places

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 to gargle for a bad sore throat.

Transcription

A Bad Sore Throat                      1825  
all evacuations are injurious  
Especially bleeding. Cordials & Gargles  
seem the only Necessary Aid.

½ a dram Aromatic conf { ... } tion  
1 scruple of Castor  
2 drams of Nutmeg the spirit of  
1 Once of pure water  
A draught to be taken every 4 hours.

A Bad Sore Throat recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/298>