

# [A Good Saline Draught] Sarah Creighton Wilkins

**Date:** Recorded sometime in 1818. | 1818/01/01 to 1818/12/31

Contributors

Contributor Role

Compiler

Contributor Name

Sarah Creighton Wilkins

Publication Format

Manuscript

Type

Medicine

Ingredients

lemon juice

salt of wormwood

wormwood

nitre

tincture of Columbo

water

simple mint water

mint

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 for a saline draught, dated and likely obtained from another source.

Transcription

A good Saline Draught. 1818.

1 once & ½ Lemon Juice  
1 dram Salt of Wormwood  
2 Scruples of [Nitre](#)  
[Tincture of Columbo](#) 2 drams

Simple Mint Water 4 onces  
Take this every 6 hours  
3 large spoonfuls at a time

Annotations

[Nitre](#)

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

[Tincture of Columbo](#)

A concoction made by boiling water and alcohol with cocculus palmatus, a medicinal plant native to Mozambique.

A Good Saline Draught recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/305>