

# [Saline Draught] Sarah Creighton Wilkins

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

Contributors

Contributor Role

Compiler

Contributor Name

Sarah Creighton Wilkins

Publication Format

Manuscript

Type

Drink

Medicine

Symptoms

fever

Ingredients

salt of tartar

lemon

lavender

water

spirits of lavender

salt

nitre

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, including instructions if there is a fever.

## Transcription

### Saline Draught

1 Scruple of Salt of Tarter

half a good Lemmon

30 drops of Lavendar the Spirits

an once & half of water

dissolve the Tarter in the water then

add the spirits of Lavender to it

& pour the Lemmon juice on it

taking it in its Effervescent state

If the Patient has a smart Fever

add to the draught a scruple of [Nitre](#)

### Annotations

#### [Nitre](#)

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

Saline Draught recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/308>