

# [Discutient Gargle] 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

Medicine

Symptoms

inflamed throat

sore throat

Ingredients

purified nitre

nitre

gum arabic

water

soft water

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 discutient gargle to treat inflamed and sore throats.

Transcription

Discutient Gargle

Inflammatory Sore Throat

1 dram purified [Nitre](#)

3 ditto Gum Arabic

dissolve in ½ a pint of Soft Water

Annotations

**Nitre**

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

Discutient Gargle recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/312>