CHOCOLA

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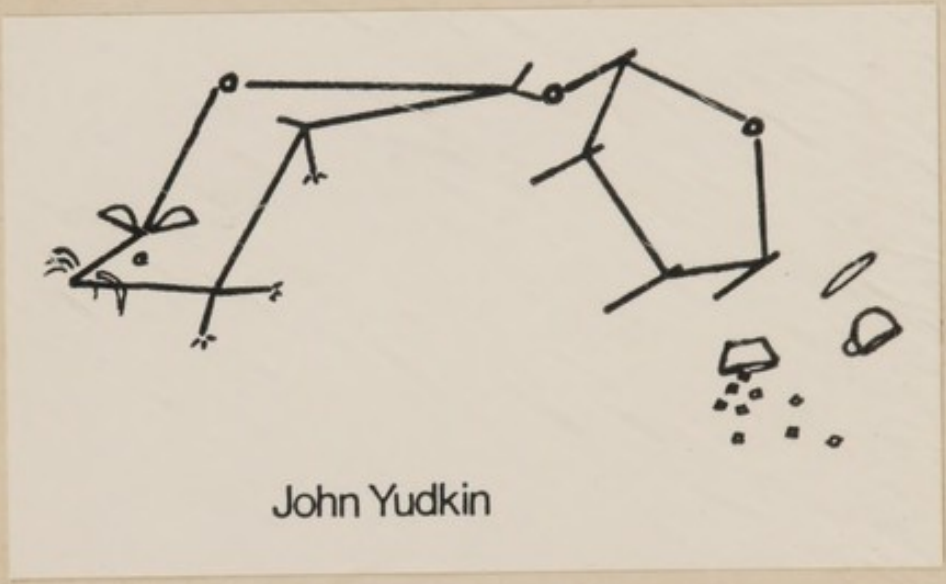

THE

Indian Nectar,

OR A

DISCOURSE

CONCERNING

CHOCOLATA:

WHEREIN

The *Nature* of the *Cacao-nut*, and the other Ingredients of that Composition, is examined, and stated according to the Judgment and Experience of the *Indians*, and *Spanish* Writers, who lived in the *Indies*, and others; with sundry additional Observations made in *England*: The ways of *compounding* and preparing *Chocolata* are enquired into; its Effects, as to its *alimental* and *Venereal* quality, as well as *Medicinal* (especially in *Hypochondriacal Melancholy*) are fully debated. Together with a *Spagyrical Analysis* of the *Cacao-nut*, performed by that excellent Chymist, *Monsieur le Febure*, Chymist to His Majesty.

By Henry Stubbe *formerly of* Ch. Ch. *in* Oxon. *Physician for His Majesty, and the Right Honourable* Thomas *Lord* Windsor *in the Island of* Jamaica *in the* West-Indies.

Thomas Gage, Survey of the *West-Indies*. chap. 15.

Here [in a certain part of *Guaxaca*] *grow many Trees of* Cacao, *and* Achiote, *whereof is made the* Chocolatte, *and is a Commodity of much trading in those parts, though our* English *and* Hollanders *make little use of it, when they take a prize at Sea, as not knowing the* secret virtue *and* quality *of it for the good of the Stomach.*

———*Videant, intabescántque relictâ.*

London, Printed by *J.C.* for *Andrew Crook* at the Sign of the Green Dragon in St. *Paul's* Church-yard. 1662.

To my Learned Friend Dr. *Thomas Willis* Doctor of *Physick*, and Reader of *Natural Philosophy* in the University of *Oxon*.

When I first entered upon the practise of Physick, *I had the Honour of your* Testimonial: *and I now publickly acknowledge as well your* favours, *as that* worth, *which is* universally known, *and* admired. *Were I to celebrate your* Panegyrick, *I should not doubt to represent you as a* second *to* Harvey: *and I should not fear the resentments of others, if I compared him to* Phrynis, *whilest you are the* Timotheus *in* Physick. *But this is not my present Designe; but to tell you, I have finished the Discourse I promised you, of* Chocolata: *and I have augmented it beyond my thoughts, or yours. This* Writing, *as well as the* Chocolata *I presented to His Majesty, wants that* perfection, *which* Time *was to give it; I wish it have so* good fortune, *to* please, *as* that did. *I shall from* Jamaica *give you*

a better Book, *and* (*I believe*) better Chocolata. *And it is my resolution so to employ my self there, that I may not fail the* expectation *so many* Eminent Persons *have of me; nor will I ever see* England, *but with the satisfaction of having done something* considerable.

That you may know how great Incentives *I have* to study, *besides my own unspeakable inclinations; There are* more then ordinarily *interested* in me, *besides the* King's Majesty; *who* alone *is so* great a promoter, *and so competent a* judg of merit, *that to an* Ingenuous Person *there needs no farther inducement to* deserve. *But, besides* Him, *there is the Honourable* Robert Boyle *Esquire, Dr.* Quatremain, *Dr.* Frasier, *Physicians to His Majesty, and several other Honourable and Learned Personages. But, amidst so many concurring* favourers, *and* abettours, *if I tell you, that I allow a peculiar* esteem, *and* remembrance *for Dr.* Willis, *it is no more, then the* real sentiments *of one, who infinitely admires you, who is*

Sir, your obliged humble

London, April 12. 1662.

Servant

Henry Stubbe.

The *Preface* to the Ingenuous *READER.*

IT is *long* ſince, that I deſigned a particular enquiry into the *nature of Man*, and what it is, that we call *Life*, and by *what means* it is to be *ſo preſerved*, that we may enjoy in this World an *undiſturbed health*, and *ſerenity of minde*, together which thoſe *other comforts*, the *promiſe* whereof is peculiarly annexed to the *fifth Commandment*, according to the *Septuagint*; *Honour thy Father, and thy Mother, that it may be well with thee, and that thy days may be long in the Land, which the Lord thy God giveth thee.*

This *felicity*, ſince that God put ſo great a *value* on it, that he generally in Scripture makes it a *Type* of the *Celeſtial enjoyments* hereafter, and *illuſtrates* them *hereby*, as being no *odious Compariſons*; and ſince the *reſult* of *Solomon*'s wiſdom, regulated by *inſpiration*, and *experience*, amounts to this; That he hath *perceived*, and *ſeen*, that *It*

Eccles. ch. 2. v. 24. ch. 3. v. 12, 22. ch. 5. v. 17. ch. 8. v. 15. *is good, and comely*, and that *There is nothing better for a man, then that he should eat, and drink, and enjoy the good of all his labour*; upon these Considerations, I did think it merited my *peculiar regards*: and howbeit the *preached*, but *unpractised* (and in many parts *false*, and *fictitious*) Doctrine of *Mortification* did seem to *condemn such Enquiries*; and the *promulgation* of them might seem to *encourage*, or *instruct* men in *Sensuality*, (a thing inconsistent with *Christianity*, and *that course of life*, which I have followed so, as that *Presbytery it self*, that is, *Malice and Dis-ingenuity heightened with all the circumstances imaginable in men on this side hell*, could never *fix* the *least imputation upon me*) yet I thought, I ought not too much to respect *accidental abuses*; not to regulate my self by what *seemed fit*, or *true to others*, but what was *really so*, and conformable to *God's word*, and the *primitive practise*: both which (if we make not the Opinions of *Monks*, and men retired unwarrantably *extra seculum*, to be the sole Standard of *truth*, and *practise*) did not repugn with my *designed Speculations*.

The late changes in our *Nation* have disengaged me from my *former adherencies*; and

and I have no longer a regard, or concern for Sr. *Henry Vane*, or Gen. *Ludlow*, then is consistent with my sworn *Allegiance*. And I think, His Majesty is of so *generous a nature*, and of so *transcendent a Grandeur*, that I shall as litle offend him by *this Declaration*, as I shall by the *following course of my life*, wherein I shall make Him all those returns, that the most *deserving*, and the most *obliging person*, and *Prince*, may exspect from an ingenuous and resentive *Servant*, and *Subject*. It is but fitting, that so unparallel'd a *candour*, as His Majesty hath practised, should meet with *reciprocal acknowledgments*: and however it be accounted the *fate of Kings, to do well, and to be ill spoken of*; I think it a very hard *destiny*: and, though I have a very despicable opinion of the *present age*, yet I hope it will not be guilty of any such *unworthiness* towards *our Sovereign*. I shall make it my publick Profession, *Never did any* (saving, that I never violated a *sworn Allegiance*, nor took the *Covenant*, nor subscribed the *Engagement*) *never did any ever offend, or experiment a greater Goodness*. I go not about to extenuate my Crimes by saying, *Rebellion loses its name, where Presbytery is opposed*;

or, that *The attempt in me was but the acknowledgment of uncommon favours received from others.* I am indebted to His Majesty for more, then an *Act of Indemnity and Oblivion.* His *Liberality* hath prevented my Services, and I already have had that Honour and Reward conferred on me, which to deserve I must change my *resolutions* into *actions*, and be what I intend. Were my *King* of a *less merit*, I should fear, that what I say might be apprehended not as the *dictates of Truth*, but occasioned by a *sence of Duty*, or *Flattery:* but he possesseth all *Heroick Virtues* in so peculiar a maner, that *Envy* it self must say, that it is want of *Time*, or *deficiency* of *Language*, not want of a *befitting Subject*, which makes me to enlarge no further.

I promised my ever-Honoured and Learned Frind Dr. *Willis* an account of *Chocolata:* and being detained beyond my expectation at *London*, to receive the benefit of what His Majesty had given me by way of *Advance* to go into *Jamaica*, the Right Honourable the Lady *Windsor*, a Lady, that ows her *Elogy* and *Title* not more to her *Degree*, then *Worth*, gave me occasion to renew those intentions, and to make some *Essays* in compounding *Chocolata*; which *first*

 found

found her approbation, and then the Kings, Had I written before, I could only have given an account what others had said, or done; now I can vouch my own *experience*, and that I am not altogether unacquainted with what I *write of*. I know, that Time and Opportunity might have polished the Work, and better'd my Enquiries. If I was *impatient* to do *nothing*, I had not leasure almost to do any thing. I have given as good an account of things, as I could either from my *own little tryal*, or the *report of others*. I have represented each *Authour* in his own words: and where I seem to speak concerning the modern practise in *Spain*, my intelligence is not the less true, because the margin doth not warrant it by some citation. Sundry Digressions are rather attempted, then pursued; but, if I live any time in *Jamaica*, I shall in a second edition correct the imperfections of this; many whereof are unavoydable to me, because I have not seen the Ingredients of *Chocolata* growing, nor made such *Analyses* of them, as are requisite to discover their nature.

I write not out of a designe to advance the repute of our *West-Indy* Commodities in the making *Chocolata*. What I say is the Asser-

Assertion of others, who did not intend by their Writings to serve the *English* Interest in *Jamaica*. The *Spanish* Dr. *Juanes de Cardenas* says as much as I do, *viz.* that Persons of a *vigorous* and *healthy* Constitution ought not to drink the same *Chocolata* with others of a more *cold* and *phlegmatick* Complexion: but to have a Composition of their own mixed with fewer Spices, and those *of West-Indy* growth (which, he saith, were created for that use) and to be taken with *Atolle*. His words are *Los tales* (sc. those of a Complexion inclined to heat) *bebanle con Atolle* (that being of a temperate nature) *y echenle mui poca especie, y essa antes sea de la tierra* (sc. of *Jamaica*, or *Tabasco*) *que de* Espanna, *por que la de aca parce, que solo fue criada para esso.*

Nor have I more endeavoured to serve *my self*, then the *Island* in the subsequent Discourse: for I obtrude not on the world a bad *Chocolata*, having shewed the errours and hazards in the vulgar compositions, but what his Majesty approved (*a*) [then whom

(*a*) It is the same, that is used in *Mexico* and brought from *Guaxaca* to the *Spanish Court*, and now used there: it varies in nothing, but what is more peculiar to the *Spanish*, then *English* gust. I call it *Chocolata-Royal*, because the *Spaniards* do so, whom I follow; and it is usual with that Nation, to express an excellent *Manjar* by the Title of *Royal*.

there can be no more competent Judg] and what hath received the commendation of others well-acquainted with the variety of *Chocolata*, ſold, and made in this Nation. I have ſet down the ways of *Ledeſma*, and *Zacchias*, and the way, by which the *Chocolata* is commonly made. And I have left in the hands of an *honeſt* though *poor* man, *Richard Mortimer* in *Sun-Alley* in *Eaſt-Smith-Field*, both my common-*Chocolata-receipt*, and that other of *Chocolata-Royal*; both which are fitted for the uſe of ſuch as are in health, or not of a very weak ſtomach, being made up with *milde Spices* of *Jamaica*, and ſuch, as may ſecurely be uſed by the moſt healthy. They, who would have particular *Chocolatas* made, may have recourſe to him, and rely upon his honeſty to prepare them carefully according to my Method: which, though infinitely laborious, he is reſolved to follow. I choſe him, becauſe I found him, of all others, tractable to obſerve my directions, and to make what Experiments I pleaſed: he lived in *Spain* many years, and is as *skilful*, as *honeſt*. He will attend on any *Phyſician* of note to receive his *directions*, as alſo to inform him, (if he would vary from my ways by *any addition*)

what

what *may be* added, and *what quantity* to each proportion of *Chocolata*.

I gave him the *Receipts* not only as a *reward* for the pains and trouble I put him to; but out of a sense of *publick utility*, there being so many frauds in the making of it: it being so *ill wrought* up (whence comes the *setling*) besides the *mixture* of several Ingredients either *hurtfull*, or *impertinent*. The way I make my *Chocolata-Royal* agrees almost altogether with that, which is followed in the *Court* of *Spain*, where the mixture of *Anise-seeds*, *Nutmeg*, and *Maiz* is disused, and confined only to the common *Chocolata-sellers*. Whilest (to give you the words of a Learned *Spaniard*) *This other Composition seems to have all that perfection, which attends the last designs, and contrivances of Men, after many fore-going tryals; and which is observed to displease no body: all the change of Ingredients for so many years past did but prepare way for this; which* he *observed to continue in a very good body, the Ingredients exactly fermenting, and having an excellent scent: and the Taste is neither hot, and biting, nor totally insipid.* I shall not vary any thing from my way *here* in *England*, but perhaps at *Jamaica* I may im-

improve it much, both in the *making it up*, (which I ſuppoſe may better be done there, then here; but will give no reaſon, till I ſee it to be true) and in the adding ſome *Ingredients*; which if it ſucceed, I ſhall take care, that *England* know it, and have the benefit thereof.

Becauſe that *Richard Mortimer* lives ſo far of, I have appointed, that his *Chocolata* of both ſorts ſhall be to be ſold at Captain *Beckford*'s at the *Cuſtom-houſe-key*: the beſt *Chocolata*, call'd *Chocolata-Royal*, will coſt *ſix ſhillings ſix pence* each *pound*, weighing about thirteen ounces, or ſomewhat more: the *ordinary Chocolata*, weighing about fifteen ounces each pound, will coſt three ſhillings and eight pence. And in the ſame place they may be furniſh'd with the beſt *Cacao-nuts*, which I could yet ever ſee in *London*; and alſo with *Jamaica-Pepper*.

I ſhall conclude with this Premonition: that the enſuing *Diſcourſe* was written at a great diſtance from my own *Library*, in a place, where frequent interruptions, and diverſions ſcarce ever yielded me an hour's leiſure entire to my ſelf: and, as this is a ſufficient excuſe for its many imperfections, ſo it muſt particularly *Apologize* for

ſeveral

ſeveral Repetitions, which will occurr; for having not time to review what I had written, and being willing to omit nothing, I have, I believe, repeated ſeveral times the ſame thing. But, *if it pleaſe God*, I arrive ſafely at *Jamaica*, and enjoy that ſettlement, which I promiſe my ſelf from the right Honourable the *Lord Windſor*, (my ſingular good Friend, and Patron, and the worthy Governour of *Jamaica* under His Majeſty; one in whom concurr thoſe Qualities, that might *juſtly* recommend him for ſo *important a charge* to the choice of the *beſt and wiſeſt of Princes*, Loyalty, Valour, Prudent Conduct, Moderation, and Affability; and under whoſe Government no Man ought to entertain *other deſpair*, then what *his own Worthleſneſs* creates in *him*)) when I ſhall be ſafe and ſecure there, and amidſt my *own Books*, as well as the *Simples* mentioned here, then I will reviſe, and ſo enlarge this Work, that nothing ſhall be wanting thereunto.

Nunc te marmoreum pro tempore fecimus; at, tu:
Si fœtura gregem ſuppleverit, aureus eſto.

And, as I ſhall endeavour wholly to obligee

ige man-kind with further Obſervations and Enquiries concerning *Chocolata*: ſo, I hope, my example will ſtirr up others to the like performances; and that Perſons of ingenuity will either publiſh their *Obſervations*, or direct them to me, and leave them either with the Lady *Windſor*, or with Mr. *Andrew Crook* in St. *Paul*'s Church-yard, *Book-ſeller*, to be ſent to me, that I may not be ignorant of what effects *Chocolata*, or its particular Ingredients have here in *England*; what new preparations and mixture of the *Cacao-Nut*, or *Spirit*, or *Oyl* are *ſucceſsfully* contrived, or *ingeniouſly*, to inform, or otherwiſe benefit men: and I do here ſolemnly profeſs, that I ſhall render all ſuch Perſons their due acknowledgment in *publick*, and ſhall readily ſerve them any way, during my being in *Jamaica*.

A

DISCOURSE

CONCERNING

CHOCOLATA.

CHAP. I.

Concerning the Name of Chocolata, *and its being universally used.*

THe drink called ordinarily *Chocolata* is by the *Indians* called [a] *Chocolatl*: and is compounded of *Atte*, as some say, or, as others, *Atl*, which in the *Mexican* language signifies *water*; and from the *sound*, which the *water* (wherein is put the *Chocolata*) makes, as [b] *Choco*, *Choco*, *Choco*, when it is stirred in a cup by an Instrument called a *molinet*, or *molinillo*, untill it bubble, and rise into a froth. I shall not pursue other derivations of the name, it

a *Hernandez herb. Mexic.* l. 3 c. 46. *Gul. Pise* in *Mantiss. Aromat.* c. 17.

b *Gage*'s Survey of the *West-Indies*, c. 16.

being sufficient, that we understand one and the same thing by the several appellations of *Chocolatl*, *Chocolata*, (so it is usually called) *Chocolatte*, as Mr. *Gage* names it; or *Chocholate*, as [c] *Acosta*; or *Succulata*, as [d] *Mynsicht* terms it; or [e] *Cacaotl*, and [f] *Cacaoatl*, and [g] *Cacauatl*: all which names it bears in the *Mexican Herbal*, as well as that of *Chocolatl* aforesaid.

It is called *Chicolate* in *Jaques Amproux*, of the *Antilles*, c.16. and *Succolata*, and *Chuculate* by *Schroder. Pharmac.* l. 4.

c *Acosta* Histor. nat. & moral. *Indiar.*l.4.c.22

d

e *Hernandez* l 2. c. 4.

f *Hernandez* l. 3. c. 41. l.5. c. 13.

g *Hernandez.* l. 5. c. 41.

In *America* several Countries have several drinks made out of *roots* and *fruits* variously prepared. The Northerly [h] tract thereof principally seems to use the drink called *Chocolata*, in *New-Spain*, *Mexico*, and the neighbouring Provinces. If we may believe Dr. *Juanes de Barrios*, who lived in those parts, it hath been immemorially drunk in the Province of *Guatimala*, and as particularly appertains to that Country, as *Mead* to *Lithuania*, and *Ale* to *England*; however it may have diffused it self into other parts. And indeed it hath prodigiously spread it self not only over the *West-Indies*; but over [i] *Spain*, *Portugal*, *Italy*, *France*, high and low *Germany*, and *England*, yea *Turky*, and *Persia*: and hath been recommended by sundry learned [k] *Physicians* to the world. So that it may well merit our regards to enquire into the *Nature* and *Reason* of a drink endeared unto us by so great a repute, as the *General usage* of the *Nobility* and *Populace* of both *Sexes*, and the *Authority* of the *learnedst and most observing persons* can give it.

h *Gul. Piso* in *Mantiss.* Aromat. c. 17.

i *Gage* c. 16. *Piso* in *Mantissa* Aromat. c.17.

k As *Hernandez*, *Piso*, *Zacchias*, *Severinus*, & others.

It is so generally used in the *Spanish* Colonies of the *West-Indies*, by the Natives, and other Inhabitants: that it alone makes up both the *necessary provision* for their *sustenances*, and their *delicacies* for *extraordinary entertainments* for pleasure. This is confirmed by the *general vogue* of the *Indian* writers: and whosoever shall have read Mr. *Gage* will no longer doubt it, when he shall find, besides the *particular* Chapter, in which he designes a *special account* of it, (most of which is transcribed out of *Anton. Colmenero de Ledesma*) how at sundry times he was treated therewith by way of a magnificent collation: and, being to travail, he makes a store of *Chocolatte* to be as important a care, as any for a *journey*. In *Spain* it is drunk all Summer, once, or twice a day; or, indeed at any time, by way of entertainment: for however *Physicians* there endeavour to confine the people to Rules, yet is it generally drunk without regard to any: and it is there, as well as in the *Indies*, all the year long. It is drunk, by the allowance of the *Physicians*, *once*, or *twice* each day: and by the prevalence of *custome*, as often as there is occasion for *entertainment*, or that one is tyred through business, and wants speedy *refreshment*. There is a controversy about the convenience of taking it in Summer; since *Anton. Colmenero* disallows it beyond *May*. But others, as learned and observing as he, permit it all the year: and for Experience

 (which

(which he takes notice of) they vouch the general practise of *Sevil*, both of the King's Court, and City. *Nobis videtur consultissimum omni æstatis tempore potionem sumere* Chocolatis. *Et, si ad comprobationem valet Experientia, hoc in communi vita civium* Hispalensium (*cum sit hæc calidissima regio*) *it feliciter sentitur ab omnibus, ut illo carere sit apud illos infelicitas major. Et huic accidit, quod illo tempore sit hominum natura laxe maxime, & fere dissoluta: &, si verum fari licet, neminem per hæc tempora video a* Chocolate *abstinere, neque inter intemperantes Procceres, neque temperatissimos* Hispaniæ *Reges, nec mediæ fortunæ cives. Et nobis certe videtur nullo magis tempore, quam æstate prodesse* Chocolate. 'I think it most fit to take *Chocolate all Summer long*. And, if we recurr to *Experiments*, this is the general practise of the 'Inhabitants of *Sevile* (which yet is a more 'hot country) so that they count it a great 'misfortune to be deprived of it. Besides, 'that time of the year, our bodies suffer 'greater exolution of Spirit, and are more 'relaxed in their Pores, then at other times. 'And, to *speak the truth*, at this time of the 'year, I observe, that neither the most *intem*'*perate Courtiers*, nor the most temperate 'Kings, nor vulgar *Citizens* do refrain 'And I think it never more necessary, than 'at that season of the year. To evidence further the prevailing use of *Chocolata*, we are to know, that in *Spain*, as well as the *Indian*

peo

eople will not refrain it on *fasting-daies*; nd it is become a *Case of Conscience* managed with more then ordinary *contests*, Whether the *taking of Chocolata* be a *violation of Ecclesiastical Fasts*? The *Moralists* and *Physicians* divide upon it: nor is there one considerable Argument produced for the *necessity of taking it on Fast-days*, and so of reconciling it to *Ecclesiastical Fastings*, but that of *custome*: which how *authentique* an argument it is in this Case, I leave to the disputes of others; being content to have proved the *universal acception* of this drink amongst the most *sober* and *wisest* of *men*.

CHAP. II.

Concerning the Composition of Chocolata.

BEing now to speak more particularly of *Chocolata*, to prevent ambiguities, I must tell my Reader, that however I have in the foregoing Chapter spoken of *Chocolata* as a drink, accordingly as it is ordinarily mentioned by Writers, and in vulgar speech; yet now I shall speak of it as a *paste*, or *mass*, made into *cakes*, *lumps*, *rouls*, *lozenges*, or enclosed in *boxes*, (as it pleaseth the worker to make it up) which is to be dissolved in the water, and so makes but a *part* of the potion, or *drink*, yet is ordinarily termed *Chocolata*, though not without some impro-

priety of language, if we credit the already-mentioned derivation of *Chocolatl*.

The *Indians*, as they in all things almost affect a *simplicity*, so in the making of *Chocolata* they did not *multiply Ingredients*; and cared rather to *preserve their health*, then to *indulge their palates*: of which they have been so sollicitous, that, had not the *Spanish* luxury and curiosity varyed its composition with multiplicity of mixtures, either we had never been acquainted with this drink, or we must have been contented to be treated, as the invincible *Cortez* was by *Motezuma*, the last and most illustrious King of *Mexico*. *Bernaldus del Castillo*, one of *Cortez* his Souldiers, relating his own exploits under that famous General, in his Chapter entituled, [a] *De la manera y personas del grande* Motezuma, *y de quan gran Sennor era*, makes report of the stately Banquets of that Prince; and adds, *Trianle frutas de todas, quantas avia en la tierra, mas no comia, si no mui poca, y de quando en quando: trajan unas como copas de oro fino, con cierta bebida hecha del mesmo* Cacao, *que dessian era para tener acceso con mugeres, (en este lengua se habla) enforces no miravamos en ello mas lo que yo vi, qua trajan sobra cinguenta jarros grandes hechos de buen* Cacao, *con su espuma: y de lo que bebia, y las mugeres le servian a beber con gran ocato: y al tiempo del comer le assistian algunos* Indios, *truanes que le dessian gracias, y otros que le cantavan, y bailavan*

[a] Chap. 91.

por que el Motezuma *era mui afficionado a placer ; y aquellos mandaua dar de los relieves, y jarros de* Cacao. That is,

They brought in the ſeveral ſorts of fruits, which they had in their Country, but they eat but a very little of them, and that but leaſurely, and at intervals: they brought ſome in cups of fine gold, with a certain drink made of the *Cacao* it ſelf, which they ſaid was effectual to provoke luſtful deſires towards women (as they told us in their language) in which we admired nothing more, then that they brought in above fifty great jarrs made of *good Cacao*, with its froth, and that they drank it, the women ſerving them with a great deal of reſpect: and when he [*Motezuma*] did eat, ſeveral *Indians* ſtood by him, which gave thanks, and others, which ſung to him, and danced before him, *Motezuma* being much given to pleaſure: and he commanded the reliques of his feaſt to be given away, and the jarrs of *Cacao*.

And a little after he ſaies, *Luego comien los de ſu guarda, y otros muchos ſus ſerviciales de caſa, y me pareſe, que ſacavan ſobre mil platos de aquellos manjares, que dicho tengo : pues jarros de* Cacao, *con ſu eſpuma, como entre* Mexicanos, *ſe haſe mas de dos mil, y fruta infinita.* That is,

Afterwards his Guards, and other ſervants did eat, and, I think, they had above a thouſand diſhes of the aforeſaid delicacies.

After which they had brought to them jarrs of *Cacao*, with its froth, according to the *Mexican* fashion, to the number of two thousand at least, besides an infinity of fruit.

Here is no mention of any thing, but *jarrs of Cacao* together with their froth: which could not have frothed so, had they not been preparations of *Cacao* nuts made into a *paste*, and reserved in *cakes* for the sudden use of a *thousand cups*; they were dissolved in water, and frothed by agitation of the *molinet*: for without such agitation the *Cacao* would not *froth*, nor would it continue in a *froth*, unless that some of the meal of *Indian* wheat, or *Maiz* made into *Atolle*, were mixed with it. And this I find to have been the first composition of *Chocolata*. [b] In *acute diseases* to allay heat and fervour, and in hot distempers of the *liver*, they gave the *Cacao* nut, punned, and dissolved in water, without any other mixture. In case of the *bloody flux* they mixed the said *nuts* with a gumm called *Olli*, and so cured them miraculously. Nor did they acquiesce in *simple preparations* of the said *Cacao* nut; they took of *Cacao* nuts, and a grain called [c] *Pocholt*, of each an equal quantity, & grinded them together in equal proportions; and, when they used it, they took that paste, and dissolved in an earthen vessel, and agitated it with a *molenillo*, till the more oily parts and fatty did swim on top: then did they take of the said unctuous part, and put to

b *Hernandez* l. 3. c. 46.

c I know not what this *Pocholt* should be, if it be not *Maiz* (there being as great variety of names, as Kingdomes in the *Indies*) or *Paniso*: both which I find to have been put into the *Chocolata* of old.

to the reſt ſome meal of *Indian* wheat, and having reduced it to a potable liquor, they did remix the *oyl*, or *fat*, taken off before, and ſo drunk it *luke-warm*. And this is the *Chocolatl*, of which *Hernandez* ſpeaks, and calls peculiarly by that name in his Chapter concerning *Cacaua Quahuitl*, or the *Cacao*-tree. And that this was the primitive *Chocolata* ſeems evident from what [d] *Benzonus* ſays, who lived there amongſt the firſt Planters. He travailed through the Kingdom of *Nicaragua*, and obſerved, that they made a certain *cooling-drink* of the *Cacao* nuts: they grinded the nuts into a *paſte*, and, when they uſed it, they diſſolved it (being pouder'd) and milled it, tempering it by little and little with water in an *Indian* cup: and ſometimes they added a little *pepper*; and this was their ordinary drink; which they did drink themſelves, and gave to wearied travellers, as well as to the ſick. This they offered to *Benzonus*, and when he with an abhorrency refuſed ſuch a drench, they admired, and laughed at him. But certainly it was not improved to any deliciouſneſs of taſt, ſince he ſaith it was *bitteriſh*, and that it was more fit to be *hogs-waſh*, then drink for *rational men*. The ſame may be collected from [e] *Acoſta*, who ſaith, that *The chiefeſt uſe the Indians make of* Cacao *is in a drink, which they call* Chocholate, *whereof they make great account in that countrey, fooliſhly, and without reaſon: for it is loathſom*

d *Benzonus* l. 2.

e Hiſtor. Ind. l. 4. c. 22.

Mr. *Gage*, speaking of the ordinary *Indians* of *Guatemala*, saith (*ch.* 19.) that they drink of their *poor simple* Chocolatte, *without Sugar, or any compounds*, or of *Atolle*, untill their bellies be ready to burst. *And in the same Chapter, a little before, he says*, they call their neighbours to *Chocolatte*, and finish an house without any charges, more then of help them, which they minister in great cups of above a pint, not putting in any costly materials, as do the *Spaniards*, but only a little *Anise-seed*, and *Chile*, or *Indian pepper*: or else they half fill the cup with *Atolle*, and pour thereon as much *Chocolatte*, as will fill the cup, and colour it.

som to such, as are not acquainted with it, having a skum, or froth, that is very unpleasant to taste, if they be not very well conceited thereof; yet it is a drink very much esteemed amongst the Indians, *wherewith they feast Noble-men as they pass thorough their country.*

This is that original *Chocolata*, to the use whereof the *Indians* were brought, not by any delicacy of the tast, but evident testimonies and sense of its great utility. *Hujus potionis longa experientia satiati, utilibus admoniti*; so saith Dr. *Juanes de Barrios*, who lived there immediately after the conquest; as also did *Hernandez*, and *Benzonus*, and *Acosta*.

It is then clear, that the *Indian* ordinary *Chocolata* was made of the *Cacao* nut, and meal of *Indian* wheat, and water, and *Pocholt*, and now and then some Pepper called *Chille*, which was put in, more, or less, according to the necessity of the Patient's stomach, or other circumstances: *So that they made divers sorts of it, some hot, some cold, some temperate, and put therein much of that* Chili, *or* Chille. So saith *Acosta* in the place

place above-mentioned. And I obſerve, that *Hernandez*, though in the making up of *Chocolatl*, where he ſpeaks of the compoſition of it, (which is to be ſuppoſed the ordinary one, becauſe abſolutely and indefinitely mentioned there) he add no more Ingredients, then I have already mentioned, yet in other places he tells us that for weak, [f] phlegmatique, and windy ſtomachs, they added *Xochinacaztli*, or your [g] *Orichelas*: ſo they added *Tlilxochitl*, or the [h] *Vaynillas* for the like ends, and to ſtrengthen the brain, and womb. To give it an adſtringency, and to ſtrengthen a ſtomach debilitated, and prone to a flux, or *diarrhæa*, they added [i] *Achiotl*, or *Achiote*. So, in caſe of cold Stomachs, and Phlegmatique Obſtructions, they added [k] *Mecaxochitl*; which *Anton. de Ledeſma* and *Gage* call *Mecaſuchill*: and *Paulus Zacchias*, *Mecacuce*. And, in caſe of Coughs, they added [l] *Tepeyantli*. But, beſides theſe drinks, confeſſedly owned by *Hernandez* under the name of *Chocolata*, there is another, which however it be not reckoned as a ſort of *Chocolatl*, but diſtinct from it, yet was it made of *Cacao* nuts, and ſeems to have been a leading drink to the *Chocolata* now in uſe: and it is called by *Hernandez* the [m] *compounded Atatexi*. The *ſimple* potion of *Atatexli* is made of one hundred *Cacao* nuts, crude, or prepared, and beaten well, and ſo mixed with as much prepared *Maiz*, as can be taken up betwixt both hands

f *Hernan.* l. 2.

g *Gage* calls them *Orejuelas*

h Id. l. 2. c. 17.

i Id. l. 3. c. 41.

k Id. l. 5. c. 13.

l Id. l. 5. c. 41.

m Id. l. 3. c. 46.

hands joyned together. *Compounded Atatexli* was made by the addition of *Mecaxochitl*, or *Mecasuchill*, *Xochinacatzli*, or *Orichelas*, and *Tlixcochitl*, or *Vaynillas*. These were powdered, and mixed with the rest afore-mentioned Ingredients of simple *Atatexli*, and being well milled, they powred them out of one vessel into another, lifting it up on high, that so it might richly froth, and the more fat and oily parts swim on the top, and render it more pleasant. This Potion was not used for sustenance alone, or as a drink invented by an enforcing necessity, but, out of a luxurious designe, to provoke lust: whereas the *simple Atatexli* did refrigerate.

I must beg pardon of my Reader for representing so imperfectly the aforesaid *Indian* drinks; for the *Mexican Herbal* is so defective, as it is published in *Latin* (for the *Spanish* is incomparably better, if I may judge thereof by some citations, I have seen) that I have the satisfaction by omitting nothing that is material in that book; that whosoever, with *no greater helps* then I have, should engage in the same affair, would not discharge the employment better then I have done.

When I consider the aforesaid *compounded Atatexli*, and compare it with the present compositions of *Chocolata* at this day recorded, I cannot think, but what we use at present is the descendent of that *Atatexli*, and

and not of *Chocolatl*: for the Ingredients are *Cacao*-nuts, *Mecaxochitl*, *Orichelas*, and *Vaynillas*, are the same; the manner of useing it the same: and, at this day, the *Indians* and *Black-moors* [n] do mix *Maiz* with their *Cacao*-nuts in the grinding, putting in withall *Achiote*, *Anise-seeds*, and a few *Chiles*, or red Pepper.

n *Gage* c. 16.

And, now I come to speak of the present ways of making *Chocolata*, I shall represent those ways, which are authenticated by Physicians; and among these that of *Antonio Colmenero de Ledesma* first occurs.

o To every hundred nuts of *Cacao* he put two cods of *Chile* called long red Pepper, one handful of Anise-seeds, and *Orichelas*, or *Orejaelas*, and two of the flowers called *Mecasuchill*, one *Vaynilla*, or instead thereof (if the party were costive) six *Alexandrian* Roses beaten to powder, two drams of Cinnamom, twelve Almonds, and as many Hasel-nuts, half a pound of Sugar, and as much *Achiote* as would colour it.

o *Gage* c. 16. *Piso* in *Mant.* Ar. c. 17.

Paulus Zacchius in his *Italian* Discourse about *Hypochondriacal Melancholy* doth propose this way.

p Take twelve pound of *Cacao* nuts finely powdered, of Cinnamom finely powdered one pound, half a pound of Anise-seeds, six *Vaynillas* finely powdered, four handfulls of the flowers of *Mecacuce*, or *Mecaxochitl*, of *Maiz* three pound, one pound of

p *Piso* in *Mant.* Aromat. c. 17.

of *Aienzoli* (or half a pound of ſweet Almonds) bruiſed and well beaten, of *Achiote* half an ounce, of Sugar four pound, or as you pleaſe.

Inſtead of *Mecaxochitl*, and the *Vaynillas*, he allows to ſubſtitute one Nutmeg, and twelve Cloves. Out of theſe he bids us frame a maſs.

Beſides theſe Preſcripts, other Receipts put in other Ingredients with a great variety, and difference one from the other: ſome put in a proportion of *black Pepper*; ſome of *long Pepper*; ſome retain that of *Chilli*, or long red Pepper; *Cinnamom*, *Cloves*, *Almonds*, *Haſel-nuts*, *Orejuela*, *Vaynillas*, *Musk*, *Amber-greaſe*, *Orange-flower-water*, are things uſually put in, or omitted; as alſo *Nutmeg*, *Limon* and *Citron-pill*, *Cardamoms*, *Fennel-ſeeds*, *Chymical oyls* of *Nutmeg* and *Cinnamom*, and the moſt delicate Spice called *Jamaica-pepper*; nay and *Achiote* too is ſometimes left out, or changed for *Santals*, according to the deviſe of the *Chocolata-maker*, or particular exigency of the Patient's diſeaſe.

In the common *Chocolata* ſold ſo cheap there is not any thing, but eight ounces of the *Nuts* q prepared, and powdered, ſeven ounces of Sugar, and one ounce of Spice; *viz.* half an ounce of Cinnamom, two drams of *Jamaica-pepper*, or other Pep-

q They are but pitifully prepared, for they cannot afford to *pick* or *hull* their *nuts*, nor to *ſearce* them: for they ſell it in the *Chocolata*-ſeller for two ſhillings, or half a crown, each pound; the *Dutch* for *eighteen*, nay *twelvepence*: nor do they know the difference betwixt one ſort of *nut*, and another.

per:

er, and as much of *Cloves*, *Nutmeg*, and *Limon-pill*, ſome colour it with *Achiote*; ome decline to do ſo, ſome put into each ound, to make it extraordinary, ſix grains f *red Pepper*, or *Chiles*. The *Jews* at *Amerdam* put in *Bean-flower* uſually, inſtead f *Maiz*.

In the making of it up theſe Directions re given by Mr. *Gage*.

"The *Cacao* and other Ingredients muſt be beaten in a mortar of ſtone, or (as the *Iadians* uſe) ground upon a broad ſtone, which they call *Metal*, and is only made for that uſe: but firſt the Ingredients are all dryed, except the *Achiote*, with care, that they may be beaten to powder, keeping them ſtill in ſtirring, that they be not burnt, or become black: for, if they be over-dryed, they will be bitter, and loſe their virtue. The Cinnamom, and the long red Pepper are to be firſt beaten, with the Aniſe-ſeed, and then the *Cacao*, which muſt be beaten by little and little, till it be all powdered: and in the beating it muſt be turned round, that it may mix the better. Every one of theſe Ingredients muſt be beaten by it ſelf, and then all be put into the veſſel where the *Cacao* is, which you muſt ſtir together with a ſpoon, and then take out that paſte, and put it into a Mortar, under which there muſt be a little fire, after the Confection is made: but if more fire be put under it, then will warm it,

then

'then the unctuous part will dry away. The
'*Achiote* must also be put in in the beating,
'that it may the better take the colour. All
'the Ingredients must be searced, except the
'*Cacao* : and, if from the *Cacao* the dry shell
'be taken, it will be the better, where it is
'well-beaten, and incorporated (which
'will be known by the shortness of it) them
'with a spoon (so in the *Indies* it is used)
'is taken up some of the paste, which will
'be almost liquid, and made into Tablets,
'or else without a spoon put into Boxes,
'and when it is cold it will be hard. Those,
'that make it into Tablets, put a spoonfull
'of the paste upon a piece of paper, (the
'*Indians* put it on the leaf of the plant in
'the tree) where being put into the shade,
'(for in the Sun it melts, and dissolves) it
'grows hard : and then bowing the leaf,
'or paper, the Tablet falls of, by reason of
'the fatness of the paste; but, if it be put into
'any thing of earth, or wood, it sticks fast,
'and comes not off without scraping, or
'breaking.

I never saw any *Chocolata* made up in a *mortar*, my self; nor do I understand how the mixture can be *accurately* made therein. Some beat the Spices severally in a mortar; and searce them curiously : but, as the vehement agitation of the pestle doth dissipate the more subtle parts, (and it is long in doing) so it doth not equally break them into small particles, notwithstanding their

their passing the searce: I conceive it a much better way, to beat the greater Spice grossly, and afterwards to mix the *Vaynillas*, cut into pieces, and dryed, and so to grinde them on a stone-table (such as are made on purpose to make up *Chocolata*) and so with less trouble, and less dissipation of Spirits, and subtle parts, (a gentle fire being under) will they grinde to an impalpable Powder, (each acting upon other in the grinding, as well as being pressed by the iron rowler) and, besides that, mix most accurately. The Spicery being thus prepared, the *Cacao* nuts are dryed either on a *digesting furnace*, or in a *kettle* over the fire, stirring and turning them carefully, that the *nuts* may so dry as to shell, but not to burn: for then the *Chocolata* will be bitter. Being pill'd, or shell'd, the nuts, being cold, will beat to a powder, which you may searce, (as you do the Spice) which is the best way, and practised by the best *Chocolata*-makers in *Spain*, and by my self always. The *hulls* also, many of them, are beat by themselves, & mix'd afterwards with the nut, and Spice, to compound *Chocolata* ordinarily in *Spain*, and by many in *England*, to make the common *Chocolata*. And Mr. *Gage*, and *Piso*, whilst they say it is better to leave out the *hulls*, leave us to conjecture, that many put them in all. Having thus prepared the *Spicery*, and *Nuts*, they are to be mix'd, and grinded on a table, with a gentle fire under

it. In the working, if the fire be too hott the Nuts will run into too great an oylineſs or diſſolution of the fatty parts, and the *Chocolata* will not keep any time. If it be too cold, it will not *work*, but ſtick to the rowler. From whence we may judge of the controverſie, whether an iron, or ſtone-table be beſt: for on a *thin iron-table* it is impoſſible to preſerve an *equal heat*, and conſequently ſome parts of the *Cacao* nut will be reduced to too great a diſſolution and unctuouſneſs, and others to too little: and this inequality muſt needs occaſion an unequal mixture of parts, and conſequently a propenſity to corrupt: beſides that they are enforced to make it up too ſoon (in growing too *oylie*) before the parts are equally mix'd. But under a thick ſtone-table each degree of encreaſing heat is ſoon obſerv'd, and remedied. I muſt alſo add, that an iron-table works the *Chocolata* blacker, then doth a ſtone.

It doth alſo work *blacker* on an *iron-table*: but who prefers a *ſtone-rowler*, before an *iron* one, muſt never have undergone the trouble of working with the former: which is much greater then with an iron one; as far as I could ſee: nor was the *Chocolata* better.

CHAP. III.

An enquiry into the nature of the particular Ingredients, whereof Chocolata *is made.*

THe *Cacao* nut, as it is the principal and conſtant Ingredient in the compoſition of *Chocolata*, ſo it merits an exact enquiry into its nature: for it is by *it*, that we are mainly

mainly to give an estimate of the nature and effects of the whole Composition.

The *Cacao* nut (if I may so call it, and not rather the seed of a greater, but disregarded fruit) is a Nut bigger (or as big) as a great Almond, which grows upon the *Cacao*-tree, and ripens in a great husk, wherein sometimes are found more, sometimes less *Cacaos*; sometimes twenty, sometimes thirty, nay fourty, and above. The tree is call'd by the *Indians Cacaua Quahuitl*, it grows (wilde in the moist grounds of *Guatimala*, and *Nicaragua*; and by plantation elsewhere) to an indifferent heighth, equal to our largest Plum-trees in bigness; it abounds in *foliage*, and the leaves are sharp-pointed, compar'd by some to the leaves of [a] Chesnuts, and by others to the leaves of an [b] Orange. It bears a great Flower, of a Saffron-colour; which fading way, there succeeds a large fruit call'd *Cacauatentli*: when it is ripe, it is as big [c] as a Musk-million, as thick, and as weighty; if we may believe *Piso*, and *Hernandez*: though others think the comparison too large, since (in *Jamaica*) they are not observ'd to exceed the bigness of a large Pear. But there are several sorts of *Cacao*-trees, (and their Nuts differ more or less in facultyy) so that difference of trees and soils may occasion the discrepancy of Authors. Within this putaminous husk, or large fruit, ly the *Cacahuatl*, or (as the

a By *Antonius Herrera*.
b *Piso*, and *Hernandez*.
c *Benzonius* compares them to Cucumbers for size: *fructus Amygdalorum speciem referens, siliquis quibusdam veluti cucurbitis includitur, crassitudine & latitudine cucumeris.*

d *Ludovicus Lopes* t. 2. Instruct.consc.c. 112. calls it *Checa*. And *Piso* in *Latine Cacacius*. *Benzonus* saith, it is usually call'd by the *Indians Cacauate*.

d *Spaniards* corruptly call them) the *Cacao* nuts, being about the bigness of Almonds, each of them enveloped in a slimy substance, and film, of a Phlegmatique complexion, but of a most relishing tast: which the women love to suck of from the *Cacao*, finding it cool, and in the mouth dissolving into water. Under which is another shell, which, when bak'd in the Sun, somewhat resembles the colour and substance of a Chesnut-hull. Under that hull is lodged that nut, which is the most pretious commodity in the *Indies*, as *Acosta*, and others tell us, and which makes up chiefly our *Chocolata*. It is of a colour like to the outside of a Chesnut, and divided into several scissures, and pieces, as is a e *cow's-kidney*, but yet joyned together, and in those small divisions (after drying) there seems to remain some little reliques of a Phlegmatique moisture, which often degenerates into an hoarinesS, and at last ends in the final corruption of the Nut. It is of such a substance, that being dryed on a digesting fornace, or pan, it will beat to a fine powder: being laid on a stone, or table, the least warmth makes the said powder dissolve into an oylinesS, or fattynesS instantly; and it will alone work into a paste, without any intermixture, and keep a year. Which paste well made up alone (or with *Pocholt*) was, I presume, all the *Chocolata*, that *Motezuma*, and the antient *Indians* had, then dissolving it in

e This is the comparison used by *Piso*, but the resemblance is not very great, especially in some sorts of Nuts.

Atolle.

Atolle. It will beat into a Powder, and so may be remix'd with new Ingredients of spicery, and sugar, to make the more delicious *Chocolata.* I took a quantity of it (being exquisitely ground) and dissolved it in hot water, and having let it stand a while by the fire to dissolve, I milled it, (without the mixture of any thing, but pure *Cacao* paste, and water) it frothed moderately, but the froth was but of little continuance, and, being suffered to cool, it gathered like fat (both in colour, and substance) on the top of the most fat broths, or pottage, to a great thicknesse: but when it came to be cold, however it had before a resemblance rather of fat, then oyl, it gathered into a resemblance of cream; and indeed it had just such a consistence, but the colour was yellowish. To the bottom there did settle a great quantity, which I took, and tasted of: and I found it to taste just as *Almond butter* exactly, as to its *unctuousnesse*; but it had the bitternesse, which is proper to the *Cacao* nut. The water it self beneath the cream was reddish, and after I had purely taken of the cream, it had not only a fatty taste, but taking some out, and bathing my hands in it, I found it extreme fatty. I took that Setling, and heated it in fresh water till it began to boil, then I milled it again, and let it stand to cool: it was at first extraordinary fatty; then, being cold, it yielded its cream, and a red shining *Cacao-*

butter (as I may call it by an allusion to *Almond-butter*) and a coloured fatty water, as before; only with this difference, that the *Cacao butter* seemed a little less unctuous, and not so perfectly to dissolve, and glide off the tongue, as before. Which put me upon another Experiment of decocting, and milling it, till I might extract all the fat out of it, and discover the nature of this setling; if it might be so *terrestrial*, and *obstructive*, as some imagine. I heated the aforesaid setling in fresh water, and milled it well; and instead of cream (though the water, as it cooled, shewed signes of a great fattinesse) there did gather on the top a thin covering or γραῦς (if I may so call it) of fat, such as will rise on *mutton pottage* not too fat. The water proved unctuous to my hand, as before, but the setling had no longer the fineness, and melting taft of Almond butter, but seem'd as if it were not finely powder'd, and besides its bitterishnesse, to have an evident piercing adstringency. From whence I concluded, that it could not be obstructive, but opening, and that when the fatty alimentous parts were distributed for nourishment, the others (as before they seemed to corroborate the stomach, and promote digestion; which things moderately bitter and adstringent do: so now they) open the obstructions, promote concoction in the several guts, and go away in stool: which is the excellency of bread corn, that the bran doth

doth promote the appetite, and digeſtion, and keeps the body open, and is more healthy then Manchet, and it is mix'd by many with ſucceſſe in *Diet-drinks* to this end.

And it is further obſervable, that in this Experiment, whereas the Nut it ſelf, and the paſte of *Cacao*, and the Cream, and the two firſt Setlings (yea, and the Fatty water) did by their burning give more or leſſe *viſible teſtimonies* of their *unctuous nature* in their flames, the laſt greety and incoherent Setling would not burn at all in flames. Beſides, during the reiteration of theſe Experiments, (which was a fortnight) there never appeared any *augmentation* of the cream by ſtanding beyond a few *hours*; nor no alteration in it by ſtanding *ſundry dayes*: the cream, the water, the Setling were ſtill the ſame, as to conſiſtence, colour, and taſte: it never, as to any part of it, ſowred in a *fortnight's keeping*, nor gave any ſign of corruption, though, during that time, I *boiled*, and *milled* the ſame decoction ſeveral times, and upon any fire to heat it I obſerved that Setling to ariſe, and incorporate with the reſt, the cream diſſolving; as Urine, when turned at the fire: and when it cooled, it did reſetle before; as the ſaid Urines do in like caſe. At the ſame time, as I tryed ſundry Experiments with paſte of the one lump, I obſerved, that, having boiled the water,

 and

and diſſolved the *Cacao paſte* in it, and milled it but a little: though upon cooling it ſeemed very fat, yet did it yield but little cream. Another part, that was well milled, and yielded as much cream, ascovered the pipkin all over to a moderate thickneſſe, being skimmed, and milled, and cool'd, and creamed again, I took it, and heated it till it began to boil, and then poured it out of the pipkin inſtantly, and it came out ſo clearly, and without any reliques of water in the pipkin, as water doth uſually glide off oyled cloth, or other veſſels, when cold water is powred on cold greaſe. And this happened upon three tryals, the water being thoroughly unctuous by being twice or thrice heated, and milled (for elſe it ſucceeds not:) and to make it more conſpicuous, in ſeveral parts off the pipkin I could obſerve ſome little remainders of the water ſlide off in round globes, or corpuſcles, as it will do off oyled cloth, or greaſed veſſels.

From whence I thought I might collect a reaſon, why the fattyneſſe of the Nut doth not annoy the ſtomach, being taken in drink, as other fat, or oyl will: for it exactly commixs with the liquor, and ſwims not on the top: (in theſe laſt Experiments it was never milled; but, having been milled ſome dayes before, and cooled in the pipkin, it was again heated, and ſtirred with a ſpoon a little, and powred out) and if, as it cools,

part

art of it ſeem to aſcend, yet doth not that ll condenſe into cream: but the water nder is fatty; and as it is hot, and boils, is ſtill ſo (as appears by this Experiment:) which happens not ſo in other *fat roths*. Thus, the *unctuous parts* not floating (as h fat, or butter, diſſolved in poſſet drink to rovoke, or help vomits) on the top, and he *bitteriſh* and *adſtringent parts* by a little eat commixing with the other, it muſt be a ery great repletion can make *Cacao aſte* offenſive to the ſtomach, and its o- ſfice.

I took alſo *Cacao paſte*, and diſſolved, and nilled it well in cold water; and it did roth, and upon ſtanding yield a cream in as reat a proportion, as that did, which had een diſſolved in hot water, and well milled: he cream was *yellowiſh*, and inflammable; he *ſetling* was juſt as to *colour*, and *taſte* like o the other: ſaving that, drinking of it efore it ſetled, I found it to be nauſeous to he ſtomach; ſo as I, who hitherto never diaſted any thing I had a mind to take, could ot much reliſh the drinking of it: not hat it was vehemently cold to the ſtomach, ut that the fattineſſe of it made the water npleaſant being cold: and it had alſo a awiſhneſſe in it, as if the fat required boiling, or further Cookery; which yet I felt ot upon eating either the nuts, or paſte of *Cacao*. Or elſe it was becauſe that the armth of the water cauſeth a more *abſolute*

commixture

commixture of the parts, which may prevent, as well as of those, which may cause nauseousnesse. Or it was because that many things may be taken hot without offence, or distaft, which cannot be so, when cold: the heat of the *vehicle* either correcting the potion, or corroborating the stomach.

I took also some simple *Cacao paste*, and put it into cold water, and set it on a *gentle fire*, stirring it with a spoon till it was dissolved: I suffered it to boil gently, and kept it all day in such a posture, that it did either boil, or continued boiling hot, but rather the latter. After it had stood seven or eight hours (during which time I observed the Decoction to grow extraordinary oily, and to fill the spoon with a water so thick, that I thought it was transformed all into fat, and oil) it appeared all full of *globous corpuscles*, as if it had been oil broken into parcels: but these Corpuscles did never *embody* into greater quantities, nor commix upon *agitation*; yet by long digestion I observed they grew to a larger size, yet would not commix: there being besides them a distinct fattinesse to be seen. And in the end, I perceived a new body to discover it self in great quantities; it was not globous, but flattish; and for colour, and taste, and nature participated more of *mutton fat*, then any thing else. It was of colour *yellowish*, inclining to white: and had little taste of the *Cacao*'s *bitternesse*, or *adstringency*.

ſtringency. Theſe fatty Particles I could not get to embody into one, or more bigger *bodies*: though I could agitate them with a ſpoon (for I never milled them) into leſſe; yet did I perceive, that ſome of them were bigger then others, and at laſt ſome of them did enlarge themſelves into a ſize as broad as a Groat, and of an indifferent depth, or thickneſſe: yet could I not ſtir theſe into one or more bigger maſſes. Whereupon I ſet it to cool: and it was long before theſe bodies of oil, & fat, did harden, and disappear out of their former ſhape: ſo that I thought I had reſolved it into Oil, ſince no Cream was to be ſeen. But being called away by buſineſs (which permitted me not the leaſure to obſerve the minute changes in this reiterated Experiment) at my return I found ſeveral *whitiſh* or *pale-yellowiſh* bodies like to Fat ſwimming on the top, there being no Cream, nor other body to overcaſt the top, and hinder their free floating: ſome were bigger, thicker, and broader, and longer then others, and of no determinate Figure. They were very ſolid, and melted on the tongue totally, as Fat, or Butter would, or Clarified Deer's-ſuet, to which they were equal in hardneſſe: they had (as I and others judged) a farewell or reliſh of the *Cacao* at laſt upon the tongue. So that I obſerved, that no diſſolution could totally ſeparate its bitteriſhneſſe, and little *piercing adſtringency*, which is peculiar to the

the Nut: and consequently it could never easily become offensive, or obstructing. The *Water* or *Decoction* was *fatty*, and had a *deep red tincture:* and the Setling as it was deeply red, so it had little of Oilinesse, or resemblance of Almond butter; but it was attended with a roughnesse, or *sensible inequality of parts*, the unctuousnesse being almost as much extracted from this Setling, as from that, which had been Decocted, and Milled in several Waters; of which I already spoke. I could see no tokens of what carryed, whilst it was hot, the appearance of Oil. Having shewed it for several dayes to divers persons, I heated it again, and instantly the said hard Fat dissolved, the Setling did remix with the rest of the Liquor: and I had a Decoction of a most deep red, and swimming with large Fatty and Oily Particles: I caused it to be well milled, and setting it to cool, the said large *innatant* bodies, resembling a Solution of Fat in Water, and parcels of Oil, were dissipated, and broken, or so incorporated with other Corpuscles, that I could get very few, and those very very small pieces of solid Fat: (the same happened in compound *Chocolata*) though I had before had lumps, that might weigh ten or twelve grains. But there did gather on the top a skin, or cuticle (very thin) though the body of the water and top did shine with a visible Fattishnesse; and powred out of the pipkin with such an unctuousnesse,

or

or *oylineſſe*, being ſcalding hot, that nothing did, or would ſtick, or otherwiſe, then *glide* off, as from *oiled cloth*, which it doth not, when powred out cold. Of *fat*, it was not *hard*, but having an *affinity* with the uſual cream already mentioned in other tryals, but *improportionate* to the *fat* diſſolved: and the *ſetling* ſeemed to me more unctuous, then before, and like *Almond butter*.

I have not time to multiply reflections hereon, but whoſoever ſhall ſet himſelf to obſerve the diſſolution of *Cacao paſte*, or *Chocolata cakes*, according as they are *milled* in water, or not *milled*; and according as they *boil*, and not *boil* therein; and according as they gradually diſſolve on a *quick* or *leaſurely fire*, will finde a great *diverſity of parts*, occaſioned by the different *texture* of them: and ſhall finde both colour and taſte to vary ſeveral times (eſpecially in the Compound *Chocolata*) to his amazement. I ſhall conclude with one *tryal more*; The powder of *Cacao paſte* taſtes very *fatty*, yet (according to *variety* of *nuts*) it diſſolves with the leaſt heat on a *ſtone* like *butter*: but a great heat dries it, and leaves a red, *bitteriſh*, and aſtringent powder behind. I took alſo of the ſaid *paſte*, and heated it on a fire ſhovel; and if at firſt it melted with a *gentle heat*, it did evaporate away its *oily* parts by a more *violent* one: and, *ſmelling* to the ſmoke ariſing from it, I had my *ſmell* affected with ſuch a *nidor*, as iſſues from *fat*, when

when *broiled* on the coals, but milder.

These circumstances of its *fattinesse*, and *oilinesse*, and of its *nidorous exhalations* being *burned*, do very much recommend the *Nut* for a very *nutritive* thing. Its dissolving by the *least fire*, or *warmth*, argues its *facile digestiblenesse*. Its *easy concretion* evidenceth its promptitude to be *assimilated* into nourishment of the parts. And its *nidorous vapour*, being burnt, proves, that it carries with it (if any can doubt this, that sees the *Oil*, or *Fat*, swimming in the pure *Cacao* decoction) at least a *potential fat*, and is a greater *elogy* of its *symbolizing* with our bodies, then it is for *Bread*, that by *Chymical digestion* it should in time be converted into blood, as some tell us.

☞ But to improve this Argument from *reason* a little, it is the *general vogue* of the *Indians*, and *Indian writers*, which is no lesse, then the testimony of uncontroverted *Experience*, that this *Cacao nut* is *very nourishing*: that it is *multi nutrimenti*, is the assertion of f *Hernandez*: that it doth fatten (being made into *Chocolatl* by the sole mixture of *Pocholt* grains) by frequent using it, is likewise avowed by him. Chocolatl *paratum ex granis* Pocholt, & Cacauatl, *æquâ mensurâ, quod magnopere traditur corpora impinguare, si frequentiùs eâ uti contingat.* And *Dr. Juanes de Barrios* g tells us, that, when they used in *Guatemala* the plain and simple *Chocolata*, they found it very nourishing. *Es comoda*

f *Hernandez, Herb. Mexic.* lib. 3. c. 46.

g Dr. *Juanes de Barrios* de *Chocolata.*

pues

pues ella sola suple el almuerso, y algunas otras comidas, por que con ella no es menester, pan, ni corne, ni bebida, y en un momento se hace y sacona, lo que no ai en las otras.

In fine *Jo. de Laet*, [h] tells us, that it is very nourishing (*præclarè nutrit*) and that the *Indians* by the help of *Cacao* nuts alone do subsist all day, notwithstanding their great labour, and heat. Which is a truth well known to our Seamen, and Land soldiers, in, and about *Jamaica*, that by the help of the *Cacao* nut made into paste with Sugar, and dissolved in water, neither having, nor wanting other food, they usually sustain themselves, sometimes for a long season; and I have been assured, that the *Indian* women do so feed on it, (eating it often) that they scarce eat any solid meat twice in a week; yet feel no decay of heat, or strength. All which is purely to be ascribed to the nourishing nature of the *Cacao* nut, and not to the other Ingredients; since few of them are found endowed with any such quality, nor is there intermixture with the *Cacao* nut of any long date, the latter of which hath been already evidenced in the beginning of my discourse: and I shall demonstrate the former, before I conclude.

h *J. de Laet* Hist. *Ind.* Occid. l. 7. c. 2.

But however that the *Cacao* nut, being grinded into a paste, and dissolved in hot water, be so nourishing, yet have the *Indians* and *Spaniards* an ill opinion of the Nut, to eat it whole, and not in the usual manner

of

of drink. Which, as it is told me by that ingenious Gentleman, Major *Fairfax* (who lived long in *Jamaica*, and is newly returned) so it is confirmed by the authority of Mr. *Gage*.[i] 'The *Cacao*, if it be not stirred, 'grinded, and compounded to make the '*Chocolatta*; but be eaten, as it is in the 'fruit, (as many *Criolian* and *Indian* wo-'men eat it) it doth notably obstruct, and 'cause stoppings, and make them *look* of a 'broken, pale, and earthy colour, as do 'those, that eat earthen ware, as pots, or 'pieces of *lime walls*; which is much used 'amongst the *Spanish* women, thinking, that 'pale and earthy colour, though with ob-'structions, and stoppings, well becomes 'them. Which Observation, if it be true, makes no more to the prejudice of the *Cacao* nut, then it prejudiceth Wheat, Oatmeal, or the like, that being eaten unmasticated, or raw, they do create, or encrease the Green-sicknesse in maids. I say, if it be true; for here in *England* the honourable *Robert Boyle* can bear me witnesse, that several *honourable Relations* of his have eaten them for several years, and continue to do so; in the beauty of whose faces the world, as much as it is interested therein, can observe no diminution: yea, they professe it as a real and experienced truth, that, if at any time their heads ake, to eat twelve of those nuts is a present remedy. Another Lady protested to me, that by the eating of those

i *Gage* Survey of the *West-Indies* c. 16.

those Nuts, she feels *Hypochondriacal vapours* (with which she is much troubled) to be instantly *allayed*, or appeased. So far are they from participating of the usual *Malignancy* of *Nuts*, to *beget shortness of breath*, *Obstructions*, and *Head-aches*. To the former Experiencies I must add, that they are observed to be more *laxative*, then *binding*; and that neither Mr. *Boyle*, nor my self (who did eat two pound once, and great quantities since on purpose) ever felt any *heavyness*, or *annoyance in the stomach*, *Head*, or elsewhere. Nor have I (as neither do the others) been curious to choose *particular times* to eat them in: but at *all hours*, and *seasons*, *Morning*, and *Evening*, *before*, *and after meals*: *all day*, as opportunity, or other circumstances invited us thereto. It may be then, that the *obstructions*, and *discoloured complexion* of the Women in the *Indies* either is *fabulous*; or to be attributed to their eating the *Cacao* Nuts, whilst yet they are not sufficiently *cured* from their *excrementitious moysture*, and humidity: or that they eat *another sort* of *Cacao* Nuts, then should be

Here I desire to observe, that, though I have my self *many times* eaten *great quantities* of the *Cacao nuts* unreduced to *paste* (as also of the *simple* and *compound paste*) yet did I never find my Stomach to be *fill'd* by them (as if they had *dissolved instantly* therein) but rather *satiated*, though not *cloy'd*; which happens not in other *solid food* taken so: nor could I ever perceive they did that way *much nourish* me; though I did *eat* at one time beyond any proportion, that I *drank* at another; and yet was *fed* and *sensibly refreshed* by the *latter course*.

used in *Chocolata* : (for it is a great *caution* in the making *Chocolata*, not only, that the Nuts be *well cured*, and *dryed*; the *older* being accounted the *best*, if not *corrupted*, and decayed : and that they come from *Caracas*, and *Soconusco*, not *Guaiachil*, or the like; but that they be of the sort call'd [k] *Clalcacahuatl* especially : whereas they they make *Confects* of [l] *Quauhpatlathli*, (or *Patlaxt*, which [m] is not so *usefull* as the *ordinary*, yet is used by the meaner sort.) Or, if it must be understood of the right *Cacao* (which they often eat [n] *roasted*, and made into *Confects*, and their Women fall into *Hysterical* and *Hypochondriacal* Distempers, very difficult to cure; which is avowed by *Piso*, as an usual accident there, as well as by Mr. *Gage*) I can only say, that it hath not yet happened so *here*: and that however, we ought to remember that old *Arabian* Maxim in *Physick*, *Qui non bene masticat, odit animam suam*; 'He, that doth 'not chew his food well, is an enemy to his 'own life. Of so great Consequence is either that *salival ferment* in the mouth, which inchoates digestion, being impressed into the thing *chewed*; or the due *comminution*, and *subtiliation* of food: it being well known, that the eating of any meat in *great morsels*, and without *chewing*, occasioneth the inconveniencies attributed to the eating of the *Nuts* not reduced into a *paste* by *Grinding*. For it is observable, that the

k *Hernandez* l. 3. c. 46. *Gul. Piso* in *Mant. Arom.* cap. 18.
l *Hernandez* ibid.
m *Gage Surv.* c. 16.
n *Piso* in *Mant. Ar.* c. 18. & *Anton. de Herrera* cap. 10. *Hist. Ind. Occid.*

the Paste of the *nut* will melt in the mouth perfectly, if it be *well made*: but the *nut* will not (that I could observe) though well chewed. And therefore it may seem a just caution, to *weak stomachs* especially, that their *Chocolata* be made with a *Paste exquisitely* made, the *Nut* being first *powder'd*, then *searced* finely, and then carefully *grinded*. And then there will be little or no inconvenience from the eating the *Cacao Nut* so order'd, either in *Pastills*, or *Cakes*; provided the other Ingredients be not noxious.

I shall now speak of the *qualities* and *temperament* of the *Cacao Nut*. And indeed in *Taste* it is none of the most *pleasant*, to those that are *not used* to it: which made *Clusius* say, that, besides its *adstringent Taste*, it had so *unpleasant* an one, that it was no wonder, if such, as first taste the *primitive Chocolata*, care not for it. Of the same judgment was *Benzonus*: for which he was laughed at by the *Nicaraguans*, and necessity made him to comply at last with them in drinking it in that *original* and *simple* manner. It hath a *Taste* somewhat *bitterish*, and *sub-adstringent*: and hath such a mixture of parts, that Authors no may agree in Charactering its temper. If we look on the *Nut*, and taste it without any other preparation, then that of taking off the *hull*, one would accord with [o] *Rodez*; *El* Cacao *es frio y seco de su templansa*,

o *De plant. Ind. Occid.* c. 54.

y per esto tienen partes astringentes, con que opila : 'The *Cacao nut* is by temperament 'cold, and *dry*, and therefore hath *adstrin-* 'gent parts, with which it begetteth Ob- 'structions. Truly that it is dry, seems then sensible : and that it is cold, the universal experience of all, who say it p *allays thirst incredibly, and cools the Liver, or any other inflamed part*, seems a pregnant Argument. And of the same judgment with *Roblez* (who lived in *Peru*) was Dr. *Juanes de Cardenas*, who lived in the *Indies*, and practised *Physick* there, and made use of his own judgment, as well as the Narrations of the Natives. He thinks the *Cacao nut* to be *cold* and *dry* in a degree betwixt the *first* and *second*. Because he is an eminent Writer, and his Assertions may perhaps suit best with the generality of *Physicians* inured to *old Hypotheses*, I shall set down the substance of his judgment as to the *Cacao nut*.

p *Hernandez* lib.3.cap.46. *Acutâ ægritudine laborantibus exhiberi solet ex eo semine parata potio, cui nihil prætereà commixtum sit, contemperando æstui, & fervori placando, & eis, quos calida intemperies hepatis, alteriúsve partis vexat.*

Benzonus lib. 2. *Ex nucleo* Cacao *fiunt sorbitiunculæ refrigerantes : eam ob causam adeò expetitæ, ut cum iis quidvis vel pretio, vel usu earum commutent.*

Jo.de Laet lib.6.cap.2.Hist. Ind Occid. *Simplex enim potio (sc. fructus* Cacao*) refrigerat, & nutrit insigniter.*

q 'He acknowledges a triple distinction of 'parts in the *Cacao nut*; from whence ari- 'seth a ternary of distinct Qualities in it. 'The first is a cold, *dry*, *earthy*, and melan- choly

q Dr. *Juanes de Cardenas* lib. 7. *De propr. Chocolatis.*

'choly ſubſtance: which if it prevail above
'the reſt, it produceth Obſtructions, and
'Melancholy, and deſtroies concoction.
'The ſecond is *airy*, *hot*, and proportionate
'to *butter*, which by agitation, and milling,
'riſeth in froth. This he reputes to be *hot*
'and *moiſt*, and of a lenifying nature, which,
'whileſt it prevails, begets a quite contra-
'ry effect: for it nouriſheth much, and
'multiplies Blood, and vital Spirits, and en-
'ables men to labour. This butyrous ſub-
'ſtance doth principally manifeſt it ſelf in
'the *Cacao* nut, when it is indifferent aged,
'and hath been kept a good while: and is
'not a little helped in the ſhewing it ſelf, by
'being roaſted, or heated in a frying-pan,
'or kettle, before the oil be drawn, or it be
'made into a paſte. The third ſort of parts,
'which he profeſſes to be in it, is *hot*, and
'*dry*, which carries with it a faint reſem-
'blance of aduſtion, which makes it to ſeem
'bitteriſh to the taſte. By reaſon of the lat-
'ter parts, it becomes penetrating, and
'conveys the other alimentous parts into
'the body; it provokes ſweat, and monethly
'evacuations in women, it opens all Obſtru-
'ctions; and theſe guide the more oily and
'butyrous parts into the entrails, whereby
'the body is preſerved ſoluble. This mul-
'tiplicity of parts produceth ſeveral effects
'in the perſons uſing *Chocolate*, according as
'they are healthy, or ſick, of a weak or
'ſtrong ſtomach, troubled with Obſtructions,

'or free from them. And much depends on 'the individual constitution of persons: as 'also on the Artificial mixture of it into *Cho-'colata*, whereby the several parts are actu-'ated, and vigorated, the butyrous parts 'set at liberty from the confinement they 'were under by reason of the *styptick Par-'ticles*; which more appear to sense in the nut, then in the mass: for the former dissolve not on the tongue, (no, not when chewed) as doth the latter: nor hath the latter that sensible astringency, and bitterness (joyned with its unctuousness, and aptitude to melt on the tongue) as the former.

Hernandez (who was principal *Physician* in the Kingdom of *Mexico*, and was appointed by *Philip II.* to write Medicinal and Natural Observations in that Province) is at a great loss, what Nature and Temperament to ascribe to this Nut. *It is* (saith he[r]) *made up of different Particles, but very well embodyed, and mix'd; it is something bitter, something sweet; and either of a temperate Nature, or a little inclined to coldness, and moisture.*

[r] *Hernen Herb. Mexic.* l 3. c. 46 and *Jo. de Laet Hist. Ind. occid.* l. 6. c. 2. saith of it out of *Fr. Ximenes*, Cacao *fructus teneri sunt nutrimenti, saporis inter dulcem & amarum medii, temperie nonnihil frigidâ & humidâ.*

Others are of opinion, that this *Cacao* nut is of a temperament inclining to heat, and moisture: and they consider not the nut, as it is entire, or under no greater comminution, then what the teeth infer: but as it is grinded into a paste, and (sometimes as) mixed with water, and agitated into froth by

a

a *Molinet*. And their reasons are; first, because in the grinding it into paste, and in the working it up, and in the dissolving it in Water again, still there are no visible signes of any thing (if it be well done, and the nuts good) but of parts moderately *hot*, *moist*, and *unctuous*, or *butyrous*; there being little or no *terrestrial*, and *heavy*, *gross* settling whilest it is hot, and when it is milled, it goes all almost into *froth*, and *fat*, which proceeds (say they) from an airy, hot, and moist substance, mixing with winde. Another Argument they bring for their opinion from the quick nourishment it gives; For, (say they, and *Galen* too) that it could not so soon turn into nourishment of the Blood, and Spirits, if it had not a proportionatenes, and agreement of temper therewith: for there would be some time requisite to assimilate and change what hath a discrepancy with our Nature, before it could nourish us. But that, which is analogous to our nature, is Balsamically *hot*, and *moist*: not *cold*, and *dry*; which are enemies to it.

Gul. Piso resolves the controversies of the *Cacao* nut thus,

Veniamus ad Cacacii *Qualitates intrinsecas. Has equidem ex effectibus, cæterisque indiciis, constat esse temperatas. Substantia ei ex crassioribus simul & tenuioribus partibus composita est prorsus: ut in infinitis aliis vegetabilibus observatum est, diversas omnino sub eadem forma Substantias contineri. Noster autem* Caca-

cius *in pulverem redigitur primùm, & solâ mox, etsi frequenti tusione pinsitur, & in massam cogitur. Quod cùm fiat sine ullius rei admistione, ratio arguit aliquid esse in eo tenacis & bituminosi instar humoris, Aeris Elemento respondens. Multa insuper eidem, quibuscum suâpte naturâ miscetur, insunt ignea, quæ necessariò incidere atque reserare debent corporis meatus, non verò præcludere, ùt quidam voluerunt: nisi hoc intelligant de crudo, vel tosto, vel Saccharo condito, quo mulieres in* Indiis *nimium vesci amant, unde uteri, alvi, & Hypochondriorum obstructiones incurrunt difficillimas. Verùm totum hoc oritur, quòd interior ejus substantia dentium incisione non exactè comminuitur, nec perfectè commiscetur: requiritur enim artificiosa molæ versatilis contritio; atque tunc demùm siquid noxiæ supersit frigiditatis, aliorum calidorum commixtione temperatur, communicatâ singulis partibus hâc intimæ jus substantiæ qualitate.*

'It is manifest by its effects, and other 'signes, that, as to its intrinseck Qualities, 'it is of a temperate Nature. Its substance 'is made up of some subtle, and some gross 'parts; which sort of mixture is observable 'in many other products of Nature. This '*Cacao* nut is first beaten to powder, then 'without any accessional [but a gentle heat 'on a stone, or iron-table, or mortar] it is 'worked laboriously into a mass, or paste. 'Which, since it is done without the addition 'of any other thing, it is an evident Argu-

'ment,

'ment, that there is in it a tenacious and 'bituminous Subſtance. The mixture of 'other Spicery corrects its coldneſs; they 'penetrate, and open Obſtructions: ſo 'that *Chocolata* is no way obſtructing; how-'ever others, by eating raw, or roſted 'Nuts, or cruſhed into confects with Sugar, '(much uſed by the *Indian* women) may 'fall into tedious obſtructions of the Spleen, 'Liver, Hypochondria, and Womb. For 'theſe inconveniencies happen, becauſe it is 'not *exactly grinded*, and that the perform-'ances of the Teeth and Stomach equal 'not thoſe of the rowler in grinding, and 'the *molinet* in actuating the Particles of 'the *Cacao nut*.

I ſhall reſerve the particular deciſion of the controverſie, untill I have made a greater inquiry into the nature of the *Nut*, and its ſeveral parts, and have examined my ſelf its ſeveral effects in *Jamaica*, at more leiſure: but ſuggeſt theſe preſent Conſiderations.

If the Nut be a right good Nut of *Nicaragua* (or *Caracas*) and *Soconuſco* (the Nuts of the *Iſlands* are not reputed equal to thoſe of the *main*: ſ and in *Jamaica* they have but newly learned to *cure* them; in which there is much art) and ſo *old*, as to be at its perfection, not *decay'd*, and of a *darkiſh red*, approaching to *black*, after it is pilled, it is to Taſte, *adſtringent*, and a *little bitteriſh*; but not very *unpleaſant*

ſ I have eaten and uſed as *good Nuts* of the growth of *Jamaica*, as any, I have yet met with.

ſant to any, who ſhall have eaten but a *few* of them. It will be *dry*, and *hard* to taſte, and not diſſolve into an *unctuous liquour* in the mouth: though you may eaſily perceive in a *rich nut* to the Taſte an *extraordinary butyrouſneſs*, though *congeled*, and *fixed* by ſome particular Principle elſe. I never could obſerve any *coldneſs* in the *nut* at all neither, on the tongue, nor *ſtomach*; nor yet any ſenſe of *heat*. If the *ſenſible bitteriſhneſs* muſt argue *heat*, the *effects* of which are not *further* perceived, becauſe the *unctuous* parts *implicate* and dull the *vigour* of the *other*; and if that the *ſenſible unctuouſneſs* in the moſt *dry nuts*, maugre the *ſtypticity*, evinces their *moiſture*: yet will any, who *eats* the *nut*, be apt to excuſe them, who by their *taſte* judge the *nut* (ungrinded) to be *cold* and *dry* in the *firſt* and *ſecond* Degree.

I have already ſhewed, that our Experience in *England* in my *ſelf*, and others, (ſome being *well*, ſome being *ſickly*) doth not evidence the *Nut* eaten of it ſelf (not reduced to a *Paſte* on a ſtone) to be *obſtructing*, or clogging to the Stomach: and, whereas it is attributed to the grinding, and ſo commixing the parts, that it keeps the body ſoluble, our Experience ſhews, that even the *Nut* eaten produceth the like effect; though by the *taſte* one would conjecture otherwiſe.

Whereas it is ſaid by ſome, that the *Nut* in

in Paste dissolved into water is of an *hot* as well as *moist* nature: I must propose some doubts thereto, since it is so good in *fevers*, and to quench thirst at other times; and is so repugnant to *cold Stomachs* (a general calamity in hot Climates) that the *Indians* and *English* generally are inforced to mix with it either *long Pepper*, or *Jamaica*-Pepper, or *red Pepper* call'd *Chilli*, to make it supportable to their Stomachs: and Men, otherwise of unquestionable strength, and health, have assured me upon their own experience, that this is *true*. Besides, it is a known Experiment both in *Spain*, and the *Indies*, that the *butyrous* and *oily* part of the *Cacao nut*, being taken of, and preserved from the *Chocolata*, or otherwise drawn, is a very great remedy against Inflammations, and particularly the *Erisipelas*, or fire of St. *Anthony*. And in such applications it is *sensibly cooling*.

In fine, let men debate eternally the *temperament* of the *Nut*, they, who have ascribed to it *Qualities* altogether *repugnant to nutriment*, have never controverted its incredible *nutritive* faculty. It is in this that all agree. It is *multi alimenti*, yields plentious nourishment, saith *Hernandez*; who holds it to be *temperate*, or *inclining to cold and moisture*. *Jo. de Laet* saith of it, *refrigerat, & nutrit insigniter*, it cools, and nourishes exceedingly. Dr. *Juanes de Cardenas* professeth, that it yields *buen sustento*

al

al cuerpo, good nourishment for the body. And *Roblez*, who concurs in opinion with the other, that it is *cold*, and, *dry*, declares it to be *summamente alimentoso*, exceeding nutritive. And *Benzonus* gives it this Character, *Ea Cælia sapore aliquantùm amaro satiat, & refrigerat corpus minimè tamen, inebriat*: 'That muddy Drink, or Ale, with 'its bitterish taste *satisfies*, and *cools* the bo-'dy, not intoxicating any way the Head. And it is observable, that albeit the eating of *Cullises*, and *Jellies* continually, doth so debilitate the Stomach, that, thorough much use of the former, men become incapable to digest any grosser meats: of the verity of which practical Observation there is a notable instance in *Sanctorius* [s] of a Student at *Padua*, who, that he might have more time to study, and not be diverted therefrom by any regard of Diet, fed himself only with *Jellies*, and *Cullises*, wherewith he expected not only to be *strengthened* much, but also *freed from the concerns of exercise*, and other circumstances necessary for digesting *stronger meats*; but he afterwards falling *sick*, and being inured to *no other food*, then that appertained to *sick-folks*, whilst he was *well*; being *sick* could receive no *no sustenance at all*, and so dyed lamentably for want of food, more then by the violence of his disease: I say, it is not so with the plain *Chocolata*, made of the pure *Cacao*-Paste, and perhaps a *little Sugar*,

[s] *De vitandô error.*

Sugar, and *Pepper*; for the *Indians*, *English*, and *Spaniards*, who have lived on it several days, sometimes weeks, without any other food, do without any inconvenience resume a more gross Diet, and again intermit it at their pleasure.

I have been thus particular in the inquiry into the nature of the *Cacao nut*, because it is the principal Ingredient in *Chocolata*: and it is this *Nut* alone in the Composition, (if there be neither *Maiz*, nor *Bean-meal* in it, which may be admitted in small quantities as *wholesome*, for ought I can imagine; or *Pistachia nuts*, or *Almonds*; of the healthfulness of either of which, but especially the latter, I doubt as to this Composition) which yieldeth the *nourishment*, and *fatness*, which is *expected* from the *Drink*, and often *found*. All the other are but *Spicery* (under which I comprise *Amber-griese*, and *Musk*) and serve at best but as a *Vehicle* to distribute the *Cacao nut* into the body, and to make it agreable to the *stomach*, which otherwise might, and often is troubled with the *coldness* of the *Cacao*, or what *other Quality* it may have (perhaps too much relaxing the *stomach*, or offending its orifice by its *unctuousness*) wherby to offend the *stomach*.

And since the *Indians* did first correct it with *Chiles*, or *red Pepper*, I shall speak of that in the first place.

Chiles, *Chilli*, or *red Pepper*, in the language

guage of [t] *Cusco* is called *Uchu*; in that of *Mexico*, *Chili*: or [u] *Chilli* by the old Inhabitants of *Hispaniola* (call'd *Haitini* by [x] *Hernandez*) it is called [x] *Agies* (by *Roblez*, *los Agies*) which some [y] otherwise write (according to the variety of spelling) *Axi*. By *Monardes* it is called *La pimienta de las Indias*. In *Portugal* it is call'd *pimienta de Brasil*. In *Brasil*, and by *Piso*, *Quiya*. In fine, amongst almost an infinity of names, the most usual now are *long red Pepper*, and *American* or *Brasile Pepper*, for no other reason, but that the *Portughese* brought it first thence. [z] It was much esteemed of in old time amongst the *Indians*, which they carryed into places, where it grew not, as a Merchandise of consequence. [a] And in all the inhabited places of *America* it is so frequently used, that there is scarce any meat *dressed* without it. [b] This Spice the *Spaniards* love, and will have it in all their meat, that they intend to have *picant*: for a greater *Hough-goo* is not in the World; Garlick is faint and cool to it. It is so violently strong, as, when one breaks but the skin, it sends out such a vapour into the Lungs, as he falls to coughing, which lasts a quarter of an hour after the fruit is removed: but, as long as it is garbling, they never give over. To describe its several kinds, and particularize its virtues, it would be requisite to transcribe the Treatise of Father *Gregory* the *Capuchine* upon this

t *Acosta* Hist. Ind. *l.* 4. *c.* 20.
u *Piso* hist. Nat. & Med. *l.* 6. *c.* 15. ex *Ximene*.
x *Hernandez* l. 5. c. 3.
y *Acosta* l. 4. c. 20. *Piso* ex *Ximene* l. 6. c. 51.
z *Acosta* ubi suprá.
a *Piso* ubi suprá.
b Mr. *Sigon's* Descript. of *Barbados* p. 79.

this Subject, which is to be found in *Carolus Clusius's Curæ posteriores*, *Piso*, and *Hernandez*. However that the *Spice* merits great commendation, and that [c] *Monardes*, and [d] *Oviedo* prefer it before the *East-Indy Pepper*: and that many [e] repute it to be *cold*, and *well-tempered*: (as do [f] others that of the *East-Indies*) yet it is by such, as regard the testimony of what they *taste*, and *feel*, (before *traditional Discourses*) to be [g] hot in the highest Degree. *Quartum hæc caloris gradum attingunt, & tertium ferè siccitatis*, so saith [h] *Hernandez*. And *Monardes* avows them to be *hot*, and *dry*, as it were in the fourth Degree. *Es caliente, y seca, casi en quarto grado*. There is this caution given of them, [i] that they inflame the Blood, and distemper the Eyes, the Liver, and the Reins; that they create Fevers, Pleurisies, and Peripneumonies; that they are no way agreeable for young folks, but for the old Flegmatique. Which *Assertion* is to be understood of its *unproportionate mixture* with other Compositions.

c Chap. 54.
d Histor. Nat. Ind. *l.* 7. *c.* 7.
e *Acosta* ubi suprá.
f *Bontas* c. 5. *De cons. valet. in Ind.*
g *Acosta* ubi suprá.
h Ubi suprâ.
i See *Acosta*, *Hernandez*, *Piso*, ubi suprâ.

Another Ingredient in the composition of *Chocolata* is that *most delicate of Spices*, call'd usually in *England Pepper of Jamaica*, by the *Spaniards Pepper of Xamaica* (so *Herrera*, and other *Spaniards* call *Jamaica*) *Pepper of Tabasco* or *Tamasco*, and *Pepper of Chiapa*: and by the *Indians Xocoxochitl*. It is commonly called in *Jamaica*, *Pimienta*: which name they took from the

the *Spaniards*, ſome of which I find to call it *gravos de pimienta*, and *pimienta* alone: though otherwiſe that name is of a greater comprehenſion. This *Spice* hath a moſt *delicate ſmell*, and ſuch, as reſembles an *Orange ſtuck with Cloves*: being ſwallowed whole, it *amends the breath*, is excellent againſt Wind, and helps digeſtion, and yields no ſign of an immoderate heat; but being broken, within the outward husk, or ſhell, there are two (ſometimes three) little grains, which make the impreſſion of a pretty violent heat, yet ſhort of the other Peppers: I have not met with any Writer, who utters a word to their prejudice; a few of them, burnt with wine, recommend it for fragrancy, and taſte, beyond any Spice. [k] *Es la Pimienta de ſuave olor, caliente, y ſeca en grado tercero, cordial, desoppilativa, provoca mezes, y es remedio à los dolores flatuoſes, corrobora el eſtomago, y ajuda la digeſtion de la comida.* 'The *pimienta* (of *Jamaica*) is ſweet-ſented, 'hot and dry in the third Degree, opening 'Obſtructions, Cordial, provoking the Terms, 'and it is good againſt Wind, and flatu-'lent pains, it ſtrengthens the Stomach, and 'Digeſtion, being eaten.

k *Ferdinandez* l. 1. ſect. 1. c. 14. Vide & *Herbar. Mexican.* l. 2. c. 5. de *Xoco-Xochitl* ſeu *pipere Tabaſc.*

Roblez gives it this Character, *E hecho experientia deſta ſemilla, o granos de Pimienta, y hallo en ella el calor, y ſequedad iguales, y ſer a propoſito para confortar el eſtomago, interiormente bebida, o exteriormente aplicada,*

aplicada. Sufre coſſimiento medianamente, y trituracion mediocre, y ſubtil, como les de mas aromaticos, y le tengo por ſubſtituto de los clavos de eſpecies: mata las lombrices con la parte amarga, y detiene los vomitos. That is:

'I have tryed theſe Seeds, or Grains of 'Pepper, and I found therein an equal ſiccity, 'and heat: and they ſerve for to ſtrengthen 'the Stomach, being taken inwardly, or ap- 'plyed outwardly. It will endure an indif- 'ferent boiling, or punning to powder, as 'do other Spices, [which looſe their virtue 'by much beating, or boiling] and I allow 'it for a ſubſtitute for Cloves. It kills the 'Worms with its bitteriſhneſs, and ſtays 'vomiting.

Jo. de Laet, in his Deſcription of *America*, ſpeaks thus of the Province of *Tabaſco*, and its *Pepper*. *Unam habet [ea provincia] inprimis arborem domeſticam, quantivis pretii, quam vocant* Xocoxochitl, *quæ eſt arbor grandis, foliis mali Aurantiæ, fragrantiſſimis, Floribus rubris inſtar Granati, odore item Aurantiorum, grato juxtà, ac ſuavi; fructibus rotundis, ac racematim pendulis, qui initio quidem ſunt virides, poſteà ruſſi, & ad extremum nigri; acris ſaporis, & mordacis; boniſque odoris; calidi & ſicci in tertio gradu, ità ut Piperi ſubſtitui, & pro Carpo-balſamo in Officinis poſſit obtrudi.* Hiſpani *vulgò vocant* Piper Tabaſcenſe. *Corroborat cor, & ventriculum; amicum eſt utero; diſcutit flatus; aperit obſtructa; movet urinam, & menſes;* Lib. 5. cap. 3.

menſes; ſuccurrit colicis & nephriticis doloribus; conſumit humores craſſos & viſcoſos; fugat rigores febrium. i. e. The Province of *Tabaſco* hath one tree particular to it [*when* Ximenes *writ this, whom* Laet *follows; it was not known to grow in* Jamaica, *as it doth plentifully*] which is call'd *Xocoxochitl*, i.e. *a tree not to be valued.* It is of a very large growth, hath leaves like an Orange-tree, being of a moſt fragrant ſcent; it bears a red Flower like to that of a Pomegranate, of a ſweet and pleaſing ſmell, and which alſo reſembles that of Oranges. The Fruit is round, and grows in cluſters, like as Grapes do, [*ſo does the Amomum of Dioſcorides*] at firſt it is green, then red, and at laſt blackiſh: it is of an excellent ſmell, and biting taſte. It is hot and dry in the third Degree, ſo as that it may be ſubſtituted inſtead of *ordinary Pepper* [*but it is ſo farr ſhort of it in heat, and bitingneſs of taſte, that in Pies there is no compariſon betwixt them; as I have ſeen,*] and in the Shops it may paſs [*but without any reſemblance*] for *Carpo-balſamus.* The *Spaniards* uſually call it *Pepper of Tabaſco.* It ſtrengthens the Heart, and Stomach; it comforts the Womb, it diſpells Winde; it opens Obſtructions; it provokes Urine, and the Terms in women; it helps Colique and Nephritique pains; it conſumes tough and viſcid Humours; and drives away the cold fits of Agues.

I cannot paſs by this delicate Spice, without

out putting the World in mind, that perhaps upon Obſervation there where it grows, and a little conſtraining of *Dioſcorides*, it may be found to be the very *Amomum* of the Antients; ſo famed in all their rich Unguents for Luxury, and ſo commended for Medicinal uſes, inſtead of which we are fain to put into *Mithridate*, and *Treacle*, either *Cubebs*, or *Cloves*, but, I hope, henceforward *Amomum* and *Carpo-balſamus* ſhall find no other ſubſtitute then this Pepper of *Jamaica*. I am not the only perſon who propoſe this: *Hernandez* (*lib.* 2 *cap.* 5.) profeſſeth, it may be uſed inſtead o the *Carpo-balſamus*; and who ſhall enquire into the *Amomum Cluſii*, will find how others, as well as I, have fomented this Opinion: of which I ſhall treat more hereafter, when I have obſerved its growth. In the mean while it ſeems to be that *Garyophyllon* of *Pliny* (*lib.* 2.*cap.*7.) where, having ſpoken of *Pepper*, he adds, *Et etiamnum in* India *Piperis granis ſimile, quod vocatur* Garyophyllon, *grandius fragiliusque. Tradunt in* Indico *loco d gigni. Advehitur odoris gratiâ.* 'There is at this day in the *Indies* ſomething, that reſembles *Pepper*, men call it *Garyophyllon*; it is bigger and more brittle then *Pepper*. They report it to grow in a place of the *Indies*: and it is brought hither (*ſc.* to *Rome*) out of a regard to the delicacy of its ſcent. There is not any thing in *Pliny*, which carries repugnancy to our *Pepper*:

its excellent ſmell, the name of *Garyophyllon*, being the *Greek*, not *Indian* name, and ſignifying *Cloves*, or *Clove-gillow-flowers*, with the ſmell whereof, (and taſte of the former, but mildly) it hath a reſemblance. It is more big, it is more brittle, and conſequently, till a clearer diſcovery be made, we are to preſume, that we have retrived after ſo many hundreds of years one of the moſt ſelect Odours, that Antiquity ever boaſted of.

I ſhall not add any more, untill I have prepared a ſecond Edition in *Jamaica*. Inſtead of this, there is uſually put in common Black-Pepper, or White-Pepper: concerning the virtues of which I ſhall not enlarge. They are well known already, and better known then approved of either by the [l] Natives of thoſe Countries where they grow; or our learned *Phyſicians* in *Europe*.

[l] Vide *Piſon.* in *Mantiſs. Aromat.* c. 9.

The next Ingredient of *Chocolata* is *Tlilxochitl* (or, as ſome write it, *Tlixochil*) or, as the *Spaniards* call it, *banillas olorosas*, or *Vaynillas*. The former is the *Indian* name recorded in [m] *Hernandez*; the latter is the uſual *Spaniſh* Term acknowledged by [n] *Piſo*, and others. The Plant is compared to *Aromatical Arach*, it runs up Trees, as doth *Ivy*, it hath a broad leaf, in length eleven inches, and in breadth ſix, it reſembles a Plantain-leaf, but is more fatty, it is of a deep green; it bears a blackiſh

[m] *Hernandez Herb. Mexic.* l. 2. c. 15.

[n] *Piſo* in *Mantiſs. Aromat.* c. 18.

Flower

Flower: it produceth a Cod, that is about six inches long, slender, and of a blackish colour (yet are some, that I have seen, reddish, and yet good) their smell is admirable, they, which have parallel'd it with Amber-grise, Musk, or [o] Balsame, failed in their Character; for it hath a peculiar mildness, and delicacy in it, not to be found in those other. If, in the *Jamaica* Pepper we have found out what the Antients lost, it is herein that we have out-done them: it being a discovery, which, I doubt not, but a little Art will improve beyound all the odours yet known. [p] It is reputed hot in the third Degree, and adds to *Chocolata* not only a curious scent, but taste: and moderately provokes Urine, and the monethly evacuations in women; it strengthens the Brain, comforts the Wombe, dissipates Winde, concocts and attenuates gross and crude Humours. I cannot do this excellent product of *Jamaica* the injustice, not to tender the double Character given of it in *Spanish*, by two *Spaniards*, that lived in the *Indies*, and whose Learning equalled their Curiosity.

Doctor *Fernandez* (lib. 1. Sect. 1. titulo *De los Bainillos*) speaks thus of them: *Son calientes, y secas en tercero grado, cordiales, provocatuias de meses, y de orina, aceleran el parto, el echar las pares, cuessen y adelgason lo crudo, y fortelesan el corason, y cerebro, y ses facultades.* They are hot and dry in the third Degree, Cordial, provoke the Terms,

o *Hernandez*, & *Piso*, ubi suprá.

p The *Spaniards* put it into their *ptarmicæ*, or *Sneezing-powders*, avowing it to corroborate the Brain infinitely: as I am ascertained by such, as have seen this practise in *Spain*, and the *Indies*.

 and

and Urine, and speedy Labour, and freeing for the after-birth, they concoct and attenuate Crudities, they strengthen the Heart, and Brain, and its faculties.

Doctor *Juanes de Cardenas* gives us this account of them. *Las Bainillas compiten con el Ambar. Son de complexion caliente, y seca en primero grado, con que don al* Chocolate *mui suave olor: y se accentajan à las de mas en ser mui cordiales amigas del corason: engendron espiritos de fuerte, y robusta mixtion, ajudan al cossimiento del estomago, y con su calor cueßen los humores grueßos, y crudos; y lo que es mas que todo, con las partes sutiles, y calientes, consumen lo terrestre del* Chocolate; *con que le dexan mas puro, y sin los dannos de lo Melancholico.* That is:

The *Vaynillas* equal Amber-grise. They are of Quality hot and dry in the first degree, wherewith they give to the *Chocolata* an exceeding sweet smell: and excell other Simples, being extraordinary strengthning for the Heart: they beget strong Spirits, and of a firm mixture; they promote digestion in the Stomach, and by their heat concoct crude and gross Humours, and, which is above all, with their subtle and hot parts they consume the earthy parts of the *Chocolata*, and so leave it more pure, and free from the inconveniencies, with which it might otherwaies threaten the Melancholy.

To conclude this Discourse of the *Vaynillas*: It is so called by the *Spaniard*, because that

that it resembles the *Vagnuila* or *sheath* of a *little Sword*; it much resembles the Cod of a French-bean in length, and shape; it hath in it a small Seed, which fills it from one end to the other, of a blackish colour, but very subtle parts, and scent. It is observable, that one *Spanish* Writer makes it to be *hot in the third Degree, and dry*; another only *hot and dry in the first Degree.* Such Contradictions are usual in Writers of the *Indies*, and not much to be regarded further, then as the resueries of men too Methodical, or as the intrigues of Nature to be paralleled in Opium, Camphire, Vitriol, Quick-silver, &c. concerning which our most inquisitive and Philosophical Physicians are so perplexed, and differing in Opinions, that we may pardon the discrepancy of the Writers alledged here. Whosoever shall try these *Vaynillas* by the strength and penetratingness of their smell, and perhaps by the vigour of their effects, performing what nothing of *European*, or *East-Indy* growth, of a less Degree in heat, and dryness, then the third, doth; will rank them with those of that sort; but here who shall consult his Senses, and observe the mild delicacy in these *American* Products, and particularly in the *Vaynillas*, which is inconsistent with so much heat, and dryness; and shall consider, that his tongue feels nothing parallel to what happens upon the tasting of a grain of *Chili*, or *red Pepper* (which yet is placed as hot in the third Degree) he

will by many degrees separate and distinguish the former from the latter. And indeed these powerful effects are not the consequents of an excess of Heat, but of parts moderately hot, and well subtiliated, and digested, in a Country, whose Climate yields an uninterrupted temperature of Heat to its production: from whence we may once for all observe, that it is impossible to provide any *succedanea*, or substitutes for these kind of Commodities: for to use Cloves insteed of *Vainillas* is a ridiculous mockage, and hurtful to several complexions, in *Chocolota*.

Chacanguarica, *Pumagua*, or *Achiotl* (as it is called by q *Hernandez*) or *Achiote*, as it is usually called (Mr. *Gage* calls it *Achiotte*) is called by *Oviedo*, and *Clusius*, *Bixa*; by the Natives of *Brasile* r *Urucu*, and *Roucou* in the Description of the *Antilles*. It is a Tree, that grows every where in the *West Indies*, without cultivation; it is regarded as well for its use in Painting, as Physick. It is a Tree of indifferent bigness, leaved somewhat like to an Elm, after it hath flowred (which Flower hath scarce any sensible smell) the fruit grows out in a Cod containing thirty or fourty grains, which grains, before they ripen to an hardness, yield a juice of a pure Vermilion colour: out of these grains, either ripe, or unripe, is the s *Achiote* for called

q *Hernandez*. Herb. *Mexic*. l. 3. c. 41.

r *Piso* in *Man*. c. 18.

s When I am in *Jamaica*, I shall inform my self of the different operation of *Achiote*, according as it is differently made: of which they, who bring it, or sell it, can give no account.

made

made by a way, I ſhall not repeat ; yet in the making of it up there is ſo great a difference, that it is very conſiderable, ſome having been purged to death, & others thrown into Fluxes by mixing *Achiote*, not rightly prepared, in *Chocolata*; which hath occaſioned ſome to ſpeak againſt its being put into it. But it is not by that Character, that the good *Achiote* muſt be cenſured : for, if rightly prepared, it is with very good effect mixed with meats in the *Indies* to meliorate their taſte, and colour, and ſmell too. [t] And in *Chocolata* it produceth all theſe effects, if put in a due proportion : and makes it to be drunk more ſafely, and with leſſe nauſeouſneſs: it makes it alſo to purify the Blood more, and to ſtrengthen the inward parts. In *Braſile* the *Achiote* grains, being duely prepared into Cakes, are mix'd in an indefinite proportion with a diſh of *Carima* (which is made of *Tipioca*) and given againſt Poyſons, or other Diſtempers, promiſcuouſly. [u] It ſtrengthens the Stomach, ſtoppeth Fluxes, and, being mixed with agreeable Juleps, allayeth Feveriſh heats. [x] It is cold, and dry, and moderately adſtringent.

t *Piſo* ubi ſuprá. Urucu, *ſive* Achiote *efficit, nè* Chocolate, *quantâvis quantitate hauſta, noceat : illius quippe ope facilè digeritur ſine ulla cruditate. Ità* Fr. Ximenes *apud* Burggravium *in Hiſt. Braſ.* l. 2. c. 3.

u *Piſo* Hiſt. utr. *Ind.* l. 4. c. 14.

x Piſo *in* Mant. Aromat. c. 18. *Fructuum grana rubri frigida ſunt & ſicca cum modica adſtrictione : ex quibus placentulas efformant, quæ non ſolùm medicamentis contra quosvis Sanguinis Fluxus inordinatos, ſed & cibariis immiſcentur, gratúmque ſimul ſaporem & colorem iis ſuppeditant. Inprimis autem omnia hæc beneficia præſtant confectioni noſtræ* Chocolatæ, *ſi certâ quantitate addentur ; tutiùs enim tunc bibitur, & citra ſatietatis & nauſeæ incommodum : adde, quòd ſanguinem magis purificet, & viſcera corroboret.*

Hav

Having given you this testimony of it from the learned *Piso*, who interested not himself much in the digesting Plants into several Degrees, according to their first Qualities; but consulted unquestionable Experience: I shall now represent the several Characters of this *Achiote*, given by *Spaniards*, and such as lived in the *Indies*.

The *Spanish* Doctor *Ferdinandez*, doth thus Character it in his first Book, Sect. 1. Chap. 14. *Estre se hase de la semilla de un arbol cosida. Y es frio en tercero grado, con alguna adstriccion, Mitiga la sed: y, masclado con el agua, templa lis calenturas ardientes, y cura la dysenteria de humores colericos. Da gusto, y sabor, y oler al* Chocolate, *y le hase mas fresco: de mas de que ajuda a la digestion, y no solo se mescla para color al* Chocolate, *si no por que engorda, y annide sustento, con la parte pingue, y butirosa, que es la, que en el prævalese: y siendo assi, tiene partes calientes, como io son todas bas butirosas.* It is made of the grains of a Tree boiled. It is cold in the third Degree, with some adstriction. It allaies the Thirst, and being mixed with Water, it tempers the burning-Fever, and cures the Bloody-flux, occasioned by Choler. It gives a taste, relish, and colour to *Chocolata*, and makes it more brisk; besides it helps digestion: nor is it mixed with the *Chocolata* for the colour's sake alone, but also because it fattens, and encreaseth its nourishment with its fat and butyrous parts, which pre-

prevail in it: and, being so, it must needs have hot parts in it, as have all butyrous things.

With this agrees the *Mexican Herbal*, lib. 3. cap. 41. *Frigida est ordine tertio, & nonnullam siccitatem adstrictionémque participat.* ----*Extinguit, epotum, aut admotum, febrientium incendia, opitulatur Dysenteriis, repellítque tumores præter naturam; quo fit, ut Epithematis, frigorificis Potionibus, seu Julapiis, & quibusvis infrigidantibus cibariis, & Medicamentis, misceri perquàm commodè possit. Additur semen* Chocoatl, (*id est*, Chocolatæ) *refrigerii gratiâ, commendandíque saporis, atque coloris. Dentium doloris è calida causa ortos lenit, corroborat, evocat urinam, sitim extinguit, ac croci apud aliquas gentes gerit vicem.* ----*Adstringit nonnihil, ideóque, cum resina permixtum, medetur scabiei, atque ulceribus, ventriculum corroborat, fluxum alvi cohibet, lac auget permixtum crustis* Cacaoatl (*id est*, Chocolatæ) *quem reddit innoxium quâcunque mensurâ bibatur: ejus siquidem gratiâ, facilè, ac citra satietatis incommodum solet concoqui.* (*i. e*) 'It is cold in the third Degree, and 'participates of some adstriction, as well as 'dryness. ---- Being given inwardly, or 'outwardly applied, it allays Feverish di-'stempers, it helpeth the Bloody-flux, and 'repels præternatural Tumours; for this 'cause it may be mixed in cooling Epithe-'mes, Julips, or any food, or Physick, used 'to cool. It is mixed with *Chocolata* to 'cool, as well as to *embitter* the *taste*, and

colour

'colour. It helpeth the Tooth-ach arising 'from hot causes, it strengthens the Gums, 'it provokes Urine, it quencheth Thirst, 'and with some Nations it is y used instead 'of Saffron.— It is somewhat adstringent, 'and therefore, being mix'd with Rosin, it 'cureth the Itch, and Ulcers; it strengthens 'the Stomach, stoppeth the Fluxes of the 'belly; it encreaseth Milk, being mix'd in 'Chocolata; which last drink it renders *very innocent, in how great quantity soever it be drunk*: for, by reason of the mixture of 'Achiote, it is drunk down easily, and without any *ensuing nauseousness* of the Stomach.

y See *Pison.* Histor. Ind. utr. *l.* 4. *c.* 14.

Lib. 5. c. 3.

Jo. de Laet in his Description of the *West-Indies* reports thus of *Achiote. E semine* [*sc.* Achiotl] *fit tinctura coccinea, quâ Pictores utuntur: eadem & in Medicina usurpatur, quum frigida sit qualitate. Cum aqua aliqua ejusdem qualitatis hausta, aut foris applicata, mitigat æstus febriles, sistitque Dysenteriam, denique utiliter adjungitur omnibus Potionibus refrigerantibus, unde etiam vulgò miscetur potioni* Cacao *ad refrigerandum, & bonum saporem & colorem illi conciliandum. i. e.* 'Out of the seeds [of *Achiotl*] there is 'made a Scarlet tincture, which is used by 'Painters. The same is also used in Physick, being of a cold Quality. Being mix'd 'with a proper Vehicle, and either given inwardly, or outwardly applyed, it allayeth Feverish heats, and stops the Bloody-

Flux.

'Flux. In fine, it is with much benefit put 'into cooling Drinks; wherefore it is com-'monly mix'd with the *Cacao*, to make it 'cooling, as well as to amend the taste, and 'colour.

I have shewed the Opinion of such, as favour its being cold even in the third Degree: and therein only it is matter of Opinion; for as to the Effects attributed thereto, I believe them to be of unquestionable authority, being grounded upon the practise of the *Indies*, and not established upon Conjectures. I now come to propose the Opinion of that diligent observer *Roblez*, who irreconcileably differs from the rest, as it follows. *El* Achiote, *o* Viza, *assi le llaman los* Indios, *le echan en las comidas por a cafran. Es caliente, y enemigo de nuestro calor natural, offende las partes espirituales, estraga el higado, es ventoso sobre manera, por que su calor, y humedad pasa de segundo o tercero grado, lleuanta vapores gruessos, hincha los Hypochondrios: dicen que es a proposito para las passiones de ornia. Todo el* Chocolate, *que viene de la* Nueva-Espanna, *y* Guatimala, *viene cargado desta terrible veza, baptisado con nombre de* Achiote; *y deven los Medicos a conseiar, no se use deste con excesso, por que tengo por sin duda, que el* Achiote *es una lima serda, que produce en nos otros malas passiones: y assi desseara tener autoridad para moderarlo, tengole por caliente en grado tercero, y humedo en segundo;*

y

y por sas propriedades enemigo de nuestra naturalesa. That is,

'*Achiote*, or *Viza*, as it is call'd by the 'Indians, is used by the Natives in their 'meats instead of Saffron. It is hot, and 'destructive to our natural heat, it offends 'the spiritual parts, it weakens the Liver, 'it is beyond measure flatulent, and windy; 'because its heat and moisture equals the 'second or third Degree: it raiseth gross Va-'pours, it causes a tension in the *Hypochon-'dria*: they say, it is good to ease Distem-'pers occasioned by stoppage of Urine. All 'the *Chocolata*, which comes from *New-Spain*, 'and *Guatemala*, is fill'd with this horrible 'Ingredient, Christen'd with the name of *A-'chiote*, and Physicians ought to give advice, 'lest people use it in too great a quantity, 'and with excess: because I am undoubtedly 'assured that it insensibly consumes us [*the* 'Spanish *is not to be expressed, I think, more* '*fittingly*] and creates in us many other 'evil Distempers: and therefore it ought to 'be restrained by publick Authority. I 'suppose it to be hot in the third Degree, 'and moist in the second: for its Quality it 'is repugnant to our nature.

It may seem very strange how so learned and experienced and observing a man could run into an Opinion so contrary to the other of *Hernandez*, both living in the *Indies*, one in *Mexico*, and the former in *Peru*. If we regard our [z] taste, it seems to plead for

z Yet it hath so *violent* a *piercing* on the tongue, that the impression ceaseth not of a *long time* after.

for *Hernandez*: as being evidently cooling (though not to that Degree) and somewhat adstringent; though the coldness and adstringency sensibly differ, according as it is better or worse prepared: I mean according to the taste, for I have yet experimented it no further. If we consider its Effects, such as have been related, they seem still to oppose *Roblez*, and assert its cooling, and adstringency. As to that enmity, which he maketh it to have with humane Nature, the universal experience of the *Indies* (and of all, that use it; supposing the *Achiote* rightly prepared) particularly of *Brasile*, *New-Spain*, and *Guatimala*, in the latter of which *Chocolata* hath been *immemorially* drunk, and in both which places it is the general and famed Drink, doth refute him. Nor is every thing, that is hot and moist in the third Degree, to be exterminated Physick, as destructive to our nature. What Apology then can we make for so learned and observing a man? The principal excuse that I can make for him, is, first, that he relies upon [a] the Authority of the *Indians*, who it seems are as peremptory, that *Achiote* is hot, as that *Chilli*, or *red Pepper* is cold. Secondly he observed, what is also granted by *Ferdinandez*; That, however it had *cooling* and *adstringent effects*, it had also an operation of a quite *different nature*: for *per las partes aereas, y delgadas tambien desopila, y provoca*

[a] One sayes of him in this case, *Falsâ Indorum traditione errat, non exacto veritatis examine.*

voca mezes, y sudor: by its *aereal* parts it did *open Obstructions, provoke the courses in Women, and cause Sweat.* And this operation of *Achiote* is likewise attested by two eye winesses, Dr. *Juanes de Cardenas*, and Dr. *Juanes de Barrios*; and is confirmed to us by [b] Mr. *Gage* in these ensuing words. *Achiotte hath a piercing attenuating Quality, as appeareth by the common practise of the Physicians in the* Indies, *experienced daily in the effects of it, who do give it to their Patients, to cut and attenuate gross Humours, which do cause shortness of breath, and stopping of Urine: and so it is used for any kind of Oppilations, and is given for the stoppings, which are in the breast, or in the region of the belly, or any other part of the body.* Now, since these effects are usually performed by Medicines of such a nature, as *Roblez* attributes to *Achiote*, it is to be presumed, that he said it upon that ground: but that *operatio sequitur esse*, that from a parity of Effects one may argue a resemblance of Causes, is an errour in Physick. And in that he saith, *it hath an opposition, and qualities destructive*

b Mr. *Gage*'s Surv. c. 16.

Mr. *Gage* in another place speaks thus of *Achiote*. 'In *Nixapa*, within the country of *Guaxaca* grow many Trees of *Cacao*, and *Achiote*: whereof is made the *Chocolatte*, and is a commodity of much trading in those parts; though our *English* and the *Hollanders* make little of it when they take a prize of it at Sea, as not knowing the secret virtue, and quality of it for the good of the Stomach. *Gage* chap. 3. Which Passage, whether we understand it of *compound Chocolata*, or of *simple Achiote*, it amounts to one thing, since it manifests the *innocency* of it in *our Composure*.

to the nature of Man; I ſuppoſe, it being granted to have a *diuretique* and *diaphoretique nature*, and that it introduceth a fuſion (and precipitation oftentimes) in the Blood, it may then be granted to bear an hoſtility againſt our bodies, if taken by way of *food*, what is really *Phyſick*; and what *Hippocrates* ſaith of *Purges*, that *thoſe in health bear them with difficulty*: and that *they do depredate, and diſſolve, by way of colliquation, the fleſh*, this is true of *diuretique Medicines*, if *frequently* or *continually uſed* by perſons in perfect health: which as it is the courſe preſcribed to make people *lean*, ſo it is inconſiſtent with the intended uſe of *Chocolata*, which is to make *fat*: and this might as well merit his cenſure there, as the *cauſeleſs* taking of *Smallage*, and *diuretique pottages* with us in *Spring*. He prohibits it *con exceſſo* only, in too great a quantity.

This I thought to be fit to ſay by way of Apology for *Roblez*; I ſhall only add, that others do repute this *Achiote* to be of a very *temperate quality*: and as no ſenſe evinceth it to be *hot*; ſo its *de-obſtructing* faculty, and its *diureticalneſs* (it being highly commended not only to diſſipate groſs Humours, but even the Stone in the kidnies) argue it not to be very *cold*. However, it is certain, that the *Achiote* ought to be *good*, and that it ought to be put in but in a *due quantity*: for as the Reaſons ſpecified render the *exceſs* of it ſuſpicious;

ſo do thoſe other, that *it meliorates the colour, taſte, and ſmel of the* Chocolata; *and makes it agreeable to the Stomach*; theſe manifeſt the neceſſity of commixing *ſome*: and for this we have the Precedents of *New-Spain*, and *Guatemala*, and *Mexico*, and the *general conſent* of ſuch Writers, as have recommended it to the practice of other parts of the World; as you may ſee in *Piſo*'s Diſcourſe of *Chocolata*.

Mecaxochitl, *Meſacuchil*, *Mechaſuchil*, or *Mecacuce* (as *Paulus Zacchias* calls it in [c] *Piſo*) in *Spaniſh* it is called *Manojitos de olor*. [d] It is a peculiar ſort of *Pepper*, growing only in *Mexico*, and as it reſembles *long Pepper*, ſo it may be [e] reckoned as a ſort of it. It is *hot* in the *fourth* Degree, and *dry* in the *third*; if we may credit [f] *Hernandez*, and [f] *Piſo*: but as other Ingredients have been ſtrangely repreſented by *Indian Phyſicians*, as to their *qualities*, ſo it is with *Mecaſuchil*, for *Franciſcus Ferdinandez*; (lib. 2. Sect. 1. c. 13.) gives us an Opinion of *his* very *diſcrepant* from the *former*, *viz.* that it is only *hot in the firſt Degree, and dry in the ſecond*: his words are theſe; *Eſta eſpecie Aromatica es caliente en primero, ſeca en ſegundo, cordial, util à las ventoſedades, y contra veneno, echa la criatura muerta, es provocatuia de meſes, y orina, que facilita los malos partos, y abre opilaciones, y es corroborante con moderada adſtriccion; que repara el calor nativo, y alimenta el influente con nu-*

evos

c *Piſo Mantiſ. Arom.* c. 18.
d *Id.* ubi ſuprá.
e *Hernandez* Herb. Mexic. *lib.* 5. *cap.* 13.
f Ubi ſuprá.

evos espiritos, que cria, fortalece el higado, y es excellente en la templansa y mixtion Aromatica.

'This sort of *Spicery* is hot in the first De-
'gree, and dry in the second; it is Cordial,
'good against Wind, and Poyson; it brings
'away the dead child, it provokes Urine,
'and the Terms; it gives quick delivery
'in time of an hard labour; it opens Ob-
'structions, and strengthens the body with a
'moderate adstriction; it repairs the decay of
'natural heat, and fills the nourishment pas-
'sing to each part with new spirits, it strength-
'ens the Liver, and is of an excellent tem-
'per, and Aromatique mixture.

It is put into *Chocolata* not only because it gives it a good taste, but because it opens Obstructions, cures Colds, and Distempers arising from cold causes; it attenuates gross Humours, it strengthens the Stomach, and it amends the Breath, and resisteth Poysons, and in this Character [g] *Hernandez* and [e] *Piso* differ little.

g Ubi suprâ.

Xochinacaztlis, *Xochinacatlis*, *Orichelas* or *Orejuelas*, (in *Spanish*) and (in *Latine*) *flos auriculæ*, [h] is a tree with long and narrow leaves, which bears somewhat large flowers, the leaves whereof are inwardly *purple-colour'd*, and on the out-side of a *grass-green*, they somewhat resemble ears, whence they have their *Spanish* name: they are of a very pleasant smell. These flowers are of great esteem in the *Indies*; there is

h *Hernandez* & *Piso* ubi suprâ.

 not

not any thing more *valued*, nor more common in their Shops. They contribute much to the grace of the *Chocolata*, and improve it as far beyond its self, as it transcends other Drinks: they give it a rich scent, and taste, and render it very wholesome. It is said by [i] *Hernandez* to be *hot* in almost the fourth Degree, and *dry* in almost the third: and [k] *Piso* ascribes to it the same temperament, that he doth to *Mecasuchil*. It is allowed [l] to *strengthen the stomach, being troubled with cold, and winde; to revive the Spirits, and beget good blood, and nourishment, and to provoke the monethly evacuations in women.* But its *temperament* is more controverted: for the Doctors *Juanes de Barrios*, and *Cardenas* repute it *hot* in the first Degree, and *dry* in the second. I have already declared the Opinion of *Hernandez*: and *Franciscus Ferdinandez* (lib. 1.) saith, it is *hot* in the third Degree, and *dry* in the second. His words are, *Ninguna es de major valor, para esta bebida per Aromatica cordial, y de excellente olor: caliente en tercero grado, seca en segundo, y que conforta el corason, cordial en la vitalidad, cria muchos y robustos espiritos, y mas de los vitales, de fuerte y robusta mixtion, indissolubiles: y es de excellente sabor.* 'There is no Ingre-'dient in *Chocolata* of greater esteem, by 'reason of its Aromatical and Cordial vir-'tue, and excellent smell: it is *hot* in the 'third, and *dry* in the second Degree, it 'strengthens

[i] *Hernandez* Herb. *Mexic.* lib. 2. cap. 4.
[k] Ubi suprá.

[l] *Hernandez*, & *Piso* ubi suprá: with whom agree the Dr. *Juanes de Barrios*, & *Cardenas*.

'ſtrengthens the Heart, and Vital parts, it 'begets many and ſtrong Spirits, and eſpe- 'cially the Vital Spirits of a ſtrong mix- 'ture, not diſſipable: and it hath an excel- 'lent taſte.

Beſides the fore-mentioned Ingredients, ſeveral others are put in partly by the *Indians*, as *Maiz*; partly by others, as *Aniſe-ſeeds*, *Fennel-ſeeds*, *Cinnamom*, *Saffron*, *Sugar*, *Cloves*, *Mace*, *Orange* and *Limon-pill* (in a ſmall quantity) *Musk*, *Amber-griſe*, *Orange-flower water*, *Almonds*, *Filberts*, *Piſtaches*, the *Chymical oyls* of *Cinnamom*, *Cloves*, *Nutmeg*; and ſome leave out *Achiote*, and colour it with *Santals*: in fine every *Chocolata*-maker puts in what he doth think *good*, and *cordial*, or *pleaſant*, and leaves out what he diſlikes, inſomuch that ſome reduce *Chocolata* almoſt to *Ginger-bread*; and put in little of the true *Cacao-nut*. Nor is this variety practiſed only in *England*; in *Spain*, and *Portugal* there is the like; and an infinite diſcrepancy in the *Ingredients*, and *proportions* [m] of them. I have not time, nor can it juſtly be expected, that I ſhould give a particular account of the mentioned Ingredients, whoſe Nature may be found in every *Herbal* almoſt: I ſhall only give theſe general *Obſervations*.

m In that, which I made, and which pleaſed His Majeſty, the proportion of the *Cacao-nut* was double to the other Ingredients: in that, which I commonly uſe, the *Cacao-nut* is little more then half of the *compoſition*, *which proportion* is allowed by *Piſo*: in the vulgar *Chocolata*, which is made to eat in *Cakes*, or *Lozenges*, there is hardly a *third part* of the *Cacao-nut*.

CHAP. IV.

General Observations about Chocolata.

1. THat there ought to be a great care in the due choice of the *Cacao* nut. For there is a great variety in the *nature* and *taste* of the *Nut*: some are *bitterer* then others, some are more *oily* and *nourishing* then others. Thus those of *Carraca*, or *Nicaragua*, were chosen by me to prepare *Chocolata* for His Majesty, notwithstanding that I had seen some from *Jamaica*, that were very well *tasted*, and well *cured*: for there is not only a great difference in the growth and nature of the *Nuts*, but in the *curing* of them; for, if they be not gathered in due time, and well sweated after they are gathered, and that upon Mats, not Boards, (for the Mat dries up the sweat better, then the Board, in which whilst they soak, the *Phlegm* is re-imbibed by the Nut, and the *oily* parts not sufficiently exalted, and digested) the Nuts are not so good, as that we should expect any great excellency from the *Chocolata*.

2. That there ought to be a great care in the Picking, Garbling, and preparing the Nuts. It is not sufficient to choose Nuts of a good age, and growth; old, but not decayed: (for these are most *oily*) nor to cast away such, as are apparently corrupt: but having dryed them (in the doing of which beware you burn them not; and so *imbitter* the

the Compoſition) you muſt *hull* them, and then *pick* them, caſting away all the corrupt and muſty ones; for, if you be not careſull herein, the *Chocolata* will in a little time ſhew it ſelf to be muſty, and decay. I had once ſome new *Chocolata* ſhew'd me, to ask my judgment of: and it ſeemed to me then very pleaſant, and good: within a fortnight after, I taſted it, and it was *good for nothing*; ſo muſty was it, after it had fermented a while by ſtanding: yet was it carefully kept. It is uſual amongſt the *Chocolata-makers* to repute thoſe Nuts good, and ſound, which are blackiſh, and not muſty, nor rotten; though upon breaking of the Nut, in the ſeveral diviſions and parts there be in *intercurrent hoarineſs*, which will vaniſh at their drying: but I ſuppoſe all rational Perſons will grant, that that is a *tendency to corruption*; and any curious Obſerver will diſtinguiſh thoſe Nuts from ſuch, as have not the leaſt *inchoated* decay, by the taſte. After all this garbling, they muſt be well beaten to powder, and finely ſearced, or elſe the *Paſte* will not be *good*: for, although, in the *grinding*, they will mix, and melt into a *Paſte*, yet will not that *Paſte* conſiſt of ſo *ſmall Particles*, as when *ſearced*; and conſequently not diſſolve ſo well in the *Potion*, as otherwiſe it would.

And after it is thus prepar'd, in the grinding of it there is much of Art: I have already excepted againſt the making it in a

Mortar, or on an Iron Table; the only way to moderate the heat, and to preſerve it from diſcolouring (by the iron) or running too faſt into oyl, whereby it is made unfit to keep; and alſo ſome parts unequally diſſolve, the *Spices* mix not well, and it is precipitated in the making up before a ſufficient incorporation, and never ferments right, nor attains its perfect guſt.

I have already ſpoken concerning the way of grinding the *Spice*, rather then beating it; and that with this caution, that the *Spice* be not only ground ſingly over, but after ground all together, that ſo the *ſeveral parts* of *each individual Spice*, and Ingredient, may operate upon the ſubtiliating of the other; beſides that hereby each is more *exquiſitely commix'd*, then by any other way can be contrived.

☞ I am of the mind, that if there be any ſetling at all in the *Chocolata* Drink, it is either becauſe the Nut is faulty, being *ill-cured*, *unripe*, *new*, or *corrupt*, and ſo its parts diſſolve not into oyl, but ſever themſelves, or becauſe it is not well beaten, and *ſearced*; or made up *too hot*, and ſo haſtily diſpatched, becauſe ſome parts *diſſolve too much*, and others *not at all*: or the *Spice* is not *well beaten*, and incorporated; or by reaſon of ſome other Mixture: for otherwiſe there will not be any Setling at all, nor any ſuch *terreſtrious parts*, as ſome beſides the *Spaniards* do imagine. This is to be underſtood of the *Chocolata* being *hot*: for, if it *cool*, the *pores* of the

the water, being fill'd with a *sufficient proportion* of Particles, do precipitate the superfluous Corpuscles to the bottom; as do other liquors in the like case. To prevent this discovery, the *Chocolata-sellers* mix an egg or two or more with it, that so the indissolved, or indissoluble parts may be supported by the grossness of the Liquor. The like is to be seen, when it is prepared with Milk; which is a thicker body, and will bear more and greater parts innatant, then water: yet it is to be noted, that let the best *Chocolata* be prepared milled, and unmilled, and there will be a great discrepancy in the *innatant*, *supernatant*, and *subsiding* bodies; but in good *Chocolata* either there is no *setling*, or *remanence* in the bottom of the Cup you drink, if it be indifferent warm: or, if there be, it is not *black*, but *reddish* and *oily*, and easie to be digested; the contrary whereof is observable in the ordinary, and *Spanish*, as well as *Dutch Chocolata*.

Since that the effect of *Chocolata*, as to its *nourishing nature* depends upon the *Cacao nut*, that *Chocolata* is best, which hath most of it; all things else corresponding: and that worst, as to the aforesaid end, which hath least of it; though that be endeavour'd to be supplyed by *Almonds*, *Filberts*, *Pistaches*; these last being *more stopping*, *less nourishing*, and not *dissolving in the Potion* proportionably to the other.

Since that the *Paste* must be *well work'd*, and

and that the excellency of *Chocolata* lies in that the parts of the *Cacao nut*, being not *too much dissolved into an oyl*; for then it will not keep; nor endure the heat of your hand, or pocket (especialy in *Cakes*) but melt; and yet must be kept in a *box*, or *place* temperately hot, and free from *moisture*, or it will *mould* and *decay*: or, in that the said parts of the *Cacao* nut be sufficiently dissolved; for otherwise it will keep neither (in *England*, without care) nor ferment well, and attain its delicate taste; but yield a setling: Upon this score it seems to follow, that neither the putting in of *Orange-flower water*, nor *Chymical oyls*, into it at its making up, is *good*: for it hinders it in the *working*, to be sufficiently dissolved; or causeth it to *dissolve too much*: nor could I ever yet see any with those *oyls* in it, which would keep or *carry well* (especially in *Cakes:*) but this is not the only reason against them.

For, if to *Stomachs*, that are in *perfect health*, and of a good temper, it be *prejudicial* to give things too *hot*, and qualified rather to *dissipate* then *continue the vigour of the Spirits*; and such are *Chymical oyls*, and *hot Spices* in a great proportion: hence we see *cold distempers*, as the *green-sickness*, *rheums*, and the like, to follow upon eating much thereof; as [n] *Piso* observes, that eating of *Nutmeg*, (however much cryed up in distempers of the Memory, and Brain) did

n *Piso* in *Mantiss. Arom.* c. 9.

did introduce, *to his knowledge*, *forgetfulness*, *dulness*, and *sleepiness*. The like is observed concerning *Nutmeg* and *Mace* in *Java* by [o] *Bontius*: and *Rondeletius* somewhere tells us, that in *France* the Maids drink *Ginger* to make them look *pale*: of which I once saw the Experiment in a *fair Patient*; which recovered upon the discontinuing of what she drunk by advise as *Physick* for a cold *Stomach*. But however that I do not approve of the putting in of those *East-Indy Spices*, [p] yet I do not any way disallow those *more delicate* and *mild ones* of *America*; the defect of which I suppose is not to be supplyed by any *Cloves*, or *Nutmegs*, or *Black Pepper*. And although I do commend our *American Spice*, yet would I not have excess of them, but a *mediocrity*; especially of the *Chiles*, or *long red Pepper*, which though it be very good for *weak Stomachs* (which reign generally in the *Indies*, and hot Countries) yet hath it its faults, which I have already recited: yet of this, that, which is brought as the richest from *Spain*, (and imitated by several here) is too full; so as that I have felt the impression of it on the *glandules*

o *J. Bontius* de Med. Ind. *lib.* 1. *cap.* 5. De Aromat.

p As to the *Chymical oyls*, you have a further exception against them hereafter: be pleased here only to add, that *such oyls* being dissolved in the *Stomach*, as they are more *dissipable* (so as to relinquish the *Cacao-nut* in the Stomach, whilst they diffuse themselves by the *Nerves*, or *Veins*, into the body) and more *dissipating* being *vigorated* by the *fire*, and *disengaged* from the *gross parts*, which *detained* them before in *solid Spices*; so the use of them frequently or constantly produceth the same infirmities, that do the *Spices* themselves.

glandules of my throat for a long time after I drank of that *Chocolata*.

Since that it is neceſſary, that *Chocolata* be kept at leaſt a moneth, before that it can arrive to its proper Taſte; which is a known thing, and I have tryed it: even that, which ſo pleaſed him above any, that *Spain*, or *Flanders* produced, had not the advantage of time; for a moneth after it had a much more excellent taſte then before. It being ſo, we are to have regard to the particular age of the *Chocolata* to be uſed: for, if it be new, it is not come to its Maturity, nor attained that perfection, which is to be gain'd by long Digeſtion, and Fermentation; it being obſerved, that ſeveral Compounds (which is demonſtrable in *Treacle*, and *Mithridate*) derive a particular virtue from a long Fermentation, diſtinct from what the ſeveral Ingredients new put together have: nor is this benefit of Fermentation to be denyed to *Chocolata* (though it can never be bad, if the Ingredients be good, and well ordered, and proportioned) ſince we experience it in the *good Chocolata*, that it becomes *better*; and in the *bad*, that (however it may taſte well at firſt; if the nuts be corrupt, and muſty) it will *ſuddainly grow worſe*, notwithſtandiug the goodneſs of the *Spicery*.

Since *Age* and *Fermentation* is ſo requiſite to the improving *Chocolata* (which is avowed by the moſt accurate *Spaniſh Phyſicians*: I leave it to the conſideration of Men,

Men, if the making it up into *Cakes*, or *Lozenges* can be ſo good; ſince neither in ſo ſmall a proportion, nor ſo ſmall a bulk do Compounds ferment well, nor Spicy preparations keep their vigour.

Beſides, if *Age* and *time* be requiſite to the imbettering *Chocolata*, how can any *Chymical Oyls*, or *Spirits*, be properly put in, ſince they admit not ſo long keeping, but evaporate, and ſo deſtroy the Compoſition intended to be enriched by them: they carry away with them the choice parts of the *Cacao* Nut, and deal by *Chocolata*, as *hot Drinks* and *Spicery* by our bodies, which create *Apoplexies*, *Palſies*, and other *cold Diſtempers*.

CHAP. V.

Concerning the effects of Chocolata.

TO ſpeak concerning the particular effects of *Chocolata* may to ſome ſeem a ſuperfluous attempt; and to others impoſſible. The former may ground their Opinion upon what I have ſaid of the *Cacao Nut*; whoſe *virtues* and *nature* being known, we cannot ignore the *nature* and *effects* of the plain ſimple *Chocolata*, ſuch as alone hath the commendation of the *Indian* Experience for ſo many years: it being made up of nothing but *Cacao*-Nuts, and *Pocholt*-

grain,

grain, (which I suppose to be all one with the *Paniso*) incorporated; and in time of use it was dissolved in *Atolle*, (which *what* it is I have already told) and that this was refrigerating, and very alimentous, is undubitable. The *Achiote*, *Orichelas*, and *Vaynillas*, were not ordinary Ingredients, but occasionally put in, as People's Stomachs could not bear the common Composition, it being too cold, or too Uuctuous (and so relaxing of the Stomach) to Persons of a more then ordinary debility of Stomach: and according as they were more or less weak, so they put in *more mild Spices*, as the *Vaynillas*, &c. or the more violent, as *Agies*, or *Guiny-pepper*. So that I, having enlarged about the *Cacao* Nut, may justly seem to decline a repetition of what I have said. And as to more elaborate Compositions, abstracting from the already declared nature of the *Cacao* Nut, and other Ingredients already related, or hinted, it seems impossible to declare any great thing concerning those, since their Compositions are unknown, and not established by Experience, but the conjectures of *Physicians*, or ignorant *Chocolata-makers*, who amass whatsoever is good, or pleasant alone, to be an Ingredient of this Composition. Which course is very vain and foolish, since even *Cordials*, and *hot things* (however effectual in *swoonings*, or *distempers of cold* and *winde*) are prejudicial to the healthy, and suit not

with

with all Tempers; no, nor with any as constant Diet, but as *Medicinal*, which is not the real use of *Chocolata*. The *Indians*, as they used it for food, and daily aliment, prepared it as aforesaid: upon occasion of Fevers, and other hot Distempers, they made some little alteration of it, suitable to the disease, and so in Fluxes, and Dysenteries, and imbecillity of Stomach. They put no Sugar in it, nor otherwise enriched it in that they ordinarily fed on; and to this day they have not encreased their way beyond q *Cacao*, *Achiote*, *Maiz*, and a few *Chiles*, and a little *Anise-seed*. Nor did the *Spaniards* vary much from it, long after they had subdued the *Indies*. About fifty years ago it began to be used in *Spain*, being sent over for a delicacy, after that they had enriched it, and given it a pleasant *gusto* at *Mexico*. And what is now used, if we look back to *An. Colm. de Ledesma*'s way, is of a newer date: and if it scarce have the credit of being experienced; much less have the several variations created since: which have no other Original, then that a *Spanish* Physician, finding his Patient used, or enclined to *Chocolata*, prescribed it to him, or her, with a mixture of these Spices, or other pleasing and rich Ingredients (and r sometimes not so) to be taken to open Obstructions,

q *Mr. Gage* Chap. 16.

r Thus *Ant. Colmenero* says, you may add the seeds of *Melons* and *Pompions* of *Valencia* dryed, and powdered, or *Ceterach*, *Amber-grise*, and *Musk*; others add *Trochisces* of *Rhubarb*, *Madder-roots* powdered, and prepared steel, and so give it, as an alterative.

ſtructions, and to ſtrengthen Nature after a general courſe of Phyſick premiſed: and this kind of *Chocolata*, being ſucceſsful in the recovery of one Grandee, or eminent Lady, muſt be propagated to be the entertainment of others, whoſe indiſpoſitions require it not, or whoſe healthy condition cannot bear it. For it is not to be thought, that *Guſman de Alfarache*'s Hoſpital of Fools is confined to *England*; no, in other Countries there are thoſe, that can be as impertinent in their *Chocolatas*, or other *Cordials*, as our Ladies, and Gentlewomen are, who obtrude upon their Viſitants their Diet-drinks, Herb-pottage, Cordials, and Confections, with the ſolemn recommendation of, It was uſed by ſuch and ſuch :---It contains nothing, but what is opening.---It is good for the Spleen, or Liver.---It diſſipates wind,---and a thouſand ſuch like prefatory Diſcourſes to endear to them their miſchief. This is that, which hath occaſioned that variety of *Chocolata* in *Spain*, ſo that ſcarce two houſes in *Sevil* make it alike. And amongſt us the caſe is worſe, ſince that the mixture of Chymical Oyls (unknown in *Spain*) and ſeveral Magiſteries, give ſcope to *Chocolata* makers, and Ladies to practiſe with, as well as Phyſicians.

I thought it my duty to give publick notice hereof, to the end, that Phyſicians might be acquainted with the reaſon of the great diſcrepancy in *Chocolata*, and that others

might

might be cautioned against the following the particular preparations of several persons, who have sophisticated and spoiled one of the most excellent and healthful drinks in the world. It is true, that Physicians say how in Alteratives there is little mistake in the dose, or quantity: but this respects their being given once, or but for a short time: and so these alterative *Chocolatas*, being taken but once, or seldome (if the Ingredients be not violent, nor the body Cacochymical, nor the season sickly) may little endammage the sound; and as little amend the sick. But, if they be often taken, or constantly by way of repaste, it is not to be doubted but how little error soever be, or can be committed in the dose, a great one will be committed in the continuance, if either the body be healthful, or possessed with a distemper not requiring (or repugning to) the additional Ingredients in the *Chocolata*. And several have experienced the consequences of this variety of mixtures, and uncertainty of compounding *Chocolata*: for, having taken *Chocolata* of *Antwerp* for Hypochondriacal distempers, by using that of *Spain* they have instantly been molested with the Hæmorrhoids. Some, having been troubled with a virulent *Gonorrhæa*, and debilitated therewith, have took the plain *Cacao*-paste with Nutmeg, Mace, Cinnamom, and Sugar, to advantage: but being indifferently well, or recovered quite in a manner, by drinking of *Chocolata*

made up with ordinary Pepper, they have relapsed, or incurred a sharpness of Urine, to their great astonishment; they not understanding the difference of *Chocolatas*. Others, having been troubled with the apprehensions of a Consumption, and Cough; and having found benefit by the simple *Chocolata* used by some ordinary sellers of it, meeting with a parcel of what hath been esteemed choice, and rich, by using it: they have been damnified in their health; their Rheums have been encreased by a colliquation of the humours, the palat of their mouths being brought down by the keenness of the *Chiles* acting on the *glandules* about the throat; and, their blood being heated, their sleep hath forsaken them. In fine, the issue hath been altogether contrary to their expectation, and perhaps the Physician, who recommended it, hath, as well as his Patient, entertained an ill opinion of the Drink, whereas they ought to blame the *Chocolata*-makers, who inform them not of the variety of Ingredients, wherewith it is made.

I come now to represent the virtues of the compound *Chocolata*, the praises whereof I would not have understood of the severall rich Compositions not authenticated by experience, nor known to the world, nor those Authors I shall alledge: all they say is to be restrained to the plain *Chocolata* of the *Indies* made up of the *Nut*, *Maiz*, *Achiote*, a few *Anise-seeds*, and *Chiles*; pro-

por-

portioned, and ſuited to the temper of the Patient, and given in pure water, or *Atolle*, (and the laſt more or leſs plain, as occaſion ſerved) or of what was not diſcrepant from it by the mixture of any vehement Spices of the *Eaſt-Indies*, but the more milde ones of *America*, as the *Vaynillas*, *Jamaica*-pepper, Sugar, and the like; which being within no unſuitable latitude, I ſhall report their Characters promiſcuouſly.

Franciſcus Fordinandez, principal Phyſician in the Kingdom of *Mexico* under *Philip II.* and appointed by him to enquire diligently, and to write of the Natural and Medicinal Rarities of that Province, ſaith of *Chocolata* thus: *Es una de las mas ſaludables, y præcioſas bebidas, de quantas haſta oi eſtan deſcubiertas: por que en toda eſta bebida no ſe echa coſa, que ſea mala, ni haga danna à la ſalud, ſi no todas cordiales, y de mucho provecho, para vi eios ninnos, mugeres prænnadas, y gente ocioſa: y conviene no beber tras della, ni comer otia coſa, ni hacer exercicio deſpues de tomarle, ſi no eſtar ſe un rato quieto. Y deve tomarſe bien caliente.*

'It is one of the moſt wholeſome and pre-
'tious Drinks, that have been diſcovered to
'this day: becauſe in the whole Drink there
'is not one Ingredient put in, which is either
'hurtful in it ſelf, or by commixtion; but
'all are cordial, and very beneficial to
'our bodies, whether we be old, or young,
'great with child, or others accuſtomed to a

'ſedentary life. And we ought not to drink,
'or eat after the taking *Chocolata*; no nor to
'uſe any exerciſe after it: but to reſt for a
'while after it without ſtirring. It muſt be
'taken very hot. ☞ This is the Chara-
cter of *Chocolata* with *Achiote* in it: for *Fer-
dinandez* did much approve thereof.

Dr. Juanes de Barrios ſpeaks thus of it:
*Digo pues, que es meneſter conſiderar, que all
principio, que eſta bebida ſe comenſo à uſar, ſe
hacia de menos ſimples, y coſas, que el dia de oi
ſe haſe, por que los* Indios *antigos de* Guati-
mala *no echevan en el lo que oi echa: y no es de
maravillar, por que en las comidas, y bebidas, y
coſas compueſtas, el uſo, y el tiempo las perficiona,
haſta darles el punto de la ſalud, y de guſto, que
oi tiene, y eſto paſſa en los uſos, haſta darle su
punto.*

'I ſay, it is to be conſidered, that in the
'beginning, when this Drink of *Chocolata*
'came firſt to be uſed, it was made of fewer
'Ingredients, and things, then it is now
'made with; becauſe the antient *Indians* of
'*Guatimala* did not put into it them, as now:
'nor is that to be marvelled at, becauſe in
'meats, and drinks, and all manner of com-
'poſitions it is Natural for them not to be
'begun, and perfected at once: but this
'muſt be done by time, and practiſe; till
'they arrive at that height of healthfulneſs
'and taſte, which they get at length. And
having ſaid this, he adds, *Es comoda pues ella
ſola ſuple el almuerſo, y algunas otras comidas*

por que con ella no es menester, pan, ni carne, ni bebida: y en une momento se hase y sacona, lo que no ai en las otras. 'It is good alone to 'make up a breakfast, and supply other victu- 'als; because, having it, you need no further 'meat, bread, or drink: and in a moment it 'is prepared, which is not to be found in 'others.

Dr. Juanes de Cardenas concludes thus of it: *Y digo, que usado con esta advertencia, sera de mucho provecho para la salud, y es bastante a alargar los dias de la vida; por que fuera de que da buen sustento al cuerpo, ajuda agestar el mal humor, vacuandole por sudor hieses, y urina: y digo otra ves, que entierra ninguna es mas necessario, que en las* Indias, *por que como es humida, y dexativa, andan los cuerpos, y estomagos llenos de flemas, y de superflua humidad, laqual con el calor del* Chocolate, *se cuesse, y convierte en sangre, lo que no hace el vino: por que realmente antes se azeda, con la flema, y suele abitar mas.*

'And I say, whosoever takes it with the 'cautions, and directions aforesaid, takes it 'with much benefit, and it conduceth much 'to the lengthening of his life; and the rea- 'son is, because it yields good nourishment 'to the body, it helps to digest ill humours, 'voiding the excrements by sweat, and urine: 'and I say, it is no where more necessary 'then in the *Indies*, which are moist, and apt 'to create lassitudes, their bodies there be- 'ing, together with their Stomachs, full

'of Phlegm, and superfluous moisture, which 'are concocted by the heat of *Chocolata* into 'good Blood; which is an effect beyond what 'Wine produces: for the Wine doth dege-'nerate into sowrenesse, and corrupts toge-'ther with the Phlegm, and multiplies in-'digestion.

John de Laet, Secretary of the *West-Indy-company* in *Holland*, a Man accurate both in the Geography, and natural History of the *Indies*, represents it thus: Chocolatè *variis modis componitur pro cujusque appetitu: de qua hoc tantùm dicemus, quòd præclarè nutriat; verùm si nimis crebrò & immoderatè sumatur, debilitat, & alia præterea adfert detrimenta.—sc. immodicus usus potionis è* Cacao *confectiæ plurimarum infirmitatum & morborum causa est: quia generat Obstructiones, corrumpit colorem, & inducit Cacochymiam, & similes pravos effectus.* 'Chocolata is made 'several ways according to each Man's fan-'sie: concerning which we shall only say, 'that it nourisheth very well; but, if it be 'used too much, and too often, it begets 'weaknesses, and other indispositions: *sc.* the 'immoderate use of it multiplies Obstructi-'ons, spoils the Complexion, and introdu-'ces a *Cacochymy*.

Jaques Amproux in his Natural and Moral History of the *Antilles* of *America*, (ch. 16.) gives us this Intelligence. *Le* Cacao *croist en la province de* Guatimala, *pres la Neuue-*Espagn, *qui est aussi un fruit tres-renommé en*

toute

*toute l'*Amerique, *pour estre le principal Ingredient, qui entre en la composition de la* Chicolate, *ou* Chocolate, *d'ont on fait un bruvage souverain pour fortifier la poitrine, dissiper toutes les humeurs malignes, qui s'y attachent, chasser la gravelle, y tenir le corps frais, y dispos, pour veu qu'on le prene moderément.*

'The *Cacao* grows in the Province of '*Guatimala*, in *New-Spain*: it is the most re-'nowned Fruit in all *America*; because it is 'the principal Ingredient in *Chicolate*, or '*Chocolate*, which makes a sovereign Beve-'rage to strengthen the Stomach, to dis-'pel all evil Humours, that trouble it, to e-'vacuate the gravel, and to preserve the body 'fresh, and in full vigour, if it be taken 'moderately.

Gul Piso quotes this Passage as from the *experience* of *Ant. de Ledesma*, whom he recommends as a *credible* Author. *Motus enim iis, inquit* Ant. de Ledesma, *quæ in* Indiis *fieri solent, cùm illùc pervenissem, ægrotantiúmque domos, aeris calore ferventes percurrerem, aliquando haustum aquæ petere solitus, vitales restinguendi faces gratiâ,* Indorum *suasu* Chocolatam *siti compescendæ convenientiorem bibi: sæpiúsque id factum, leniebatur exinde ardens bibendi desiderium: etiamsi jejunus assumpsissem, Stomachi tamen vires refectas sentiebam. Ex cujus potionis continuato usu alii mecum impinguefacti sunt: cùm tamen pleraque Ingredientia, excepto* Cacacio,

& Maizro, quòd calida & sicca sint ordine tertio, ad extenuationem corporis facere videantur: sed constat ratio; butyrosæ enim Cacacii *partes pingue reddunt corpus; calidæ verò, quæ confectionem ingrediuntur, pro vehiculo inserviunt, quo pinguis ista substantia ad jecur deferatur, & indè in cæteras dimanet partes, tandémque ad carneas demùm derivetur.* ‘Having a curiosity to see to acquaint my ‘self with the Rarities of the *Indies*, at my ‘being there, I went to visit my Patients, ‘and being thirsty I used to call for some ‘water to allay my drought, and defect of ‘vital Spirits; at length by the perswasion ‘of the *Indians* I drank *Chocolata*, as being ‘more convenient to allay my thirst. And ‘indeed upon the drinking of it I found my ‘vehement desire of drink to leave me; and, ‘if I took *Chocolata* in a morning, I found it ‘did much corroborate and refresh my Sto-‘mach. By the continual use of which ‘drink I, and several with me, became fat; ‘notwithstanding that most of the Ingredi-‘ents, except *Cacao-nuts*, and *Maiz*, be hot ‘and dry in the third Degree, and seem more ‘ready to extenuate. But the reason is, for ‘that the unctuous and butyrous parts of ‘the *Cacao-nut* do fatten, whilest the other ‘Ingredients serve only as vehicles, to di-‘stribute those other to the Liver, and thence ‘to the whole body. This is the account he gives from *Anton. de Ledesma*: his own Observation in *Holland* is as follows; *Quia maxima*

maxima pars Ingredientium, excepto Cacacio, *in* Europam *non deferuntur, ſubſtitui poſſunt; & ſolent vel vulgaria illa* Indiæ *Orientalis Aromata, vel alia aliqua ſemina, aut flores cuique regioni & individuo convenientia. Quod & fieri ſæpe in* Belgio *vidi, & ipſe cum voluptate viriúmque refectione hìc confectam guſtavi. Porrò non memini aliquem noſtratium (modò non ferverent illi Hypochondria) ex quotidiano uſu ejus potûs malè habuiſſe. Multis contrà morboſis medelam attuliſſe ſcio, præſertim Hecticis, Catarrhoſis, Aſthmaticis, quibúsque præcordia languerent.* 'Becauſe that 'few of the Ingredients of *Chocolata*, except 'the *Cacao-nut*, are brought into *Europe*, 'inſtead of them there are, and may be ſub- 'ſtituted either thoſe common Spices of the '*Eaſt-Indies*, or other Seeds, and Flowers, 'ſuitable to the particular condition of each 'Climate, or individual Perſon. Which 'I have often ſeen done in *Holland*, and I 'my ſelf have drunk of it with great plea- 'ſure, and refreſhment of my Spirits. Nor 'do I remember, that any of our Country- 'men [*Hollanders*] was ill, or any thing the 'worſe for drinking of *Chocolata* daily; ex- 'cept he were troubled with Hypochondri- 'acal heats. But, on the other ſide, I am ſure 'on my own knowledge, that it hath done 'much good to many, who were very ſickly, 'and in particular to ſeveral troubled with 'Hectick Fevers, Catarrhs, Aſthmas, and 'imbecillity of the Stomach, and Vitals.

Be-

Besides the virtues attributed to *Chocolata*, I desire it may be observed what he tells is done in the compounding of it; how, instead of the true *American* Ingredients, other succedaneous ones are employed, *viz.* the Spicery of the *East-Indies*; betwixt which and those of the *West-Indies* there is no resemblance, the one being milde, the other violent: and against the use of which (even to the total exterminating them) ¶ this Author hath writ a Discourse, however that he allow them to be substituted for the other in *Chocolata*. Nor is the commutation of Spice for Spice onely; even other Flowers and Seeds are substituted, and this he knows to be done in *Holland*: which being so, how can any recommend the use of *Chocolata*, not knowing what Ingredients are in it, or knowing that comes from *Holland*, where other Ingredients then ought to be, are put in for certain; though it be as uncertain what they are, or whereunto effectual? It is further to be observed out of his words, that *such Ingredients are to be put in, as suit with each particular Climate, and individual Constitution.* Wherefore the same *Chocolata* is not to be promiscuously used by men in health, of all tempers, nor by men sick of different diseases. Which was observed before by me in this Discourse, and I take notice of it here again occasionally, to shew, that I am not singular in my opinion.

¶ *Gul. Piso* Hist. utr. *Ind.* in *Mant. Arom.* cap. 9.

In *Spain*, to make it purging, or lenitive, they put in *Alexandrian* Roses, as *Ledesma*, and others acknowledg: and what if one should meet with a parcel of such *Chocolata*, who is already too soluble, or to whom it may be pernicious to be so? They who sell *Chocolata* understand not any distinction.

Mr.

Mr. *Gage* chap. 16. tells us of it: That "where it is so much used, the most, if not "all of them, as well in the *Indies*, as in "*Spain*, *Italy*, *Flanders*, (which is a cold "Country) finde, that it agreeth well with "them. True it is, that it is used more in "the *Indies*, then in the *European* parts, be-"cause there their Stomachs are more apt "to faint then here, and a cup of *Chocolatte* "well confectioned comforts and strength-"ens the Stomach. For my self, I must say, "I used it twelve years constantly, drinking "one cup in the Morning, another yet be-"fore Diner, between nine and ten of "the Clock; another within an hour or "two after Diner, and another between "four and five in the afternoon, and when "I was purposed to sit up late to Study, "I would take another cup about seven or "eight at night, which would keep me "waking till midnight. And, if by chance "I did neglect any of these accustomed hours, "I presently found my Stomach fainty. "And with this custome I lived twelve "years in those parts healthy, without any "Obstructions, or Oppilations, not know-"ing what either Ague or Fever was. Yet "I will not dare to regulate by mine own "the Bodies of others, nor take upon me "the skill of a Physician, to appoint, and "define, at what time, and by what Per-"sons it may be used. Only I say, I have "known some, that have been the worse

"for

"for it, either for drinking it with too "much Sugar, which hath relaxed their "Stomachs, or for drinking it too often: for "certainly, if it be drunk beyond measure, "not only this *Chocolatte*, but all other "Drinks, how innocent soever, may be "hurtfull. And if some have found it op-"pilative, it hath come by the too too "much use of it. As when one drinks o-"vermuch Wine, instead of comforting "and warming himself, he breeds and "nourishes cold Diseases; because Nature "cannot overcome it, nor turn so great a "quantity into good nourishment. So he, "that drinks much *Chocolatte*, which hath "fat parts, cannot make distribution of so "great a quantity to all the parts: and "that part, which remains in the slender "Veins of the Liver, must needs cause Oppi-"lations, and Obstructions. But lastly, to "conclude with this *Indian* drink, I will "add what I have heard Physicians of the *In-"dies* say of it, and have seen it by expe-"rience in others (though never could I find "it in my self) that those, that use this *Cho-"colatte* much, grow fat, and corpulent "by it: which indeed may seem hard to be-"lieve; for considering, that all the Ingre-"dients, except the *Cacao*, do rather exte-"nuate, then make fat, because they are "hot in the third Degree. And we have "already said, that the Qualities, which do "predominate in the *Cacao*, are cold, and

"dry,

"dry, which are very unfit to add any "substance to the body. Nevertheless it "may be answered, that the many un-"ctuous parts, which have been proved to "be in the *Cacao*, are those, which pingue-"fie, and make fat: and the hotter Ingre-"dients of this Composition serve for a "guide, or Vehicle, to pass to the Liver, "and the other parts, untill they come to "the fleshy parts: and there finding a like "substance, which is hot, and moist, as is the "unctuous part, converting it self into "the same substance, it doth augment, and "pinguefie. Hereupon he recommends it to the *English*, to be drunk by them: I shall not instance many Testimonies out of him, to evince its general use among the *Indians*; besides what he sayes in the *Chapter* already cited, in his Relations of *Guatemala*, and *Chiapa*, he mentioneth their use of it, more then once: and speaking of *Chiapa* (chap. 15.) he hath this following Story, which because it evidenceth the Opinion the *Spanish Dames* have of *Chocolatte*, I shall insert at large.

'The Women of *Chiapa* pretend much 'weakness and squeamishness of Stomach, 'which they say is so great, that they are 'not able to continue in the Church, 'whilst a Mass is briefly hudled over, much 'less whilst a Solemn high-Mass is sung, 'and a Sermon preached, unless they drink 'a cup of hot *Chocolatte*, and eat a bit of

Sweat-

'Sweat-meats to ſtrengthen their Stomachs.
'For this purpoſe it was much uſed by them
'to make their Maids bring them to Church
'in the middle of Maſs, or Sermon, a cup of
'*Chocolatte*, which could not be done to
'all, or moſt of them, without a great con-
'fuſion, and interrupting both of Maſs, and
'Sermon. The Biſhop, perceiving this a-
'buſe, and having given fair warning for
'the omitting of it, but all without an a-
'mendment, thought fit to fix in writing
☞ 'an Excommunication upon the Church-
'doors againſt all ſuch, as ſhould preſume at
'the time of Service to eat or drink with-
'in the Church. This Excommunication
'was taken ill by all, but eſpecially the
'Gentle-women much to heart, who pro-
'teſted, if they might not eat or drink in the
'Church, they could not continue in it to
'hear what otherwiſe they were bound
'unto. The chief of them knowing what
'great friendſhip there was between the
'Biſhop, and the Prior, and my ſelf, came
'to the Prior, and me, deſiring us to uſe all
'means we could with the Biſhop for re-
'voking that his Excommunication ſo hea-
'vily laid upon them, and threatening their
'Souls with damning judgment for the vi-
'olation of it. The good Prior and my ſelf
'laboured all we could, alledging the cuſtome
'of the Country, the weakneſs of the Sex,
'whom it moſt concern'd, and alſo the
'weakneſs of their Stomachs, the contempt,

'that

'that might enſue from them unto his per-
'ſon, and many inconveniencies, which
'might follow, to the breeding of an uproar
'in the Church, and in the City, whereof
'we had ſome probable conjecture from
'what already we had heard from ſome. But
'none of theſe would move the Biſhop; to
'which he anſwered, that he preferred the
'honour of God, and of his houſe, before
'his own life. The women, ſeeing him ſo
'hard to be intreated, began to ſtomach
'him the more, and to ſleight him with
'ſcornful and reproachful words; others
'ſleighted his Excommunication, drinking
'in iniquity in the Church, as the Fiſh doth
'Water, which cauſed one day ſuch an up-
'roar in the Cathedral, that many Swords
'were drawn againſt the Prieſts, and Pre-
'bends, who attempted to take away from
'the Maids the cups of *Chocolatte*, which
'they brought to their Miſtreſſes: who at
'laſt ſeeing, that neither fair nor foul means
'would prevail with the Biſhop, reſolved to
'forſake the Cathedral, where the Biſhop's
'own, and the Prebends eyes muſt needs be
'watching over them; and ſo from that
'time moſt of the City betook themſelves to
'the Cloyſter-Churches, where by the
'Nuns and Friers they were not troubled,
'nor reſiſted, though fairly counſelled to
'obey the command of the Biſhop; whoſe
'name now they could not brook, and to
'whoſe Prebends they denyed now all ſuch
re-

'relief and ſtipend for Maſſes, which former-
'ly they had uſed to beſtow upon them, con-
'ferring them all upon the Friers, who
'grew rich by the poor impoveriſh'd Cathe-
'dral. This laſted not long, but the Biſhop
'began to ſtomach the Friers, and ſet up a-
'nother Excommunication, binding all the
'City to reſort unto their own Cathedral
'Church, which the Women would not o-
'bey, but kept their houſes for a whole
'moneth: in which time the Biſhop fell dan-
'gerouſly ſick, and deſired to retire himſelf
'to the Cloiſter of the *Dominicans*, for the
'great confidence he had in the Prior, that
'he would take care of him in his ſickneſs.
'Phyſicians were ſent for far and near, who
'all with a joint opinion agreed, that the
'Biſhop was poyſoned, and he himſelf doubt-
'ed not of it at his death, praying unto
'God to forgive thoſe, that had been the
'cauſe of it, and to accept of that Sacrifice
'of his life, which he was willing to offer for
'the zeal of God's houſe, and honour. He
'lay not above a week in the Cloiſter, and
'as ſoon as he was dead, all his body, face,
'and head did ſwell, that the leaſt touch
'upon any part of him cauſed the skin to
'break, and caſt out white matter, which
'had corrupted, and overflown all his body.
'A Gentle-woman, with whom I was well
'acquainted in the City, who was noted to
'be ſomewhat too familiar with one of the
'Biſhop's Pages, was commonly cenſured to
have

'have prescribed such a Cup of *Chocolatte* 'to be ministred by the Page, which poyson-'ed him, who so rigorously had forbidden '*Chocolatte* to be drunk in the Church. My 'self heard this Gentle-woman say of the 'Deceased Bishop, that she thought few 'grieved for his Death; and that the Wo-'men had no reason to grieve for him, and 'that she judged he being such an Enemy 'to *Chocolatte* in the Church, that, which 'he had drunk at home in his house, had 'not agreed with his Body. And it became 'afterwards a Proverb in that Country, '*Beware of the* Chocolatte *of* Chiapa. Which 'made me so cautious, that I would not 'drink afterwards in any house, where I had 'not very great satisfaction of the whole 'Family.

A certain *Spanish Physician* of *Sevil*, who made it his peculiar inquiry to search into the nature of *Chocolata*, as he doth on every occasion shew himself *extraordinarily learned*, and to have consulted all the *publick Discourses* and *private Manuscripts* about it, so he manifests a great regard to the Testimony of *Experience*, which he avows to be so favourable for *Chocolata*, that there is not one, who doth drink it, and doth not feel himself to be manifestly refreshed, and strengthened, as well as delighted by it: and that, whereas none hath been known to live above seven dayes by drinking Wine alone, one may live moneths,

and years, using nothing but *Chocolata*. In fine, he himself saw a Childe weaned, which could not be brought by any Artifice to take any food, and for four moneths space he was preserved alive by giving him *Chocolata* only, mixing now and then some crumbs of bread therewith. *So powerfull a virtue hath it to nourish, and strengthen.* Nor doth he allow it for food alone, and the preservation of Life, but medicinally, as a thing, that is advantageous to health; for he gives this Character to a preparation off *Chocolata*, which is almost the same with what I made for His Majesty. *Antiquam compositionem* Chocolatis Indiæ & Hispaniæ *enarrare, hoc tempore nullius fructûs erit; quoniam illud habuit, ut ad ultimam perfectionem deveniret.* (*i. e.*) 'It is not worth 'while to recount the antient wayes of com- 'pounding *Chocolata*; because this proposedi 'is arrived at its heighth, and last degree off 'perfection. *Hæc est omnium potionum pretiosior potio: hæc in commodis salutis omnes superat, illarum nempe, quæ in hodiernam diem aut voluptas invexit, aut decurrentium sæculorum series alternata conspexit; quia nec in ea, dum in actum potionis reducitur, nec aliquo simplicium, ante ejus ingressum, vitæ defuit necessarium, neque voluptati, quod non valeat illecebrâ appetitum allicere: sunt enim alia alimento gratissima, alia Aromaticâ virtute roborantia, alia cordi auxiliantia, dum Nectar vivificum instaurant;*

seu

seu spiritus dissipant malignos, aut naturales robustæ mixtionis producunt: sunt & omnia vitæ longiùs producendæ aptissima: quoniam Chocolate *ultimâ qualitate, quæ resultat ex fermentatione, ùt theriaca, calorem nativum roborat, & promptâ instauratione influentem (ob facilem conversionem) multum & laudabilem sanguinem gignit. Ob substantiæ tenuitatem, & fermentationis efficaciam, indissolubiles & robustos spiritus, immortali labori & studiorum collimationi aptissimos, facultates præcipuas, & temperamenti mixtione, & Aromaticâ virtute in vigore conservat: moderato calore dum concoquitur, flatus turgentes dissipat, ac penetratione aperienti obstructiones aperit, menses provocat, & inter alia ventrem plerisque lenit; & super omnia cibaria vires præsentaneè & promptissimè reficit, quod res aliæ essentiâ potabiles non ità promptè agunt: quo videtur singulari differentiâ ob aliis differre.* 'This is the most 'pretious Drink of Drinks; this excells 'all others in advantages for our health, 'which either Time by a long succession of 'years, or encrease of Luxury and Pleasure 'to this day hath acquainted us with: be-'cause neither in the *Chocolata* it self being 'made into a Drink, no nor in [t] any In-'gredient thereof, is there any thing want-'ing, that is necessary for the Life, or de-

[t] This is to be understood not of the ordinary *Spanish Chocolata*, against which my Authour protests; but of what is made up, as I prepared that for His Majesty, which varyed little from his way.

'light of Man, and so to invite him to use 'it. Some things in it are most pleasant nou-'rishment; others strengthen by their Aro-'matical virtue; others are Cordial, and re-'vive the vital Balsame, or Nectar, either 'dissipating evil and burthensome Spirits, or 'producing new ones of a durable nature. 'In fine, all are transcendently qualified to 'prolong life; because *Cho-'colata* by a u new quality 'arising to the Composition through fermentation (as happens in *Treacle*) strengthens the natural heat in each part, and encreaseth that, which continually inflows, and influenceth it, begetting by a speedy and easie transmutation much and good Blood: 'by the tenuity of its parts, and efficacious 'fermentation, it begets strong and indissi-'pable Spirits, and so enables Men vigo-'rously to prosecute their Studies, and tedi-'ous exercises of the Brain, it strengthens 'and preserves in full vigour the princi-'pal faculties in men by the exquisiteness 'of its temperament, and Aromatical pow-'er: being digested, with its moderate heat 'it dispells Winde; and by its penetrancy, 'and opening quality, it removes Obstructi-'ons, provoketh the monethly evacuations in

u To obtain this then, it must be kept, and fermented; and consequently neither what is made into Cakes, (which will not *keep*, nor *ferment* in so *small* quantities) nor what is made in Powder, and mix'd with Spicery, as it is prepared to drink; nor what is made *alone* into *Paste*, and kept, and spiced in the time it is to be used; can be approved of, since the latter wants the benefit of fermenting with the Spicery, and the *Paste* alone grows *effæte*, and *insipid*.

'in Women, and, amongst other qualities, 'it generally preserves the body x soluble: '*and it doth more speedily and readily refresh* '*and invigorate the bodily strength, then any* '*other sustenance whatever, no other potable li-* '*quours* [which yet do most quickly nourish] '*producing so speedy and sensible an effect:* '*whereby it seems to be peculiarly differenced* '*from all other Viands.*

x This is to be understood only of such *Chocolata*, as his was, being rich of the *Cacao*, and *moderately spiced*, & that with milde Spices: yet did he put in a good quantity of *Cinnamom.*

CHAP. VI.

How to make use of the Chocolata *by preparing it into Drink.*

I Think I have sufficiently (at least according to my present leasure, and the unsupplyable want of my own Library, and Collections) manifested the effects of *Chocolata*: I shall now treat of the way of preparing it into Drink, when any hath occasion to use it. And because that the Composition it self is of the *Indian* discovery, as I have hitherto still directed my inquiries by searching into their Usages and Opinions concerning the several Ingredients, so I shall now begin with a recital of the several ways they use to prepare it into Drink: and for this I have the most accurate account from a *Mr. Gage*, (who yet seems to transcribe *Ledesma*) whom I shall therefore transcribe, with

a Chap. 16.

ſuch Animadverſions, as may ſeem pertinent.

The manner of Drinking it is divers. The one (being the way, which is uſed in *Mexico*) *is to take it hot with* Atolle, *diſſolving a Tablet in hot Water, and then ſtirring it, and beating it in the Cup, where it is to be drunk, with a Molinet, and, when it is well ſtirred to a ſcum, or froth, then to fill the Cup with hot* Atolle, *and ſo drink it ſup by ſup.*

This way of preparing it may ſeem (ſince it is the way of *Mexico*) to have been the way, that *Motezuma* treated *Bernaldus del Caſtillo* with, when he cauſed to be brought forth *jarros grandes hechos de buen* Cacao, *con ſu eſpuma*, ' great jarrs made with good *Cacao*, ' with its froth. It is not to be queſtioned, but that the pure *Cacao*-paſte, well diſſolved in hot water, and long, and violently agitated with a Molinet, will raiſe a conſiderable (but not laſting) Froth, not inferiour to what, with leſs agitation, is ſeen where Eggs entire, or Yolks alone, are put in ;

in: much more perhaps it may froth, if that Paste had *Pochol* or *Paniso* grains mixed with it; or, if being well milled before, it were a second time milled upon the commixture of the *Atolle*: for the *Maiz* flower would make it froth much; and it is from the commixture of *Maiz*, or *Bean-flower*, (or perhaps some other substitute) that some *Chocolata* doth now froth more then others; though the difference in the milling likewise produce a variety. I have already explicated what *Atolle* is, in the beginning, and so shall not repeat it; but onely add, that, from this way of the *Indians* using it, our Physicians may order it to be drunk with streined Water-gruel, Almond-milk, or *cremore ptisanæ*, or any other mixture they please, that is more, or less nourishing, as they please; ordering the *Chocolata* according to the aforesaid Method: concerning which *Dr. Juanes de Barrios* gives this admonition, *Para hombres y mugeres Sanguineos no se tome con* Atole, *por que aumenta la sangre; sino con aqua, poco anis,* Chile, *y acucar, y minguna especies Aromaticas, ni cosas de olor. Y para los Flegmaticos se haga con todos los Ingredientes, que avemos dicho, o con mas especies de lo ordinario, y se tome mui caliente. Y en los Melancholicos, que se haga sin* Chile, *poco anis, y con coras de buen olor, y que se tome tibio.*

'For men and women of a Sanguine Com-
'plexion, it is not to be taken with *Atolle*, be-

'because it multiplyeth Blood in the body;
'but with Water, a little Anise-seeds, *Chi-*
'*les*, and Sugar, but no Spicery is to be put in,
'nor sweet-scented things, for such persons.
'But, for the Phlegmatick, let it be made
'with all the Ingredients used in the *Indies*,
'or with a greater quantity of Spices, then
'is ordinary, and let it be taken very hot.
'And, for the Melancholy persons, see it be
'made without *Chiles*, with a few Anise-
'seeds, and with Ingredients of a sweet smell,
'and taking it luke-warm.

Which Caution may not only direct us as to *Atolle*, which is not to be made, or used in *England*; but illustrates and confirms an Animadversion of mine formerly laid down: *viz.* that *according to the several tempers and distempers of persons there ought to be framed variety of* Chocolata; and that to be given variously, as the discreet Physician shall propose; and this is agreeable (you see) to the procedure of the *Indies*.

Another way of drinking Chocolatte *is, that the* Chocolatte, *being dissolved with cold water, and stirred with the Molinet, and the scum taken of, and put into another vessel, the remainder be set on the fire, with*

as

as much Sugar, as will ſweeten it, and when it is warm, then to poure it on the ſcum, which was taken of before, and ſo drink it.

I underſtand not the reaſon of this procedure; unleſs it be for ornament ſake: it looking more pleaſantly being thus ordered, then if the water were hot, and milled to a froth with *Chocolata*, and ſo drunk. It is certain, yet ſtrange, that the *Cacao*-paſte, being milled well with cold water, will froth as much, and yield as plentiful a ſcum, or cream upon ſetling, as it will do if it were milled in hot water: and I have ſhewed how that cream is fat, and the water alſo is fatty (though cold) in which it is milled, but it comes not to that red colour, which the other hath, which is prepared hot. This ſcum being taken of, and the reſt heated, and put to it (pouring it on high) makes it look more pleaſantly on the top, then if it were a bare ſolution of the *Cacao*-paſte, (which will diſſolve in it, ſo as not to precipitate any ſetling almoſt, whileſt it is hot) and the *Cacao*-paſte which remains (after the froth is taken of) to be heated diſſolves ſufficiently in the water by meer heating, without milling.

Beſides

Besides these ways, there is another way (which is much used in the Island of Santo Domingo *) which is to put the* Chocolatte *into a Pipkin with a little water, and to let it boil well, till it be dissolved, and then to put in sufficient Water, and Sugar, according to the quantity of the* Chocolatte, *and then to boil it again untill there comes an oily scum on it, and then to drink it.*

This way I was at first much pleased with, and upon tryal I found, that it did more perfectly dissolve the Nut then any, and reduced it into a perfect *fatty broth*, which did not at all offend my Stomach: but notwithstanding that it did not offend mine, yet I fear, that neither the adstringent bitterness of the *Cacao-paste* (which alone I drunk) nor the aid of *Achiote*, *Sugar*, and *Spices* (which may loose their virtue by *boiling*, and are not used by the *Indians*) will render it supportable to tender Stomachs; so *exceeding unctuous* is the broth, or *Drink*.

Since the writing hereof I did try it in some of my own *Chocolata*, and it was very pleasing, and more *rightly fat* then any other way; but I observed, that the Spice had a more vehement heat, and taste, then otherwise: which happened either because the *boiling* added a sharpness to them; or that the *compages* or body of the Composition was more laxed, then otherwise: for not being mill'd, it did not seem so well commix'd, as otherwise.

But

But the most ordinary way is, to warm the water very hot, and then to poure out half the cup-full, that you mean to drink; and to put into it a Tablet, or two, or as much, as will thicken reasonably the water, and then grind it well with a Molinet, and when it is well ground, and risen well to a scum, to fill up the cup with hot water, and so drink it by sups (having sweetened it with Sugar) and to eat it with a little Conserve, or Maple-bread, steeped into the Chocolatte.

Of this last way Mr. *Gage* saith not only, that it is the most used, but that *certainly it doth no harm*, and he recommends it to the practise of the *English*: he gives no reason why the *Chocolata* may not be milled *with all*, but a part of the *hot water*; nor do I apprehend any, except that the *vessel*, in which it is made, may be so little, as that it may not be able to contain the *whole liquour* to be milled, and prepared: for it must be done in a pretty *deep vessel*, that it may have

have room to dash about the sides, without *flying out*, or *running over*, as it is mill'd. Otherwise I think no man will believe, that there can be so equal and due commixture in the *Chocolata drink*, if one half only be mill'd, and the other half of water poured to it; as if the whole were milled together: and consequently, it cannot be *so good*.

Wherefore the way now used at *Sevil* seems more rational, whereby it is thus made. The *Chocolata*-cake in a *due proportion* (that is, in my *Chocolata*, one ounce of *Paste*, two ounces of *Sugar*, and eight of *Water*) is dissolved in *hot water*; it never boiling at the fire after the *Chocolata* is put in; because (say they) it will by boiling grow [b] *sowrish*, or be so depraved as to *subvert the Stomach*. Then it is well milled, that it may grow *frothy*, and *fatty*: then it is powred out into *Xicharas*, or *Cups*, and so drunk hot. They give a special Caution, that after it hath been *once milled*, if it *cool* again, it is not to be heated and mill'd a *second time*, and so drunk. Because, they say, it *corrupts*, and *sowres*: and herein they avouch their *Experience*, and desire no reason may be urged against it. This Caution, being given con-

b I am sure, that the *simple Cacao-paste* sowres not by *boiling* long, and several times; no not my *compound Chocolata*: but it is possible, that the *Vaynillas*, *Alexandrian Roses*, or some other Ingredient in *Spain* may upon boiling give the *drink* a *sowrish taste*. Or it may subvert the Stomach by becoming too *oily*, or *unctuous*, as I observed before.

concerning the beſt *Spaniſh Chocolata*, and which moſt reſembleth mine, I could not omit: and I am ſure either it is not true, (though we finde a difference in broths, when twice heated) or it muſt ariſe from ſome Ingredient (I ſuppoſe the *Vaynillas*) and not from the *Cacao*, the *ſimple paſte* whereof I took and mill'd, and kept it ſeveral days, and heated it again; and it was neither *ſowre*, nor offenſive to my Stomach: and I kept it three days longer, and then heated it, milled it, and taſted it, and it varyed not its reliſh, but was *inoffenſive*, and *free from ſowriſhneſs*. I *boiled* ſome of *mine*, and drunk it *cold*, unmilled, without annoyance: and I know a *Lady*, that with ſucceſs boiled it twice. Here in *England* we are not content with the plain *Spaniſh* way of mixing *Chocolata* with water: but they either uſe milk alone; or *half milk*, and half *conduit-water*; or elſe thicken the water (if they mix no milk with it) with *one* or *more eggs* put in entire, or *yolks* only into the water, or where milk is mingled with the water. In which way, as it is ſold in the *Chocolata*-houſes, there are theſe inconveniences: if it be done with milk, it is natural for milk, being *hot*, and *ſtanding ſo*, to caſt up a *Scum*; and, if it cool, it creams: ſo that, if the *Chocolata* be kept after it is *milled*, and not immediatly drunk, either upon your ſecond milling it you muſt caſt away the ſcum (or *cream*, if it ſtand *cold*) or mill

it

it into the Drink : the former course weakens it, by casting away also the *flower*, or *cream* of the *Chocolata*; and the latter renders it unpleasant. And as to the mixture of eggs, if they be put in with the *yolks*, and *whites*, and suffered to stand, the *whites* will harden, and disgrace the *Chocolata*: but if only the *yolks* be put in, and *well milled*, I have tryed them so, by not only letting the *Chocolata* stand *hot* before the *fire*, but even to *boil it again*, and *mill it*, and let it again stand for several hours before the fire, and I have not perceived it to *vary the taste*, or to *embody* into any thicker consistence then before it had; only I observed, that it did not yield so much cream, (or scarce any) on the top, nor such visible discoveries of *fattiness*, as it would have done otherwise: and the setling at the bottom (which upon refrigeration seemed as great, as if no egg had been mix'd with it, though the decoction or water were thicker much by reason of the additional yolk) did not carry so much *unctuousness*, being tasted, as did those other setlings, which I had tryed, without commixing any egg with them, either only once milling, or boiling them also. From whence I leave it to the more *mature consideration* of others to determine, whether the commixture of an *egg* be good, since it seems to hinder the dissolution of the *Cacao* into *oily* or *unctuous parts*; and whether it may not produce

duce a like effect in the *Stomach*, as it does in the *Pipkin*, (*Concoction being but a sort of Elixation*) and so impede the nourishment expected from the *Chocolata*: it being oftentimes as true,

Quæ prodesse queant singula, juncta nocent:

as that other Saying,

Et quæ non prosunt singula, juncta juvant.

But these *Experiments* were made with the *simple paste* of the *Cacao*-nut, and not with compound *Chocolata*.

In *Spain* to *Cholerick constitutions*, and where there is any extraordinary heat, or *inflammation* of the Liver, or Kidnies, I find, that there is a more milde and temperate way of *Chocolata*, then is usual, prepared: or else the usual one is diluted with *Endive* or *Scorsonera* water: and where Phlegm and Crudities abound, there it is prescribed with the water of *Radishes*, *Fennel*, or *Carduus Benedictus*, which (say they, though some in *England* protest against it) vary not the taste, but encrease its virtue. It is given thus by way of *alteration*, as are other *alteratives*, general Medicines being premised; and every sixth day there is either another *gentle purge* given, or the *Chocolata* is then dissolved in an infusion of *Mechoacan*, or the like. In the *Winter* it is drunk

hot

hot (being given to open Obstructions) and in the *Spring* it is drunk in a *more moderate* temper: after it they prescribe *Exercise* for an hour, or half an hour, which must be *moderate*: and this course is continued thirty, or at least twenty days, or indefinitely *till they be well*: which they will soon know, *the pale recovering their colour, and the short-breathed their winde; the Urine amending its colour, and consistence: and all Symptoms either mitigating, or ceasing. But, if the Obstructions be inveterate, and too difficult to be overcome by this method, then they prescribe every day half a dram of* Rhubarb trochiscated *to be mix'd with the* Chocolata, *or of Madder-root, or a dram of Steel prepared.* And this is the *Spanish* practise, and from which *Anton. Colmenero de Ledesma* varyeth not much; as he, that shall compare him with my Intelligence, will easily see.

There is another way of drinking Chocolatte *cold, which the* Indians *use at Feasts, to refresh themselves, as it is made after this manner. The* Chocolatte *(which is made with none, or very few Ingredients) being dissolved in cold water with the Molinet,*

net, they take off the Scum, or crassie part, which riseth in great quantity, especially when the Cacao *is older, and more putrefied: the Scum they lay aside in a little dish by it self, and then put Sugar into that part, whence the Scum was taken, and then poure it from on high into the Scum, and so drink it cold. And this Drink is so cold, that it agreeth not with all Mens Stomachs: for by Experience it hath been found, that it doth hurt, by causing pains in the Stomach, especially to Women.*

I should except against this way, not for the bare *coldness* only, (though [c] *Piso* and *Anton. Colmenero de Ledesma* agree with Mr. *Gage* in the noxious effects of *Chocolata* drunk thus *cold*) but because of its *nauseousness*: for I found it to offend my Stomach with its coldness, more then if it had been pure water; and the nauseousness was insupportable, which did arise from the *fat* of the Nut dissolving in the water, and rendring

[c] *Gul. Piso* in *Mant. Aromat.* cap. 18.

it as odious, as would be fat Mutton-broth drunk cold. The *Spaniards* drink not the *simple Cacao-paste* dissolved in cold water, as do the *Indians* : but as that Nation is inclined to drink *Snow*, *Snow-water*, and *Drinks refrigerated in Snow* (which are more authenticated by *custom*, and *iodisyncrasie*, then *reason*) so they refrigerate and *freeze* their solution of *Chocolata*, richly Aromatised with Snow : and so the Gallants, especially the Ladies, drink it; reputing the *Spice* a sufficient corrective of the *coldness*, and *nauseousness* of it. I do believe, that it is not this way so *nauseous*, as the *Indian* way : but I cannot believe it wholesom, since so cold Drinks (before the heat of the Spice be actuated by the Stomach) do often make a fatal and irrecoverable impression upon the Stomach it self, and Lungs, and Heart, and Womb; and is generally (not universally) condemned even as *poison* by the *Spanish Physicians*, however that their *authority* is suspended by a *contrary practise* received in *Madrid*, and *Sevil*.

I caused some *Chocolata* of my ordinary sort to be boiled, and some I *milled*, the other part I did not; and drinking both of them cold, I did not finde any *disagreement*, but a *pleasingness to my taste* : yet was that *unmilled* very *fatty*.

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"As to the time of taking it, it is held "(by the *Spaniards*) the most fit time to take "it in the Morning, and Supper being digested, and the Body fresh, and the Stomach empty to receive it; (or else it may "be taken in the morning not upon the

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"first stirring, and before any repaste, but "after the taking of some other sustenance "in a moderate quantity: (for then it seems "most acceptable to the Stomach, and most "necessary for the undergoing the employ-"ments of the subsequent day. Besides "crude, and indigested, or depraved reliques "of the last night's meal are hereby ei-"ther [d] reduced under a second concoction "for the use of the bo-"dy, or outed the Sto-"mach for its ease. The "*Chocolata* it self also "is much more easily "concocted, and distri-"buted, whilst there is "not any thing else in "the Stomach to delay, "or retard its progress "into the Veins, and *va-"sa chylifera*: its influ-"ence is then more sen-"sible to dissipate any "noxious Vapours. "Which Effects are to "be supposed to follow, if it be taken with "moderation; being neither of too thick [e] a "consistence, nor too large a quantity. "Some there are, who have taken it usually, "instead of Wine [*which is their table-drink in* Spain] "at Diner, and Supper: "but this hath not been sufficiently expe-"rimented, that it may be vulgarly per-

d It is an indubitable Truth, that after digestion, and descent of the Chyle into the guts, there are still some remainders in the Stomach, which by long fasting, or particular indisposition, do corrupt, and grow acid: such, continuing so, are not to be wrought on; but, if they be diluted by the mixture of warm *Chocolata*, Nature will then concoct it, as it doth Spirit of *Vitriol*, or the like with Julep.

e If it be too thick, they say, it will obstruct: if it be too thin, it yields neither delight, nor nourishment considerable.

"mitted; since perhaps custom, or individual "constitution, or a moderation in Diet, (*which helps all errours, but is not vulgarly to be presumed on*) "may render it "only innoxious to them. But it is certain, "that it may freely be taken four or five "hours after Diner, Concoction being then "finished, and the meat not only dissolved "in, but distributed in great part out of the "Stomach. And so it will enable them to "persist till night, or (*if they eat no suppers*) "the day following. Nor need any "fear, that being taken at such a time as "four or five a clock, it will prejudice his "sleep the night following: for such accidents "befall only those, who "take it [f] late at night, "and not so early, as it is "here recommended: or "where the *Chocolata* is "too hot of Spices, so as "that it begets too great "an agitation and fervour "in the blood; which may "befall any body: or "where the body is of so "hot and Cholerick a temper, that it can-"not bear *Chocolata* moderately spiced, "or compounded with milde Spices. But "in Phlegmatique Persons, and such as are "aged, it is observed, that it causeth them "to rest excellently well.

f Mr. *Gage* (Ch. 16.) saith, that, when he purposed to sit up late to study, he would take a cup about seven or eight a clock at night, which would keep him waking till midnight. I took it my self twice at ten a clock at night, and I think it did render me less sleepy then ordinary; though I am usually one of little sleep.

"*They further caution us*, If we be dry, "or

"or in Summer, not to drink *Chocolata* till "we have first drunk some cold water, [which is instead of Beer to them in *Spain*, when they drink not Wine] left *Chocolata* [as it is now compounded with *Spices*, and *Sugar*] "should produce, or augment our "thirst. And, after we have drunk *Choco-* "*lata*, they strictly prohibit all manner of "Drink; for, whether Water or Wine be "drunk after it, there do frequently ensue "very dangerous Diseases, and Symptomes. "A very observing *Spanish Physician* as- "sures us upon his own knowledg, some have "been thereby immediatly seised with a "vertiginous indisposition, and "giddiness; g others with a *Cho-* "*lera*; very many have fallen "speechless. It is also prohibited "by them as hurtfull in Fevers, [because prepared otherwise then by the *Indians*] "as augmenting "the Disease. So they prohibit it in Fluxes, "by reason of its lubricity to encrease the "already excessive laxity of the guts: yet "they confess it hath sometimes been bene- "ficial in Lienteries.

g I have been ascertained also of these accidents by one, who lived many years in *Portugal*, and made *Chocolata* there.

But, in conclusion, my Author tells us, that "It is a certain thing, that however "these Cautions may seem rational, yet it is "not observable, how the drinking of *Cho-* "*colata* can be reduced under any certain "model of Rules in the taking it; since it "is become so universally used [in *Spain*] ☜

"that it is taken at all hours, and times; it "is the delight of the Masters, the sustenance "of Families, and the grand entertainment "of Friends: *quia jam sine illo vitam nesci-"unt*; because they know not how to live "without it.

There is another way of taking it made into *Lozenges*, or shaped into *Almonds*, with Orange-flower water, Amber-grise, Sugar, and the white of an Egg, *gum-dragant*, and perhaps some other Ingredients. As to the former way of making up *Chocolata* into *Lozenges*, or Cakes, and so eating it, my *Spanish* Author gives it this Character, (which indeed extends to both sorts) *mandendo, aut in buccellis comedere, insuperabiles obstructiones creat, seu dum fiunt bellaria cum saccharo, aut in pasta comeditur*: 'To eat 'Chocolata in Cakes, or otherwise by bits, 'begets insuperable Obstructions; that is, if 'you eat it made up into Confects or Sweat-'meats with Sugar, or in Paste. I cannot, I must confess, pass so general a sentence on *Chocolata*: I suppose the Opinion of it is to be regulated by the goodness of the *Chocolata* that is eaten; and that I leave to be examined by my precedent Discourse about the variety thereof. That the *Cacao-nut* is nourishing, there is no doubt of it; that the *simple paste* may innocently be eaten, I *think too*: but that *Chocolata* made up with so great a *proportion of Sugar*, and with *such Spices, Oils*, and *Essences*, as are used (all, or some

ſome of them) in the *Chocolata* deſigned for that uſe, I believe no *Phyſician* will *promiſcuouſly*, and without diſtinction of Perſons, allow it, but who hath another Opinion of *Sugar*, and *Spicery* (except what I have recommended) and *Chymical Oils*, and *Eſſences*, then I have in this caſe, or many other. It is true, *Hippocrates* ſaith, *It is eaſier to be nouriſhed with Drinks, then ſolid meat*; and that *They, who have need to be quickly refreſhed, muſt be dieted with Drinks, or potable liquours*: but theſe two Sayings make not for the giving of *Chocolata* in *Paſte*, or *Confects*, no more then his recommending in ſundry caſes *Ptiſanes of Barley* doth encourage us to give to weak Stomachs *barley-bread*: or, becauſe *Almond-milk* is good, therefore to recommend the *Maccaroni* of *Italy* ſo condemned by [h] *Fienus*. Should I ſay never ſo much for the one or other way, and evince them to be better, then any preparations of *Almonds*, and *Piſtachias*; as I beliveve them to be: yet would they ſtill be *Sweet-meats*, and conſequently more *uſed*, then *approved*. And the Obſtructiveneſs of them, how inveterate and obſtinate ſoever,

h *Fienus* De flat.

I muſt ſay this in favour of the *Cacao*, above *Almond* and *Piſtachia*-ſweet-*meats*; that I cannot take any *Sugar'd Drinks*, or *Sweet-meats* without a ſenſible *diſorder of my blood*: but I never found, that *Chocolata*, though drunk with a *double proportion* of *Sugar*, beſides what is in the *Paſte*, or *Cake*, did ever offend me; but refreſh and comfort me very much: nor did the *Chocolata*-Cake eaten ever offend me, though I never found it to ſtrengthen, or ſatisfie much, no nor the *Nuts* when eaten *dry*; which is a ſtrange effect, yet perceivable to any that *drink*, and *eat it*, or the *Nuts*.

arises not from any particular badness of the *Cacao-nut*, but from the general unwholesomness of all *Confects*, and *Sweet-meats*. And this I shall not now make out by *Arguments*, (though it might easily be done) but by the *instance* given by Dr. *Hart* in his *Diet of the diseased* (lib. 1. cap. 22) and it is as follows. *I remember, living in* Paris 1607, *a young Clerk, living with a Lawyer in the City, procured a false key for the Closet, where his Mistresses Sweet-meats lay: and for many days together continued thus to feast with her Sweet-meats, and loaf-sugar (whereof there was no small store) untill at length he became so pale in Colour, lean in Body, and withall so feeble, that he was scarce able to stand on his legs; insomuch that the skilfullest Physicians of the City, with the best means they could use, had much ado to restore him to his former health again.* A little time will shew whether the use of these new Cakes will be as *prejudicial to health*, and productive of *Consumptions*, and other *weaknesses of the back*, or *Hypochondria*, in our *English Women*; as the *rest of Sweet-meats* have been: for it is the *general opinion*, that the multitude of *Sweet-meats* used by our *Ladies* is the occasion of our aforesaid Diseases so much increasing. I I shall not now enquire into the verity of the *Opinion*: for there are *instances* of *Countries*, in which *Sweet-meats* are much more used then here amongst us, and yet they are not so molested, as we, with those Distempers.

ſtempers. I ſay then, that the *ill effects* of *Sweet-meats* do but accidentally follow upon their uſe, and therefore we ought to examine thoſe circumſtances, that occaſion this variety of effects: which I have not leiſure to do, nor that opportunity, which I expect amidſt the *Sugar-works* of the *Weſt Indies*.

CHAP. VI.

The Author's judgment concerning Chocolata *ſummarily delivered, as to its effects, and the ways of uſing it.*

IT were eaſie to evidence the excellency of *warm Drinks* above thoſe, that are taken *cold*, if I had leiſure: for certainly, if the uſe of *Drink* be to *allay thirſt*, to *moiſten the body*, and to diſtribute or *help the digeſtion of the food we take*; it is not to be doubted, but *hot Drinks* perform all this better then *cold*: and for the evincing of this to each point, both Reaſon and Experience might be alledged. For the practiſe of the *antient Romans* favours much *hot Drinks*; as every man knows; and the *modern tryals* of *Campanella*, and [a] *Gaſſendus*, as well as *Antonius Perſius*, doth manifeſt, that all the aforeſaid ends may be attained

[a] *Gaſſendus* Phys. Sect. 3: l. 5. c. 1. *Si habeatur ratio valetudinis, docet experientia quàm ſæpe* gelidæ *potus noceat, quàm nunquam potus* calefactæ.

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by warm or *hot Drinks*: and particularly, as to the *quenching of thirst*, it is undenyable, that *hot Drink* not only *quencheth it at present*, but *prevents its return*, better then *cold*; and yields *as much delight*, maugre the assertion of *Pliny*, that *all Animals desire cold Drink*: and that *musty Definition* of *Aristotelian* Philosophy, that *Sitis est appetitus frigidi & humidi*: *Thirst is a desire of cold and moisture*; which is notoriously false, disproved by the Arguments and tryal of *Gassendus*, as well as others. Yea *Drinks*, that are taken *hot*, surpass themselves in their effects, compared to what they do when taken *cold*. Thus *hot water* drunk daily before Diner cures the Stone, and Gravel in the Reins, as *Zecchius* affirms, and [b] *Trallianus*: and the benefit others have found by it doth manifest. *Wine* drunk *hot* doth much more corroborate a weak Stomach, then when drunk *cold*; as [c] *Costæus* avows, and hath been tryed by several in Consumptions, to my knowledg. I shall not speak concerning the Decoctions of *China-root*, *Sarsa-Parilla*, and *Guajacum*, of which the same Assertion may be made. I have not leisure to insist hereon, nor the conveniency of my *Library* to aid my memory with citations at present. I suppose then, that, in general, *Chocolata* is rather advantaged, then prejudiced, by being an *hot Drink*.

b *Trallian.* l. 9. c. 4, 5.

c *Costæus* De puot in morb. *lib.* 1. *cap.* 52.

It is of an *unquestionable nourishment*: for, as it is the chief sustenance of the *Spanish Indies*,

Indies, this cannot be colourably denyed: and though Pope *Urban the Eighth* did declare it in discourse, and by a solemn *Bull*, that it was meerly a Drink, and so *consistent with the Fasts of the Church*; yet few believe him infallible therein, who understand the Drink: and the *Carmelite-Friers*, by way of Mortification, have a Statute amongst them in the *Indies*, that *they will drink no Chocolata*. You will not finde Mr. *Gage* to take a journey, but he makes it an important care to provide *Chocolata*: nor is he singular therein; but follows the general example of the *Spaniards*. Whether he is treated publickly by *Towns*, or *privately* by *particular Persons*, his entertainment and refection is *Chocolata*: agreeable to what *Acosta* says,[d] *It is a Drink very much esteemed among the* Indians, *wherewith they feast Noble-men, as they pass thorough their Country. The* Spaniards, *both Men, and Women, that are accustomed to the Country, are very greedy of it*. The *Nut* is one of the richest commodities of the [e] *West-Indies*: and however some disallow the use of it raw, or roasted, others do repute it less obstructive, and more wholsom then they judge it to be. The *Nut* is of an exceeding *fatty substance*, being viewed in a *Microscope*: in a *Jamaica-nut* I could observe large and spreading Veins or streaks of *white fat*, which I suppose to make the fat, which appears upon digesting, or boiling it without milling it.

d *Lib.* 4. *cap.* 22.

e *Acosta* lib. 4. cap. 22. *Gage* chap. 16. *Benzon.* lib. 2.

Examining

Examining the *Caraca-nut* by a *Microscope* I could observe nothing of *fatty veins*, or *streaks*; yet is not that *Nut* leaner, then the other: I know not whether I ought to call it *oyl*, or *fat*; and for either appellation it may be questioned: but, give it what name you please, I dare avow, that one ounce of *Cacao-paste* well *digested* will yield more *fat*, then a pound of *fat Beef*, or *Mutton*, even when stewed. Besides the *fat*, which never so separates from the other parts, as to lose totally its bitterness, whereby it is preserved agreeable, and not *nauseous to the Stomach*, there is a red part, which principally contains the bitter parts: it hath been generally reputed as an *earthy* and *obstructive* thing; but, without doubt, it is as necessary, as any part of the *Nut*, and as little to be rejected: for it is that part, which fortifies the Stomach, and enables it to bear the *oylinesſ* or *fattishness* of the rest of the *Chocolata-potion*: it preserves the taste in its vigour, and the appetite, which would otherwise be dulled by the fatty potion: and as it helps digestion in the Stomach; so in the Guts, it promotes Concoction there; and corroborates them: all which is not to be denyed to parts of that relish, as we experiment daily in herbs of a *bitterish taste*: nor need we to fear its *costiveness*; for, as *none ever experimented* such an inconvenience by taking good *Chocolata*, so I think it impossible, it should bind; since it is *fermentation*

mentation, that we owe each ſtool to; and it is impoſſible what promotes that in the Guts, can ever create a prejudice by too great an *adſtringency*. It is ſtrange, that all Ages and Countries finde it to agree with them, and the effects of it are ſuch every where, that it alone may ſeem to ſupply all *food* and *Phyſick*. I have heard and read Diſcourſes of *Panaceas*, and *Univerſal Medicines*: and truly I think *Chocolata* may as juſtly at leaſt pretend to that Title, as any. For indubitably *Health* is nothing elſe but *an ability to diſcharge the ſeveral ends, to which Nature hath deſigned us*: and this depends upon the preſerving each *individual perſon* in the *individual conſtitution*, which Nature hath given him. For howbeit, that we propoſe to our ſelves the *Idea* (conformable to what *Polycletus* did in another caſe) of a man *exactly tempered*; yet it is not the intent of a *Phyſician* to reduce every Patient thereunto: to the *Cholerick* it is his *nature*, not diſeaſe to be ſo; and ſo for the other *complexions*: and to ſubvert the *particular temperament*, is to *deſtroy*, not to cure: and the *attempt* will not ſucceed. To preſerve a Man herein, it is neceſſary, that his food be ſuch, as digeſts well, begets good Blood and Spirits: and that this *Blood* (in which according to the *Scripture* is the *life of Animals*) be depurated ſo by the ſeveral *emunctories*, as that it may qualifie the party to exerciſe thoſe acts, the perform-

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ance whereof is an *evidence* of *life*; and the well-performance of them, *Health*. It is natural for the *Blood* to purge it self by several ways; and, if that be done, all the *Operations* of *Life*, and the intermissions of any of them, will be according to *Nature*. To imagine, that this can be performed by *Medicines*, is an impertinent folly: the Blood is more *naturally purg'd* by *transpiration*, and *sweat*; by *urine*, and *siege* duely discharg'd; by *spittle*, and *snot*; then by any *Purges*, or *Vomits*, or *Electuaries*, or *Phlebotomy*. It is not to be done much less by one *Medicine*; for though such an *Arcanum* were in being as would depurate the Blood, and revive the decayed *ferments* of Nature: yet would it require other circumstances to effect this, as a *moderation* of *Diet*, and the *six* things *non-natural*, &c. without which it can do no more on the *blood*, then the *mixture* of *barm* doth to *wort*; it may be ready to produce a *fermentation*, but it will not *open* a *bung-hole*, or create *vents* for the *Drink*. Frequent *Phlebotomy* hastens *old Age*, besides other inconveniences: frequent *Purges* are much worse; for it is usual with *Nature*, when taught one course to pursue that to the *discontinuing* of other *evacuations*: so that, to teach Nature to *disburthen* her self into the *Guts*, and *Stomach*, (neither of which are designed for Vehicles or receptacles of Excrements *remaining after digestion*, or *cast in there* by *Nature*, but for

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continued Concoction, profecuted by Nature from firft to laft) is to teach her to omit her other *evacuations*, which are as *neceffary as going to ftool*, and (which is more) to accuftom her to disburthen her ill Humours into thofe parts, the *right Tone* whereof is that, whereon principally *Health* depends.

Let us confider, how our *Palat* and *Tafte* is diforder'd by the *defluxion* or *redundancy* of an *infipid Salt*, or fharp and *Vitrioline* Humour: let us examine the *like inconveniences*, when they befall the *Stomach*, and by this *Analogy conjecture* at the effects, which arife in the Guts upon the like accidents. And can we think it prudence to ufe Nature to difcharge it felf into that Chanel, fo often as we do? View the World, and you will fee, that not one of thofe, that conftantly take *purging* and *opening Diet-drinks*; that deal fo much in Pills of *Scammony*, and other fuch like Purges; not one of them, but is more or lefs *Hypochondriacal*: whereas thofe *Country-people*, which *fweat*, and *labour*, enjoy an *undifturbed health*, *ftrength*, and *frefh colour*.

To apply all this, fince the nature of Health is fuch, as I have defcribed it to be; and that it depends upon fuch means, as I have fpecified; it is undenyable, that there is not any thing hitherto extant in Phyfick, that may compare with *Chocolata*, which is not only *mony* in the *Indies*, but food, and Medicine too every where. It yields

good

good nourishment, with this advantage, (wherein it surpasses all *Wines*, and *Cordiall Spirits*) that its nourishment is not only quick, but less dissipable then theirs. It begetteth such Blood, as fitly depurates it selff by *Stool*, *Urine*, *Spittle*, and *Sweat*; as I have observed in my self: and consequently there cannot be any thing more apt to preserve *Health*, and *vigour of Spirit*. I must profess it to be the Assertion of the *Indian* Writers, that it *opens Obstructions*, *provokes Urine*, and *Sweat*. I dispute not its *temperament*, be it *hot*, or *cold*, or *imper-vestigable*: but I shall tell my own Experiments, consonant to the *Indian* Discourses. I never could finde any such effects, when I took it mix'd with *eggs*, or *milk*: and indeed I like not much *either of those ways*, since the *Nut* there seems to differ much from its self, when prepared alone; as I observed in the dressing of it with the *Yolk*: and the same I have observed with the *white*, when commix'd the ordinary way; though I must needs say, that I have so put in, and mill'd the whole *egg*, that the *whites* have never curdled, though it hath been heated twice. But, to pursue my inquiry into the truth of the *Indian* assertion, I prepared it the *Indian* and *Spanish* way, and walking upon it, I felt my self to be seised with a gentle sweat, or moisture, and moderately to purge by *Urine*, and to *expectorate*: and this I finde constantly to befall me, if I take it

so ::

ſo: and it leſs offends the Stomach, and *refreſhes* more, then any other way. Having been lately at a Fiſh-diner, I found my ſelf not well after it; *Coffee* gave me no eaſe: but rather encreaſed the Diſtemper; till I forced my ſelf to vomit ſeveral times: having done ſo, I went to bed (it being night) and drunk a large draught of hot *Chocolata*, prepared the *Indian* and *Spaniſh* way, and I ſuddenly fell into a *ſleep*, and *ſweat*: and ſo continued all night-long, and found my ſelf perfectly well in the Morning. This effect ſeemed more ſtrange, becauſe many think *Chocolata* to oppoſe ſleep, but I found my repoſe then very ſuddain, and lengthened *at leaſt three hours* beyond what I uſually take. Since that, I have ſundry times taken it that way, *going to bed*, and I have found it no way to *prevent ſleep*: nay, I never ſleep better, then when I take it: and therefore I am ready to give this Reaſon for Mr. *Gage*'s taking it, as often as he was to ſit up; not to keep him *awake*, but *to preſerve his Spirits*, which in the *Indies* need a *frequent ſupply of food*. Or it may be ſaid, Since ſleepineſs, and natural ſleep are two things, that *Chocolata* may allay *ſplenetique fumes*, and *drowſineſs*, and yet promote natural ſleep.

And as *Chocolata* provokes other Evacuations thorough the ſeveral *Emunctories* of the body, ſo it doth that of *Seed*, and becomes *provocative to luſt* upon no other ac-

count, then that it begets good Blood; that nourisheth much, and, as it nourishes, separates the already inexistent superfluities; or varies, and degenerates into new Excrements, which are to be discharged out of the body by their several passages, one whereof are the *Spermatick vessels*. If I do call the *Seed* an *excrement*, I am sure I have *Aristotle*'s authority for it: which will make it the less a *Paradox* to the *vulgar*; whilst others [f] concur with me herein, who by *Excrement* understand nothing, but *quod Natura excernere decreverat*, what Nature intended to excern: and that the *Seed* is such a thing, is undenyable, I think. The use of *Venery* is as natural, as for a Man to *blow his nose*: though not so lawfull every way; since even simple Fornication is prohibited the [g] *Gentiles* with *as strict necessity*, as the eating of blood, and things strangled: And however after-times have absolved themselves from the necessity, which prohibited the latter, by eating strangled Rabbets, and black-Puddings: yet have *few* or *no Divines* attempted the former, or alleviated it: howbeit that ***

f vide *Prosper. Alpin.* Medic. method. *lib.* 11. *cap.* 13.

g *Act.* 15. 29.

[h] And it is an unquestionable Experiment: that moderate *Venery* eases the Chest, revives the Brain, impinguates the Body, and cures or contributes much to the cure of many Diseases in both Sexes: it is admirably effectual in *hot Distempers*, and madness

h *Petron.* De vict. *Rom.* lib. 5. cap. 1. *Prosper. Alpin.* Med. method. *lib.* 3. *cap.* 6.

nefs of the Brain in *young-unmarried* folks; as I have feen, both in *Maniacks*, and *Melancholicks*, whofe Cure hath been more facilitated hereby, if not totally effected, then by repeated *Phlebotomy*, and extenuating Diet, and *Potions*, or *Electuaries*. Yea, I have known a *Chronical Tertian* break in the *Spring* by a *Critical folution* of this nature: which, however it may feem incredible, is I am fure true; nor had the Party ever before experimented thofe pollutions; but he did inftantly recover, and was fo far from being debilitated with a *large Critical eruption*, that he was beyond belief at that very time refrefhed, and ftrengthened in his Spirits. I fhall not infift upon the benefit Women receive thereby: though I could recite an infinity of Cafes out of the *Phyficians* for *Nunneries*, that might be confiderable herein; their *Hyfterical fits*, *Hypochondriacal-melancholy*, *Love-melancholy*, *Atrophy*, their *Spermatical Fevers* (related by *Sinibaldus* in his *Geneanthropia*) are inftances of the neceffity hereof: and then the great prudence of *Mofes*, who, if he feverely prohibited, that there fhould be *no Whore amongft the Daughters of* Ifrael, he took great care for their timely marriage. As for Men, I have known many, who, being abfent from their Wives but a few days, would be troubled with a *fmelling of the Tefticles*, or an unufual palenefs, and ftupidity of Brain feifing on them, who would

finde a constant and infallible Cure again in the embraces of their Wives. Nor is this passage designed by Nature alone for the *evacuation of the Seed*: I have shewed how a *Chronical Tertian critically did break that way*; and many other *eruptions* happen that way, then are *Seminal*. I mention not the *virulent Gonorrhæa*; but intend other Pollutions, and Ejections, which are recorded in the books of the *Roman Casuists*, especially *Gerson de pollutione nocturna*. And, if I be thought immodest in this Discourse, I am sure the *Chancellour* of *Paris* is never named (no not by *Protestants*) but with *honour*, *notwithstanding what he hath writ*; and there are Passages in the *Bible*, that retrench as much upon Civility, as any thing, that hath fallen from my pen: and I treat of nothing, but what is as much included within my Profession, as within the Subject of *Casuists*; and why should I be more blamed? Is it not one of the ends of Marriage to prevent burning? yea, is not this the principal Argument insisted on by the *Protestants* in the behalf of a marryed Clergy? ****

Let us then take it for a *certain Position*, that *What yields the best Blood, and promotes all naturall expurgations, is the best of Food, and Physick*. And that *Chocolata* is such, appears by what I have already said. I cannot allow it to be Provocative upon any

other

other account: (if it be prepared withoue any luſt-full Ingredients) and it hath this advantage above the moſt *ſubſtantial Butcher's meat*(the taking whereof with chearfulneſs, and manly exerciſes, is the beſt *Venereal* preparation) that it allays, with its milde and vegetable Oilineſs, the ſharpneſs of the Blood, and Nervous Liquour, which the *animal Sulphureouſneſs* of the other does not. There can be no Univerſal Preſcript for the promoting *ſeminal Excretions*: yet, ſince it is a part of *Phyſical Inſtitutions*, and treated on by every *Engliſh'd Inſtitutioniſt*, I ſhall enlarge thereon, for the benefit of the married: which is a juſtification always ſufficient for theſe kind of Diſcourſes.

I take it for granted, that there is a particular ferment implanted in the *Teſticles*, and *Seminal parts adjacent*, whoſe Nature it is, after that it hath lain digeſting, and maturing for ſo many years (*viz.* twelve in *Females*, and fourteen in *Males*; more, or leſs, according to the *individual temperament*) then to exert it ſelf, and to vigorate the Blood, ſo as the whole body, as well as voice, ſuffers a great change: the *Aſpect* becomes *more lively*, and *chearfull*, their *Wits* more *ripe*, their *Carriage* more *debonair*, their *Nerves* more *agile*: in fine, I may here accommodate, as to the age beginning to be qualified for thoughts of Love, what the *Comedian* ſaid concerning Love it ſelf,

Adeóne ex amore quenquam immutarier,
Ut non cognosces eundem esse?

This *Seminal ferment* in its *first operations* doth only *impregnate* the *Blood*, and *nervous liquour*, *circulating*, and *passing* through those places, in which it resides, with a new and unspeakable vigour, and sprightlinefs, without occasioning any excretion, or *seminal congestion* in the *Testicles*, or *prostate*, but inclining to erect: for the operation of each *ferment* hath its *time*, and requires a determinate Subject to operate on. Thus *Lads* have *Venereal prolusions*, yet without *emission*; because the *Seminal ferment* doth *enliven* their Blood, without any separating of *seed thence*: for the Blood, and proportionably the *Liquor of the Nerves*, is not of the same nature in *Striplings*, as it is in men of fuller growth; there being in the former a great deal of Phlegm with a small quantity of *Spirit*, and *volatil Salt*, whereas the latter is of a much different nature: and consequently, the effects of the Ferment are not so powerfull in the former, as in the latter.

From this Consideration it is easie to finde out a reason, why Striplings are longer before they eject, then others, and yield not so much pleasure to the *Female* they embrace. Their Seed being without doubt clogged with *Phlegm*, which doth more slowly

ſlowly iſſue out, and, for want of *Salt*, and *Spirit*, doth not ſo affect the Womb, that receives it, as doth that of a *grown man*: and this is the reaſon, that *one man differs from another* in the *pleaſure* ariſing from his embraces: and a Woman, accuſtomed to the Society of one Husband, may either not love him, or prefer another, with more excuſe, then the vulgar allow, or apprehend: there being a very great reſemblance betwixt the *Womb*, and the *Stomach*, and as great a poſſibility, that the one is capable of *loathing* ſome — as well as the other may do ſome *Meats*: and of this, as to the variety and difference betwixt *Woman* and *Woman*, or betwixt the ſame *Woman* at *one time*, and at *another*, I have been aſſured by Men of great Experience, as alſo by ſundry eminent Writers, as *Ulmus*, *Campanella*, and *Sinibaldus*: and *Martial* many times *inſinuates* it.

Whilſt it is not natural for this *Seminal ferment* to act, ſo long the Blood needs no ſuch *evacuation*; and the attempts of it are prejudicial to the *Health*, *untimely Venery* haſtening *old age*: but, when the Blood and Nervous Liquor becomes *acrimonious* thorough the abundance of *Spirit*, and *Salt*, and that it is impregnated by the *Seminal ferment*, as water paſſing thorough *Minerals*: then it is natural for it to depurate it ſelf by a ſeparation of Seed in and about the *Teſticles*: and that, being ſeparated there, is not

reimbibed into the Vessels again usually, (for in some Cases I believe it to be) but it will force its way out in *nocturnal pollutions*, or create perpetual *inclinations* to *lust*; or, in part remixing with the *Blood*, after it hath been *long extravasated*, it begets *redness* and *Pimples in the face*, *acrimony* of *Blood*, *Sputation*, *Oppressions of the Chest*, *Palpitations of the Heart*, *surliness of Humour*, *disturbed Sleeps*, *Head-aches*, *a peculiar Distemper in the Brain*, as (together with *its Cure*) is more evident to [i] sense, then to be *expressed by language*.

[i] Vide *Prosper. Alpin.* lib. 3. *Med. Method.* cap. 6.

This is the *nature of Man*, who in *Paradise* was to encrease, and multiply; and by the fall his Nature was debilitated, not lost. In his book [k] *concerning the City of God* it is avowed by St. *Austin*, that *Adam* in Paradise, *before the fall*, could have erected at pleasure, and that the *motions of the flesh* were so perfectly subordinate to his will, that he could as easily have moved his — as his hand; a *constant vigour* and *immortality* of *spirits* attending him, and being entailed on him, whilest he continued in that condition: but, since the fall of *Adam*, those amorous inclinations are less constant to men, and depend upon other circumstances, then the dictates of his Will. The effects of Grace bestowed on *Adam* are endeavour'd to be supplyed (where youth, or Nature fails; the efforts whereof are infinitely short of the *pleasures of Paradise*) by *Salt*, or

[k] *Aug.* de civit. Dei *lib.* 4. *cap.* 23. & 24. The whole Passage, being too large to insert here, is put in at the end of the book; to illustrate the effects of *Adam's fall*; and as an Apology for this Discourse against severe Censurers.

or *Spiced meats*, *Cullises*, and *Jellies*. But neither *Anchoves*, or *Bononia-sawsages*; no Preparations of *Cock* or *Lamb-stones*, or *Diasatyrion* equal that *primitive condition*: nor do the Fruits in *Jamaica* call'd *Cushu* equal the feeding of the *tree of Life*, as to this point. Some are provocative only by producing a strong and *well-digested nourishment*. Thus solid and substantial Butcher's meat, and the like, are the only lustfull sustenance to a good constitution, and strong body, inured to vigorous Exercises: for the performances of the *bed* are not created therein. *Ease* and *soft-lying* do but effeminate the body, and they become unable to concoct strong meats: and the Seed becomes worse-digested, and, as I may call it, worse-relished for the *Gusto* of the *Womb*; the erection is less vigorous, and the *spirituascency* of the seed little; and the *ejaculation* too suddain, weak and improportionate to the *ardours*, and *desires*, and *expectation* too of the *Female Paramour*. The *Nourishment*, that ariseth from *substantial meats*, and of full growth, is less dissipable, and more impregnated with *animal Salt*, then the *young*, *tender flesh*, or *liquid sups*: they *require* and *preserve* a *strong Stomach*; which *lighter meats* do

I hope the *Presbyterians* will consider this, and no longer condemn the *Chocolata drinkers* for *Luxury*, and *Venereal* inclinations: since it seems manifest, that there is no *Venereal projects* like to your constant Diet: *viz.* a *Cawdle* in a morning, *milde*, but *hearty*: a diner of *solid meats*, a good *Sack-posset* with Eggs & milde Spice, at night; and all day a moderation in *drink*, and *exercise*.

do not: and *exercise* depurates the Blood, separating out the *several excrements* by *distinct emunctories*, whereby the *Blood* is better concocted, and capable to yield a more *vigorous Seed*, and to bear its ejection more easily, then otherwise it would. The *Nerves* and *Muscles* are more *tense* and *strong*; the *Pulse* is more full and strong after waking, then in the sleep: and every Man *experiments* the truth hereof in himself. To a good Constitution if you give *Wine*, *Spiced-drinks*, or other Delicacies, or *Luxurious provocations*, you destroy his Stomach, and debilitate him. These Incentives are only for the *Phlegmatick*. The others (especially the *more hot*) are more provoked by cooling things, and what fixes rather, then heightens the *Spirits*. Thus *Rachell* purchase *Mandrakes* for *Jacob*. Thus the amorous and Martial *Turk* drinks *Opium*, and *Shirbet*, to continue his *lust*, as well as *strength*: and however the generality prefer the *yolks* of *Eggs*, the most observing [l] *Petronius*, and others, who have tryed it, bid me say, there is *not any thing in Art*, that equals the *white of an* Egg mix'd with some

l Vide *Petron.* De vict. *Roman.* lib. 3. cap. 19. *De ovis*, & lib. 5. cap. 16. *Qui etiam ad sobolem procreandam majore irritamento, plurique semine indigent, hos & efficaciùs & suaviùs concubituros, si priùs, quàm uxorem ineant, ferculum ex lacte ovorum, quæ tremula nuncupantur, cum pane recenti, quemadmodum lac ipsum comeditur, triduùm quatriduúmve manè & vesperi ante cibum assumpserint. Neque in hoc casu præsidium aliud ullum huic par esse, sive pipiones cum vino rubro, cum Aromatibus, sive Diasatyrion in medium adduxerit.*

temperate

temperate *Cordial emulsion*, or beaten with *Rose-water*, and mix'd cautelously (to prevent *Curdling*) with some streined *water-gruel*, or the like, and sweetened with *Sugar*. And being prepared this last way (or with *Rose-mary-Posset-drink*) it is an excellent thing for any *Cold*, or for a *weary Traveller*, causing him to rest well, and reliveing his strength, so as to diminish, or take away all wearisomness occasion'd by *hard travail*. Others will be the more inclined to this *Opinion* not by tryal, but common reason: it being the *White*, out of which the *Chick* is shaped; the *Yolk* being entire, when the *Chick* is almost ready to hatch. It is an *albugineons substance*, out of which we are created, and fed in the Womb: and the *Seed ejected* hath a more then ordinary *resemblance*, in its *colour*, *consistence*, and *spirituascency*, to the *white of an Egg*. Besides, it is the *white of an Egg*, which makes the *bread*, *cakes*, &c. to be *light*; your *Yolks* commix'd make them heavy: the one allays all *acrimony* of Humours; the other encreases *Choler*, and augments the *evil Humours* in the Stomach by being *easily depraved*. In summ, I think it can hardly be imagined, that the *Yolks of Eggs* be good *food*; since the *taste of them* upon the Stomach, after the eating of other meat, is a sign of *ill-digestion*. And indeed the taking of the aforesaid Preparation of *Whites of Eggs* is never more necessary, then after

those

those *amorous conflicts*; when the *Nerves* and *Blood* are weakened by the late *effusion*, and the vigorous performance of those *Venereal* Exercises, in which the whole body suffers a very great agitation, and the *Sinews* an *tension* answerable to the stretching of a *chord*; the whole *Blood* boils, and the *Brain* labours proportionable to the passions of the *Inamorato*: who, if he be not of *too hot a Complexion*, exchangeth those transports, and *pleasing languours*, which concludes these *dalliances*, for a delightful slumber; but, if he be of a more *Cholerick*, or *hot constitution*, the disorders of his *Blood* survives his delights, and diminish them much by rendring him Melancholy, or peevish, and either immediatly, or not long after creating him an *head-ach*, which is not allayed but by the *next night's repose*. To prevent this, our *wise fore-fathers* in *England* made it a custom each *Wedding-night* to provide a *Sack-posset* with *Eggs* for the *Bride-groom* to eat of, *going to bed*; and also to stand by him *all night*, that *he* might eat of it, as often as he pleased, to recruit his Spirits. I should recommend the like practise (either mixing his *whites of Eggs* with *gruel*, or *Sack*, or *Sack-posset-drink*; and omitting, or lessening the *yolks*) to every *Lover*, as often as he is engaged, taking of it immediatly after he hath *ended his sport*: whereby he will (provided it be not too *thick*) prevent the inconveniences of the

past:

past *conflict*, and be enabled for another. As for *Chocolata*, how effectual it may be herein, I understand not by *experience*: but, since the most *amorous Nations* in the World drink it, it is very possible, it may conduce thereunto much. If it be the design of *Physick* to *preserve Nature, and free her from superfluous collections of Humours*; and nothing doth that better then *Chocolata*, as far as *Venery* is but the *Collection and ejection of a superfluity gathered in, and about the Testicles*: without doubt *Physicians* cannot decline to recommend it. It chears the Spirits, begets good Blood, and opens all the Emunctories of the body, and passages, by which Nature designs the *ejectment* of some *particular Humour*. And this is to be understood of the *Cacao-paste*, and *milde Compositions* of *Chocolata*, in which there is nothing, that doth beget a *particular fusion* in the Blood, and a *titillation* inclining a man to *Venery* beyond the *natural disposition* of the Person.

What I have hitherto spoken had no further intent, then the support of that Nature, which

I cannot rely upon *my own experience* in any part of these *amorous Discourses*, and *Observations*: but I owe it all to the acquaintance I have had with Persons, the *vigour of whose Spirits*, as it made them *learned* and *eminent Philosophers*, so it did incline them *to render to love*. It being observed by the Marquess *Malvezzi*, that *Men of great parts are not chaste by Nature, but Grace or Prudence makes them to be so*. But, as to the taking of the *white of an Egg in gruel at night*, I have for *some years* scarce used any other *Supper*: and I finde it to refresh my Spirits, which are taken up with *perpetual contemplations*, and to allay *all ardours of the Blood*, and *vapours*, whose *acrimony* might disturb my *rest*, and to remove all *wearinesse* occasion'd by *study*, or *travail*.

which God gave us, and which, as I have shewed out of St. *Austin*, hath been *much impaired* by the *fall*. I know many will be apt to censure this Discourse, as tending to *sensuality*, and the *upholding carnal lusts* and *desires*: but I suppose the more prudent will acquit me from any such *imputation*: since that is not the *use*, but *abuse of Chocolata*, and is common to it with all *other meats* of *good nourishment*: against which I do not hear them so to declaim, as to *interdict them totally*. I am not ignorant, that there is a Doctrine of *Mortification*, and that we ought *to suppress carnal lusts*: but I am to learn, that this is to be understood *literally*; and that we must geld our selves like *Origen*, or *chastise* our selves with the *Papists*, and not understand all *those Doctrines* spiritually, and like *good Protestants*, defying the *exercises* falsely called *Spiritual* by the *Popish Friers*, and *Jesuits*, who practise this *literal Mortification*: whilest we imagine that *carnality* may be subdued by other means, *captivating the Understanding into the obedience of Faith*, and *subduing our wills*, not *breaking our backs*; and *denying our lusts*, whilst *we preserve a Nature and temperament given us by God*. I expect the *greatest censure* from those, who disclaim *Fasting-days*, and *Ember-weeks*; who keep *Lent* with *Capon*, *Sack* and *roast Beef*; which is *their Luxury*: and what they condemn in others is but a different and *less solid*

lid Luxury, then what they purſue.

I am not any way diſpoſed to inſtruct *Men in evil*, and would not ſeem to encourage them therein: and, to evidence this, I ſhall now ſpeak concerning the *more compound Chocolatas*, which are made, or uſed on purpoſe to *augment Venereous inclinations*. The things uſually deſigned to *exſtimulate Nature* to *exceſſive Venery* are very *hot*, and *Aromatical*, and which alſo carry with them an *acrimony*, or *ſaltneſs*, wherewith they continually *excite Nature*; which being inceſſantly provoked thereby caſts out whatever is next, whether it be *well* or *ill-concocted Seed*, or *Phlegm*, or *Blood* impregnated with a *ſalineſs*. It is not *heat alone* in meats, that doth it: for the effect of *Cloves*, *Cinnamom*, and *Nutmegs*, or *Mace* is not equivalent to that of *Pepper*, or *Salt*, and *Saltmeats*. Theſe laſt operate by introducing a momentany or laſting *ſaltneſs*, or *acrimony* in the *Blood*, which, as it circulates thorough each part, makes *different impreſſions*, according to the *different Nature*, or *indiſpoſition* of the part. And, if any diſeaſe introduce any *acrimony* or *Saltneſs* into the *Blood*, the ſame Perſons will be much inclined to *Venery*, thus thoſe, who have the *Itch*, and *Leproſie*, as alſo the *Melancholick* Perſons are *exceeding amorous*; however the laſt bear thoſe *evacuations* very ill; and the lying long, and on ſoft beds, and living idly, doth render Men *laſcivious*; but theſe are

not

not natural, but *morbid inclinations*, and therefore are neither executed with that *activity*, nor hath their *seed* that relish, or *gusto* in the Womb of the *Feminine consort*, that attends *vigorous and active Men*. For *ease* and *idleness* retard *transpiration*: and those *Humours*, which should issue out according to the several intents, and *passages of Nature*, being *retained*, or *resumed* into the Blood again, introduce an *acrimony* into it, whereby Nature is exstimulated to an *ineffectual Venery*. Thus, after *long Agues*, or the recovery out of *Chronical Diseases*, a *salacity* possesses the Patient, which as it ariseth from no other cause, then I have already specified; so it is prejudicial to the *Person he embraceth*, for hereby Diseases are *transplanted* oftentimes, as the *Pocks*, and *Consumptions*: or new ones introduced, of which the *poor woman* is not *apprehensive*, being ignorant of this cause lying in the constitution of the *seed* of her Husband *newly recovered*, or newly having fill'd his Veins with *acrimony*, or *saline humour*, occasioned by some *late entertainment*. And when I consider seriously the *multiplicity of Distempers*, which affect our *English Ladies*, so as that such as were very *healthy Virgins*, become very *sickly* and *infirm Wives*, and some recover again as soon as they are *Widows*, I cannot but think that many of their *Diseases* may arise from the *seed*, which their *Husbands inject*, and are *fomented* so thereby, that

that all *Physick* becomes unsuccesfull, because they do not totally refrain each other's Bed. I am very confident of this Opinion of mine, that it is true: because several have assured me of a great discrepancy they could feel in the *seed* of their Husbands at several times, and that they were variously affected thereupon.

I shall evidence this by a notable History of *Laurentius Hofmannus, De usu & abusu Medic. Chym.* pag. 124. *Et ego ipse nobile par conjugum mirabili morbo afflictum vidi, quos hoc ipso* [*sc.* Mercurio vitæ] *feliciter curavi. Casum itaque hunc mirabilem, & vix auditum, lubet apponere. Quotiescunque maritus rem cum uxore juvencula formosissima habere cuperet, maximè hæc trepidabat, concubitúmque illius reformidabat, propterea quòd plerumque, post seminis masculini, calidissimi, & fœtidissimi, effusionem, exanimis in thoro jaceret: fœtor enim seminis adeò abominabilis fuit, ut ferè semper post coitum in animi deliquium inciderit. Interim tamen quinque annorum spatio decies concepit, & molas, vel* ἐκτρώματα *peperit. In consilium itaque vocatus,* Mercurium vitæ *marito, uxori verò alia convenientia exhibui remedia; quibus Deus ità benedixerat, ut non tantùm magnâ cum dulcedine nobilissimi conjuges deinceps amoris poma decerperent, sed etiam anno sequenti parentes audirent.* That is, 'I knew a noble marryed couple troubled with a strange sort of Indisposition, whom I successfully cured

c with *Mercurius vitæ*. I ſhall report the Caſe
c it being rare, and unheard of. As often as
c ever the Husband conjugally embraced his
c Wife, which was a Perſon of extraordina-
c ry beauty, and youth, *ſhe* uſed to ſhiver, and
c tremble, and feared nothing ſo much as
c his *amours* : becauſe that for the moſt part
c after that ſhe had received into her womb
c the ſeed of her Husband, which was very
c hot, and of a moſt ſtinking ſcent, ſhe uſed
c to ſwoon away : for ſo abominably noy-
c ſom was the ſeed of her Husband, that
c it was no ſooner injected, but it cauſed
c faintings and ſwoonings in her : yet did ſhe
c conceive, and miscarry ten times in the
c ſpace of five years. Being demanded my ad-
c vice, I gave the Husband *Mercurius vitæ*, and
c to the Wife other ſuitable remedies, which
c had ſo great an effect, by God's bleſſing, that
c the two Noble Perſonages did enjoy each
c other with a great deal of pleaſure, and
c ſhe brought forth a living childe the foll-
c lowing year.

Nor is this repugnant to what we daily obſerve in *uterine injections*, which diffe-rently operate according to the different Ingredients, and Qualities. And if it be ſo herein, how much more ought we to al-low the truth hereof in Seminal injections, which as they are injected, as are the for-mer, ſo they are received with much more ardour, the conflux of Spirits thither oc-caſioning a greater tenſion and heat there

at that time, ſo that the contagion pierces deeper; as Infection is ſooner caught by the *hot*, and *ſweating* (the pores being open) then by the *cold*, and *chill*.

Leſt the *Women* hereby ſhould upbraid the Men, and boaſt the hazards they run by Marriage: I muſt crave leave to tell you, that there is as great variety in *their Sex*, as in ours; and that every one, that wears a *Petticoat*, is not capable, nor merits the affection of a Man, how beautifull ſoever ſhe may be: nay, commonly it may be ſaid, that the *faireſt Perſons* (where a mixture of white and red accompliſhes the face) *and the beſt ſhaped are fitter for Miſtreſſes, then Wives, and yield a more pleaſing entertainment in a Balcony, or Coach, then Bed.* I ſhall not alledge the Reaſons, though they are irrefragable: but only add, that it were eaſie to write an *Apology* for thoſe, who, having marryed ſuch, continue not their affections beyond the firſt moneth, or year. It is for ſuch that the Proverb of *Hony-moon* was deſigned: and if any can continue a *long affection* for ſuch, either the Man is *extraordinary good*, or cautious, or the *Woman extraordinary cunning*; or elſe he is a Novice, who, having no *experience of the Sex*, imagines all to be as his *Wife* is; as that *Romane* Dame ſuppoſed all Men's breath to ſtink (ſhe having never kiſs'd any elſe) becauſe her *Husband*'s did ſo. I could here enlarge upon the Reaſons, why a

Man may love eagerly and conſtantly a deformed Perſon to the prejudice of a beauteous Lady, and aſſert the commendation off *Ronſard* to *Paſithea*, or the Queen of *Navarre*, whom he repreſents to be

Of Complexion rather brown, then fair.

With which agrees the *choice* of *Solomon* in the *Canticles*: *I am black, but lovely*. But I ſhall only add, that it is an undeniable thing, That there is not that Variety, or certainty of Accidents, that befall a Man, ſo as to render his Embraces diſtaſtfull, or fatal (excepting the *French Pox*) to any Woman, that there is in moſt Women, to render them unfitting, or unworthy the Embraces of a Man: ſo great an alteration doth Age, Child-bearing, Sickneſs, and the like, introduce into the Womb, as to its Natural Make, or Original Ferment. Nor are Men either to be ſeparated for the *reality of their applications*, and *profeſſions, before marriage*; becauſe they *live not up to them, after it*: or to be *cenſured ſo bitterly* for *inconſtancy*; becauſe they perſiſt not in their firſt Affection, and Declarations: for perhaps the beautifull Lady is changed; or did by Surrender acquaint him with Diſcoveries he knew not before, nor could make: and therefore, if he proceeded by that Rule, which his ſight and utmoſt enquiry gave him, he acted as well as Man could; but he ſtill

might

might be deceived in the Conclusion: but that, being deceived, and *knowing himself to be so*, he should act, and comport himself as if he were not so, is a constraint every Man's Spirit cannot submit to: and therefore it is to be excused, as well as the principal frailties, whereunto Humane Nature is lyable.

The truth of what hath been already said being granted, I shall suggest two Conclusions therefrom, which I think inevitably do follow: *viz.*

1. *If it be true, that the* collection *and* ejection of Seed *in Man, (or Woman) is a* natural act, *arising from the* Blood *depurating it self, and the* Ferment *of the* generative parts *particularly operating upon the* Blood; *then ought they no more to be* forced, *then those other* natural Excretions *are, of* Snot, Spittle, Urine, *&c. which we do not* promote, *but when their* deficiency *is, or may be* troublesome: *nor do we* evacuate, *but*

when we are ſenſible of their redundancy.

2. *If it be* true, *that there is a great* discrepancy *not only betwixt the Seed of one Man and another, but betwixt the Seed of the ſame Man at one time, and another; which is occaſioned as well by the* Food, *and* Phyſick *he takes, as by alteration of* Age, *or* Sickneſs: *it is then very conſiderable what* Provocatives *a Man takes, or a Woman gives to* provoke luſt, *or* conjugal deſires, *leſt the* Nature of the Seed *be* depraved, *and the* Woman *incurr harm* thereby.

It likewiſe concerns the Woman to have a particular regard to her ſelf, that ſhe may with equal ardours meet the embraces of her Husband: ſhe muſt know, that to retain his affection more is neceſſary then *ſolemn promiſes*, and *joyning of hands in the Church*, or the continuing of her *beautifull aſpect* and ſhape; theſe may acquire, and fix a *Servant*, but not an *Husband*: ſhe muſt therefore take care, that her *Blood* be eve-

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ry way ſufficiently depurated, upon which depends the Vigour of *Body*, and *Minde*; to the effecting whereof more is requiſite, then I can now propoſe.

Active Complexions are only to be preſerved what *they are*: all forcing deſtroys them. Theſe therefore muſt have a *milde* and *temperate* ſort of *Chocolata*; not enriched with any ſort of *Pepper*, but that of *Jamaica*, nor any other *Spice*, then of the *Weſt-Indy* growth. They need not *natural heat*; and the aforeſaid Compoſition will ſufficiently *enliven* them: but, if any debility of Stomach, or accidental weakneſs befall them, they may vigorate the *Chocolata* with a glaſs of good *Canary*, or old *Malaga-Sack*, when they mill it up; or take a more rich ſort, but yet ſhort of thoſe *hot* and *fiery Compounds* uſed by the *Spaniards*. The *Phlegmatick* Tempers, if alſo *abounding with ill Humours*, muſt take *Chocolata* cautiouſly at firſt: premiſing a *Purge*, and taking ſome *gentle Lenitive* once in ſix or eight days; leſt it beget too great a fuſion of Humours in his body: and he muſt begin with *milde Chocolata*, and after take richer and more effectual Compoſitions. *Nature endures not violent and ſuddain changes.* I once had a Woman came to me to complain of the *unactiveneſs* of her Husband; who was, to ſee to, a *luſty able Man*, but *Phlegmatick*, and of a *muddy aſpect*, as if *Cacochymical*: ſhe deſiring of me ſome powerfull *Electuary* to add cou-

rage and life to him: I prescribed her one agreeable to what *Vanninus* in his Dialogues recommends; not doubting, but he would propose the most effectual in that kind, *Leachery* being his greatest Moral vice. He had not taken it many times, but it created in him desires altogether unusual; but, in the midst of *his* and his *Wive's delight*, he fell into a suddain fit of an *Asthma*, which had almost ended his days.

In reference to both these Considerations perhaps it is, that in *Italy* they now condemn *Chocolata*, if we may believe [m] *Sinibaldus*; because it was found so Provocative, that in a little time it rendred the Men *impotent*: like those *Plants*, which, if they be suffer'd to *run to Seed*, dy that year. But those *Italians* know no *Chocolata*, but what is of the *Spanish*-make, and abounding with *Chilli*, or *red Pepper*.

m *Oritur Aspermia ob rerum impensè calidarum usum, quæ semen, & succos, è quibus prodit exsiccant, & exhauriunt; ut ruta, mentha, camphora, & alia id genus malefica naturalia: quibus addi potest nova illa sorbitio, ex calidissimis herbis ab* Indis *parata, quam vocant* Chocolate. *Hæc enim Seminalem succum arefacit adeò, ut qui illam frequentant, brevi tempore aspermati fiant.* Sinibald. Geneanthrop. *lib.* 15. *tr.* 1. *cap.* 20.

I shall speak no more concerning the use of *Chocolata*, then as it is prescribed in *Hypochondriacal Melancholy*: because that this doth merit a particular enquiry; for sundry do commend it therein. *Paulus Zacchias* in his *Italian* Treatise of *Hypochondriacal Melancholy* mentions it, and saith, It is not

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to be allowed in that Distemper, but with a great deal of judgment: since he cannot believe, but it is rather *hot*, then *temperate*. And *Piso* saith, he knew none in *Holland* to receive hurt by the use of *Chocolata*, but such, as were troubl'd with *Hypochondriacal heats*: from whence we may collect, that, in his judgment, *it could not be allowed them*. Yet I have known learned Men here in *England* prescribe it in the Case aforesaid. I shall, with submission to better Judgments, solve the Question by distinguishing the *several Compositions of Chocolata*, and accommodating them to the Disease controverted. In *Hypochondriacal Melancholy* we are to consider how there are great Obstructions in the *Mesaraical Veins*, and *Chyliferous Vessels*, so that no other *Chyle* is distributed into the Body, but what is apt upon the least occasion to *ferment*, and *boil*: which as it is perceivable by the Patient in the whole Body, so the multitude of *Arteries* in the *Spleen*, and its *communion with the Stomach* (by what ways I enquire not, but the *Communion* is undeniable) make it primarily and most evidently perceivable there. There is also a Debility of the *Stomach*, which is so relaxed, that it neither digests the Food received, well; nor emits it, being digested: so that it corrupts by long stay in the Stomach, (the Body being costive in the mean while) and grows *sowr*, and so corrodes the Stomach, and whatever

is

is ingested, it presently begets a great conflict in the Stomach, attended with acid vomitings oftentimes, and the whole mass of *subtle* and *sharp Blood* is likewise affected, and put into *heat* and *disorder*, especially the *Hypochondria* thereupon. Thus *they are never well, full, nor fasting*; and *pine* away, complaining of a weak Stomach: which the *Italian* and *Spanish Galenists* considering, thought the Disease to proceed from a *cold Stomach*, and not from an *Aqua Stygia*, or the like *Menstruum* in the Stomach, made up of the several *Salts*, and *Tartars*, extracted out of the different meats eaten, and a redundant sharpe liquour issuing out of the *capillary Arteries*, and coats of the Stomach, into the Stomach: for as the blood is in such very *serous* and *sharpe*, so is the Humour transuding into the Stomach heigthened in its acrimony, and augmented in its quantity beyond measure. Now, the Question is to be understood, *præmissis generalibus*, general Purgings being duely premised, and opening Physick administred. And in this Case I answer, That *hot-spiced Chocolata* (and especially what hath *black*, *long*, or *red Pepper* in it, whose Nature it is to *create an acrimony*, as well as to *heat* the *Blood*) cannot agree with the Stomach; because they will more *heat and inflame the Blood*, then is tolerable: and this is confirm'd by the experience of *Piso*. But, as for *milde* and *temperate Chocolata*, I doubt not, but

but ſuch a ſort might be made, as would exactly ſuit the Diſeaſe, and contribute much to the recovery, being given in *water*, not mix'd with *milk*, or *eggs*; but given the *Spaniſh* and *Indian* faſhion: and the *water* it ſelf being ſuch a water, as will not ſtay in the Stomach, but paſs immediatly into the *Blood*, and void it ſelf by *Urine*. To confirm my Opinion, do but conſider the Nature of the *Cacao-nut*, and *paſte*: it is very *nouriſhing*, it *allays vapours and ebullitions of the Blood*; it *is not apt to ſowre* (as *gruels*, and *broths of meat*, or *China*-root inſtantly will) and it *keepeth the Body ſoluble*, and *moderately purges by Urine*. All which Indications we are to aim at in the Cure of this Diſeaſe. It alſo *corroborateth the Stomach* by its *adſtriction*, it allayeth the *ſowr Humour* by its *unctuouſneſs* (which floats not on the top, but accurately *commixes* with the *liquour*) and its *bitteriſhneſs*, then which there is not any thing elſe more gratefull to a weak Stomach. Add to theſe Conſiderations, that *Chocolata* is a *liquour*, and that the Cure of *Hypochondriacks* depends upon *humectation* (ſeeing that *Melancholici, ſi bene humectantur, bene curantur*) and there is not any thing can occaſion a ſcruple, but the addition of *Sugar*: which how far it may agree, is to be determined by *Experience*, ſince otherwiſe it will be condemned by Reaſon. But, ſhould it not agree, the *Cacao*-paſte may be prepared for

Perſons

Persons *deeply Hypochondriacal* without *Sugar*, or *Spice*, except a few *Anise*-seeds, and powder of *Santals*, or *Sassafras*, and dissolved, upon occasion, together with some *Bezoar*, or any other *Stomachical* Preparation of *Antimony*, or whatever will saturate that *esurive* Humour upon the Stomach, and open *Obstructions*. Being thus given, I cannot imagine, but it must be a very effectual contrivance for the *desperate Hypochondriacks*: being regulated by a diligent *Physician*, and an observant *Patient*: without which it is impossible to effect that *Cure*; which is *tedious*, and requires *circumspection*, and *variety of remedies* to carry it on. As for those, who are afflicted with that Distemper, I suppose a *milde sort of Chocolata*, with a mixture of *Spice*, and *Sugar*, may agree very well.

The other Virtues of *Chocolata* in *Hysterical fits*, and *Asthmas*, or *Consumptions*, I have not time to insist on: from what I have said, and shall say about the way of using *Chocolata*, any *Physician* will be able to collect how it is, or may be used in such like Cases.

Concerning the variety of Ingredients in *Chocolata*, and the several frauds in making it up, I have already spoken so much, as I need not to enlarge again: only as to the Addition of *Achiote*, I hear the use of it is condemned by one of our *most learned Physicians*, as being *prejudicial to the Head*. I

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could never yet hear what Motives he had for that Opinion of his: for in all the *Indian Writers* I do not remember any ſuch thing; I have already repreſented their Teſtimony, and that is the voice of Experience in Comprobation of the uſe of it. I never found any inconvenience by the uſe of *Achiote* (which is an Ingredient in my *ordinary* and *royal Chocolata*) nor do I hear of any, that does. I would rather adventure to recommend the uſe of *Achiote*, ſince, without heating, it doth powerfully *attenuate all groſs Humours*, (and the Blood of us *Northern* People is *more groſs*, and leſs *fuſile*, then that of the *Spaniards*, or *Indians*, and we are prone to *Coughs*, *ſtoppings of the Cheſt*, and *Aſthmas*, by reaſon of our groſs feeding, and the thickneſs of the Blood, whereby it is apt to obſtruct the Lungs) and ſince it doth make the *Chocolata* to *agree better with the Stomach*, then otherwiſe it would. I have faithfully declared already the judgment of ſeveral Writers concerning *Achiote*. It is generally put into *Chocolata* by the *Indians*, and *Spaniards*, and *Portugheſes*; and that none ſhould ever obſerve in it a *particular repugnancy to the Brain*, or a *quality*, that might give ground for ſuch a ſurmiſe (which I cannot by my taſte) is very ſtrange: and how probable the thing is, let others judge.

Since the writing of the aforeſaid Paſſage I have received the complaints of a *fair Lady*,

dy, who thinks, that taking of my common *Chocolata* with *Achiote* in it, the Head-ach (whereunto she is Naturally, as well as by her condition of being with Childe, prone) is encreased; and that it doth create a more then usual heat in her Face, and Body; and indeed I my self, taking for sundry days of the same *Chocolata*, found, that, taken in *Paste*, or *liquour*, it did cause in my *Stomach* and *Body* a greater and particular heat, which before I never felt. To finde out the cause of this Accident, I examined the Person, that made it up, and I found, he had varyed his *Achiote*, and used a new parcel, (which to me seemed not so good) which in the same weight did yield a *deeper colour by farr*, and occasioned, as I thought, the aforesaid Case, which did not happen when I used another sort, which to me seemed more pure, then the last used. But I did further observe, that the *Chocolata* complained of did promote Expectoration beyond any other, I ever took to eat, or drank: so that I conceive, in Case of *Asthmas*, and *stuffings from Phlegm*, such a sort of *Chocolata* might agree well. As to the heat of *Achiote* it self, I could not perceive any more in the last, then in the other; nay, I must profess, I think, that five Grains of the said *Achiote*, taken by it self, did not so much heat me, (nay, it did not cause in me any sense of heat) as did half a Dram of *Chocolata-paste* already mentioned: yet

yet in ſixteen Ounces thereof there was but one Scruple. And this Conſideration puts me in mind of the *Indian* remark, that *Achiote* (though deſtitute almoſt of *Taſte*, and *Smell*) doth amend the *Taſte*, and *Smell*, (which it may do, as well as the *heat*) of the other Ingredients. And though it be not ſenſibly *hot*, yet by its penetrancy, and the great attenuating faculty it hath, it may occaſion ſome Diſtempers in the Head, where the *Blood* is already ſo attenuated, that it admits no further Rare faction without indiſpoſing the Head, which (according to *Mechanical Philoſophy*) muſt needs receive a greater afflux of *Blood*, the thinner it is. In the choice of *Achiote* I can only give this Rule, that it be *ſolid*, not *ſoft*, rather *pale-red*, then *deep*, free from *ſeeds*, or *greeniſh hulls* within; and not *muſty*. As to the quantity to be put in, I finde it is impoſſible to determine the proportion, by reaſon of the variety of *Achiote*: but take the *Indian* Rule, recorded in *Ledeſma*, to put in as much, as will colour it: (and that not deeply) and adhere not to what was preſcribed me, *viz. half a Dram in each Pound*: which though it proved well in the firſt Eſſay I made for His Majeſty, the *Achiote* being ſingular; it hath ſince diſpleaſed me.

The way, in which I chooſe to take *Chocolata*, is ſometimes to mix *two parts of water with one of milk*, and to diſſolve the

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Chocolata-paste therein with an Egg: for I care not for *milk* alone. But most usually I take *three quarters of a pint of good* [Conduit] water well-boil'd, and dissolve in it (stirring it frequently with a Spoon) *one ounce of Chocolata*, and *two ounces of fine Sugar*: having let it stand before a moderate fire to dissolve, when it is so dissolved, as that the liquour seems very fatty with a yellow fat, and that there sticks to the spoon an undescribable unctuousness, or óylines, (however that the *Chocolata* be not half dissolved, but that a great part of it still swim in great flakes, and small parcels, up and down) I proceed to mill it very well, and then set it to the fire again to dissolve more perfectly: and having let it stand a good while (even till it be ready to boil, or near upon it) I mill it once more with great diligence: and then either drink it alone (which is the common *Indian* and *Spanish* way) or putting in one Egg (*white* and *yolk*) without ever beating it before breaking it into the water, and immediatly milling it very hard, sometimes playing the *molinet* (and that most, at first especially, to break the Egg, and hinder its curdling) on the top of the water, and sometimes at the bottom. And I have observed, that by this course the *Chocolata* (when taken without an Egg) becomes better tasted then otherwise it would: and, if an Egg be put in, the *Chocolata* is farr better dissolved, and

and ſwims with a greater oyl or fat on the top, then if the Egg were put in ſooner, and never ſo long milled. Nor doth the Egg harden, or *curdle*, if dropped in whole without beating, but diſſolve better (if *nimbly milled*, and that towards the top, where the Egg floats at firſt) then if it were beaten much, and put in afterwards by little and little.

I prepare no more at once, then I drink that time: not that I feel any offenſiveneſs in what hath been once heated, and cold, before it be *heated again* for me: but becauſe I finde an obſervable difference betwixt *freſh* and *old Chocolata-liquour*: the *Spice* evaporating their more ſubtile parts. But the diſcrepancy is not ſuch, as is in Pottage, or Gruel, &c. twice heated: nor do I know what reaſon the *Spaniards* have to prohibite ſo ſeverely the uſe of *Chocolata* twice heated. I drink it moderately hot, and dip a piece of *diet-bread*, [n] or *wig*, &c. in it. I drink it without proportion, but commonly half a pint, or more: and this I do twice or thrice in a day (nay, before Diner) with a ſenſible refreſhment; finding it to keep my body ſoluble enough, as I could wiſh; though otherwiſe I am inclined to coſtiveneſs. Sometimes I put in a ſpoonful of *Orange flower-water*; which gives it a

n Mr. *Gage* Chap. 15. to begin his journey drinks *Chocolatte*, and eats a Maple-bread with a little Conſerve: —— and in the ſame Chapter, that we may know how *hot* he drank it, he calls it *a ſcalding cup of his* Chocolatte.

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most excellent taste, if the water be good: sometimes (if I am faint with business) I put in a glass of good Canary , or Malaga-Sack: in which I imitate [o] the antient *Romans*, who did usually mix their old and well-bodyed Wines with hot water, which in several houses, call'd *Thermopolia*, was kept always ready for entertainment. And this practise of theirs is asserted by *Campanella* for the most wholesom way of drinking Wine. And *Costæus* [p] tells us, that for a weak Stomach there is not any thing more profitable, then a draught of hot Wine; which I have known experimented in *England* with good success, not only in the case mentioned, but in sundry *Atrophies*, and *Consumptions*. And *Vallesius* [q] tells us, that, however it be Proverbially said, that *Wine is the old Man's milk*, yet is it indigestible, if it be not first heated. I have sometimes Aromatised it with a few *Sassafras* Chips, not unpleasingly. They, who would put in *emulsions*, or the like, must dissolve, and mix the *Chocolata* with less water, and having mill'd it well, then put in the *emulsion*, &c. and mill it again.

As to the times, whereat I take it; I observe none particularly, besides the taking of it in a Morning, and Evening: sometimes sooner, sometimes later, as occasion permits. Nor do I regard the quantity, taking frequently a pint, but usually above half a pint: eating tosted wig, or diet-bread often with it. What it may do to others, I know not; but

o Vide *Lipsium* in *Elect.* *Stuckium* lib. 3. *De Conviviis Mercurialem*, &c.

p *Augen. Epist.* t. 3. l. 10. Ep. 30.

q *Vallesf. Philos. Sacr.*

but I never found my sleep retarded, or disturbed by it: it is possible, some may finde it otherwise; for, if Sleep be a *relaxation of the Nerves, and vacation from sense thorough wearisomness of the Organs*, what corroborates Nature, and dispells wearisomness, may (without its disparagement) retard sleep.

I have often wonder'd to hear upon how inconsiderable causes many complain; though they have no occasion to sleep: yet, if they sleep not at certain times, they entertain strange thoughts of their danger of sickness, and condemn the occasion of it presently. So, if they eat not flesh at least once or twice a day, they repute their Stomach to be lost, and imagine they must dy: not regarding, that the end of *food* is to *repair the defects of Nature*, and prevent its decay for the future: and, when we enjoy these ends, we are not to be solicitous of any particular means further to procure what we already possess. To Eat, to Drink, to Sleep, were there no need thereof, were folly: and he makes Reason submit to Custom, or Conceit, who Eats, Drinks, or Sleeps, when he is sensible, there is no necessity of it; and incurs by a superfluity dangers, he would avoid. *Nizolius*, the great *Ciceronian*, slept not of *ten years*: others have watched longer (as you may read in [r] *Heurnius*) without prejudice. Several have never drunk, and others have, to avoid a Dropsie, or the like, for a long time refrain'd all Drink; and

r *Heurnius* De morb. cap. *cap.* 17.

done as well, or better then others: and the case of Rabbets, Sheep, and sundry Birds, evidence the possibility of the Antient and Modern Relations in this case. As for Eating, except the Maid of *Confolans* (recited by *Citesius*) I can hardly credit any, that have subsisted without that: but without doubt a greater temperance might be practised therein, then is used. And, upon the aforementioned Account, some cry out upon *Chocolata*, as if it destroyed their *sleep*: others, that, taking it, they can eat no Diner after it, it preventing their appetite thereunto: but, would these people be pleased to think, that *Chocolata* feeds more then their Diner, of the loss of which they complain; and that they are in no danger of dying by hunger, whilest they feed hereon, the formality of eating a set Meal would not be insisted on. I must profess, I never could observe in my self any alteration of my Stomach by drinking *Chocolata* in a Morning; and, if any have, it is because their Stomachs are weak, and that their Diner would not digest well with them, if they had it. Is it not sufficient, that *Chocolata* offends not their Stomach? and that their Blood depurates it self (upon the taking thereof) by *Sweat*, *Urine*, *Stool*, and *Expectoration*? Let them but consider, how apt Meat is to corrupt on the Stomach; how little it agrees with a weak Stomach; and how binding its remanency, or earthy parts (as they call them

them) are : since that in Fluxes it is recommended [f] for an excellent Remedy to give the reliques of the meat, out of which all the strength is Boil'd or Pressed in Jellies and Cullices:) and let them see how much they are hurt by being put by such a Meal.

[f] Vide *Alex. Trajan. Petron. De victu Roman.*

I shall conclude with this Advise; that however the *Chocolata* be good; and that *such, as stand in need of quick refection, are to be fed with Drinks; which yield a more speedy nourishment, then others*: yet is there Caution to be used in the taking even of the best: for thus my *Spaniard* directs, whose Prescript agrees with my *Chocolata Royal* almost.

In quantitate hujus potionis sumendæ, & vicibus numero repetitis, est prudens certè cautio adhibenda: nam, si plus justo, & pluries quàm calor Stomachi ferat, ingeratur, tunc adhuc robusto Stomacho multum negotii facessit, & vices repetitæ onera sunt plenis, & maximè quando non ad tollendam, sed ad irritandam famem queritur; indè enim pallor, & nervorum cruditate madentium tremor accidit, & miserabilis ex cruditate macies; indè distentus venter, & decolor vultus; aliquando vertigines, & capitis dolores, & fortè longa febris, & insuperabiles varicosæ obstructiones, unde Hypochondriaca Melancholia, *& ex varia multiplicique cruditate affectus planè contrarii: iis tamen malis minùs erunt obnoxii, qui se non tantis deliciis solverint; qui sibi prudenter temperantes im-*

perabunt, & Corpora opere & vero labore exercebunt: hos enim innoxiè non tantùm Chocolate, *sed cibus excipiet, qui non nisi esurienti potest placere. Necesse est enim, ut ex discordi cibo morbi contrarii etiam oriantur: & hæc nobis hodiè unica videtur ratio, quare in* Hypochondriaca Melancholia *tam confusæ & contraria, & longè inter se dissimilia observentur accidentia; & in plerisque Febribus ex contrariis naturæ partibus, quæ in eandem compulsa redundant. Et hanc propter rationem apud aliquos reor* Chocolate *noxii opinionem subiisse; non quòd illud sui ratione mereatur: quinimò, si temperatâ frugalitate adsumatur, magnas utilitates omnes expertum iri, nobis est indubitata fides; neque displicet, sub hac frugalitate, post prandium & cœnam (maximè moderata) parùm de* Chocolate *pitissare; ut utroque calore suam digestionem perficiat Stomachus, & indè facultates roborentur, ac, plerisque impedientibus ablatis, meliùs perficiatur coctio: quod te experientia feliciùs docebit, & moderatio usum securiorem faciet.* (That is,) 'There ought to be a *great caution*, and prudence, used in the number, and 'quantity of those draughts, we take of *Chocolatd*; for, if it be taken in *too large a* 'quantity, or *too frequently*, so as Nature 'cannot overcome it, it becomes troublesome even to the most strong Stomachs, 'and often usage makes it a burthen, especially, if it be taken rather for wantonness, then necessity, to cause, and not allay

'hunger

'hunger: for from this cause happens Pale-
'ness, tremblings, and Palsies of the moistened
'Nerves, and a miserable leaness occasioned
'by Crudities; the Belly is distended; the
'Countenance is discoloured; sometimes
'Giddiness, and other Aches of the Head,
'and Chronical Agues, and Fevers, and in-
'superable Obstructions in the *Varices*, as
'also *Hypochondriacal Melancholy*, and
'Diseases of a different Nature springing of
'several Crudities: but such are least ob-
'noxious to these Distempers, as do not
'debilitate themselves with Luxury, who
'command their Appetite, and keep their
'Bodies in much exercise; for these may
'take not only *Chocolata*, but other suste-
'nance at any time without danger: no
'food being good upon a full Stomach; for
'from a repugnancy in the meats ariseth a
'repugnancy and difference of Diseases:
'which is in my judgment the reason, why
'in *Hypochondriacal Melancholy* there is
'observed such a variety of Accidents, as
'also in many Fevers, by reason of the se-
'veral Heterogeneous parts commixing oc-
'casionally together. And I suppose, that
'the aforesaid cause moved many to ima-
'gine *Chocolata* to be somewhat hurtfull;
'not that it really deserved that imputa-
'tion: for, if it be moderately used, it is my
'*assured perswasion*, that all will finde great
'benefit thereby. Nor am I against it in
'them, that practise such moderation, if

1 So did *Motezuma*, as I shewed in the beginning out of *Bernaldus del Castillo*.

'they take it after Diner, or Supper (both 'of them being moderate) that so Nature, 'having her own heat augmented by the 'accessional of *Chocolate*, may better con-'coct, and strengthen the Faculties, and dis-'sipate what might impede digestion. And 'this *Experience* will teach: and it is no less 'true, that it is moderation, that makes it 'safe to take *Chocolata*. I shall conclude this Discourse with the Judgment of the Learned *Roblez*, Physician in *Peru*, which is as follows.

The

The Judgment of *Roblez* a Licentiate Physician in *Peru* concerning *Cacao*, and *Chocolata*.

EL Cacao es frio, y seco, de su templansa: y per esto tienen partes astringentes, con que opila. Esta oi el mas valido de quantas mercadurias oi: y esta tan adelante, que ai majorasgos fundados sobre sus heredades, de a dies, y dose mil ducados de orenta. Es el Cacao summamenta alimentoso, por don de hace dudar de su templansa. El aceito, que sale del, quando se cuesse, es blanco, y granujado, que mas parcœr manteca. Sacasse tostandole en casuela de barro, y no es bueno en metal. Muelesse el Cacao en la piedra, y con mano de piedra, estando calientes ambos, y echa masa, se pone en puchero al fuego, en las brazas, y en tomando calor sale encima la manteca, y aceite mas rubio que la llama, y de su mismo sabor: assi mismo se tuesta para hacer la bebida. Pero quando le uan moliendo, o passiando por la piedra, le mesclan, anis, canela, y algun clavo; echando a tres libras de Cacao, dos onsas de anis, una de canela, y media de

clavo,

clavo, con esto, passan por la piedra dos o tres vezes, y luego le echan en caxitas, ole hacer panecillos de a onsa, que as lo que adellevar una Xicara de bebida: este es el Chocolate *regalada, y mas sano, y el, que bebe la gente regalada: otros le echan harina de mais, y en la Nueva-*Espanna *viscocho, molido, pero esto de mas de hacer, el* Chocolate *de poca dura, es enfermo, por que la harina, que le echan, no cosida, aun que va tostada es de mal mantenemiento, y causa opilaciones, y otros mil achaques: tanbien le mesclan en otras partes con* Achiote, *por ser a proposito para la orina: el modo de hacer la bebida, es este. Lo cuessen desaziendo la pasta en proportionada cantitad de agua, poco mas de medio quartillo, y dos onsas de asucar, una de* Chocolate, *y cuesse en una olleta uno o dos hervores al fuego, y le dan con un molinillo hasta llevantar espuma, y quanto caliente se puede se bebe; el que se bebe desta manera, se tiene por mas sano: no soi de parecer, se tome muchas vezes, por que inquieta el cossimiento, y carga el estomago de muchas crudesas. El* Cacao *comido confitado, por la tarde quieta el suenno des toda la noche. Solo es bueno para los Soldados, que estan de posta. La mantera del* Cacao *es de*

grande

grande provecho, para las inflammaciones, y para qual quiera fuegos, y quemaduras; y sobre todo, para el tiempo de las virvelas, y serampion, y ampollas, y llagas, securan untandose a menudo, con aquel aceite, para el principio, aumento, estado de la Erysipela: es gran sedante, y el major anodino para el dolor, que causan sus costras, y postillas: para los labios abiertos, y grietas de las manos, y en el rostro: para las enzias, que manan sangre con dolor, se les quita effectos bien contrarios, pero mejor conocidos por la experientia.

That is in *English* as follows.

'THe *Cacao-nut* is *cold* and *dry* in its 'temperament: and thereby it hath 'parts *adstringent*, wherewith it *obstructs*. 'It is at this day the most *rich Merchan-* 'dize in the *Indies*: and it is of so high an 'esteem, that they settle by right of 'Primogeniture on their *Eldest Sons* 'Farms of *Cacao*, which yield annually 'twelve thousand Duckets. The *Cacao-* 'nut is *exceeding nourishing*, which 'makes People doubt concerning its par- 'ticular *temperament*. The (*a*) *Oyl*, that 'comes from it, when it is boil'd, is *white*, and

a Rather *fat*.

b And into *bigger bodies* too, upon long infusing, and decocting.

c This is better done on a Stone-table.

d This is true, if the *Cacao-paste* be long digested on the fire, and never mill'd: and it is to be seen only whilst it is hot; for, being cold, you have only a *fatty water*, and some *large lumps of fat* floating, whilest the *lesser grains* sink, or strike against the side, all in very different and irregular *figures*.

'and imbodies into (*b*) *Grains*, which seems 'rather to be a sort of *butter*: it is to be 'extracted by roasting in a large *earthen* '*pot* [such as we bake meat in] and it doth 'not well in a *brass vessel*. The Nut is 'grinded in a Stone-Mortar, with a Stone 'pestel, (*c*) both of them being hot; and, be-'ing made into a paste, it is set on a 'Charcoal-fire in a Pipkin, and, as it 'heats, there rises up to the top the *but-*'*ter*, (*d*) and an *Oyl* more '*red* then the flame or 'fire [of Charcoal;] both 'having but *one taste*. In 'like manner it is *roasted* 'to make the Drink. And, 'as they grinde, or beat it 'up in a Mortar, they mix 'with the Paste some *A-*'*nise-seeds*, *Cinnamom*, and a few *Cloves*; ad-'ding to three pounds of *Cacao* two ounces 'of *Anise-seeds*, one of *Cinnamom*, and 'half an ounce of *Cloves*: with which 'they grind it on the Stone two or three 'times: and then they put it into 'little boxes, or they make little Cakes of 'one ounce-weight, which is the propor-'tion of *Chocolata* to make one draught.

'This

'This is the Royal *Chocolata*, being the best, 'and most wholesom, and which is drunk 'by the Nobility, and Persons of the best 'rank. Others mix with it the flower 'of *Maiz*: and in *New-Spain* they mix 'therewith the fine Powder of *Bisket-* '*bread*: but this sort of *Chocolata* lasts not 'long to keep, is not good, but *weak*; be- 'cause the flower of *Maiz*, which they put 'in, is not boil'd, and prepared; and though 'the *Maiz* be prepared by roasting, yet 'it yields but bad nourishment, it begets 'Obstructions, and a *thousand Aches*, and 'Distempers. In other parts they mix 'with the *Cacao-paste* some *Achiote*, which 'serves to provoke (*e*) '*Urine*. And the way of 'making their *Chocolata-* 'drink is this. They 'scrape the *Cacao-paste*, 'and dissolve it in a pro- 'portionate quantity of 'water, to a little more 'then half a pint of wa- 'ter they put in two ounces of Sugar, and 'one of the *Paste* of *Cacao*, and they let 'it boil in a pot one or two woulms over 'the fire, and then they mill it, till it rise

e In those hot Countries men are very apt to be troubled with retention of Urine: which is the great reason, they still mix in their Compositions what provokes Urine; it being usual even here for those, that sweat, and transpire much, to make less water: wherefore we see, that in Colds the *Urine* is more then ordinary.

'with

'with a large froth; they drink it as *hot*,
'as they can possible: and they, that drink
'it so, think it to be *most wholesom*. And
'I am of the Opinion, that it ought not
'to be drunk too often: because it disturbs
'(*f*) Concoction, and
'loads the Stomach with
'many Crudities. The
'*Cacao-nut* being made
'into Confects, [*as Al-*
'*mond-confects are made*]
'being eaten at night, makes Men to wake
'all night-long: and is therefore good for
'Souldiers, that are upon the Guard. The
'*Cacao*-butter is excellently usefull in case
'of Inflammations, and any scalds, or burns;
'and especially in the small-Pox, and
'pustulous Tumours, and eruptions from
'heat, and Bruises: they are cured by a-
'nointing therewith in the beginning, en-
'crease, state, or declination of the *E-*
'*rysipelas*, or St. *Antonie*'s-fire. It is a great
'cooler, and allayer of pains created by
'Crusts, or Scars upon Sores, and Pimples,
'and in chopped Lips, and Hands, and
'Face, and Gums, which bleed, and are
'dolorous. It produceth effects very various,
'and contrary one to another, which are
'best known by Experience.

f If it be taken too soon after meals; in which it hath no peculiar inconvenience, but what is general to any Sustenance: and it hurts least, because less apt to corrupt, then other food is.

An

An account of the Diſtillation of the *Cacao*-nut perform'd by Mr. *Le Febure*.

WE took eight Ounces of the *Cacao*-nut, and, without hulling them, beat them to a groſs powder, and put them in a Retort: we found the body ſo fix'd, that with an ordinary Fire there came nothing over, but a white liquour in a very ſmall quantity, ſo clear as water: which we ſuppoſe to be the Phlegm. Then we encreaſed the Fire to ſuch an heat, as if we had been to draw Spirit of Vitriol: then there came over (within the ſpace of ſeventeen hours Operation) firſt a Spirit, that was as white as Milk, in Vapours; and, whereas all other Spirits uſually aſcend in the Recipient, theſe did deſcend, and fall to the bottom: and after that (but with a great reverberating Fire; ſuch as he never put to any Vegetable) there came over the Oyl, which was red as blood, but clear; reſembling any Tincture for clearneſs: after it was cold, it became

came thick, like to the Oyl or Butter off Wax for consistence.

The *Caput Mortuum* weighed one ounce, and seven drams; of the Spirit there was about two ounces: and the remainder Oyl, three ounces and an half; besides what was lost in filtrating, and other contingencies. Upon Separation, the Spirit was as red as blood, like to any exquisite Tincture off *Santals*; however it were white in the first distilling: which is to be attributed to its being commix'd in the distilling with the subsequent Oyl. The Spirit was not very hot, but exceeding penetrative, and not unpleasant as to smell, or taste, as other Spirits drawn from blood, or flesh, are. But, however it had not any *empyreuma*, nor had that odiousness, which attends Spirits drawn from flesh, yet had it an evident affinity (but with a peculiar in mildness) with flesh. The Oyl was not very unpleasant, but miraculously piercing; (the Volatile Salt, of which there was a great quantity, being unseparated) and had an unexpressible Aromaticalness upon the tongue; and seem'd very much to delight and refresh the Heart, and Stomach: but with a great resemblance still of flesh.

The

The *Caput Mortuum* had no taste at all, was exceeding light, and carryed with it in smell Testimonies of an affinity with fat flesh, when broiled.

We had not time to pursue a more accurate enquiry into the several Liquours, and Parts, into which the first appearances of this Distillation might be further resolved: but that there may be a very great exercise for further Curiosity in the Distilling of this Nut appears hence, that the *Spirit* in a short space became not only *turbid*, but sowr, and manifested it self to contain a *Vinegar*: which is not yet examined; but the Honourable *Robert Boyl* Esq; hath promised to make some *Essays* about it. I would not have any offended at the *novelty* of finding a *Vinegar* in the *Cacao*; for it is an *acid ferment*, that we owe our *digestion* to: and we ought rather to *admire* the Nature of this *Nut*, which includes in it self not only Principles for *nourishment*, and *food*, but even of *concoction*: and from hence we may observe, what it is, that makes it so agreable to all, even to the *weakest Natures*. Besides Mr. *Boyle* told

me of ſeveral *Oyls*, he obſerved in it upon Diſtillation, the ſeveral effects and differences whereof are not yet, through want of time, diſcovered.

I have nothing more to add now, being juſt ready to go on Ship-board; but that I have ſince met with a Perſon, whoſe long Converſe and Curioſity in *Spain* have enabled him to judge of *Chocolata*: he informed me of many things ſo, as to ſatisfie me, that the courſe I make *Chocolata* by, is exact: and that, what I have taught *Mortimer* to make, hotter then my ordinary way, is the true *Chocolata* of *Guaxaca*, and moſt celebrated in the *Spaniſh* Court. And I am to acquaint the Nation with a piece of his Intelligence, which was my own Conjecture before, that to make *Chocolata* into *Sweetmeats*, and *Almonds*, it is this *Chocolata* of *Guaxaca* (a Preſent of which I deſigned for Her Majeſty, had She arrived before my departure, and ſome whereof is in the hands of the Lady *Wood*) wherewith the ſaid *Confects* are to be made: for milde *Chocolata* will grow *inſipid* upon ſo great a commixture of *Sugar*. Any one may have

have it at *Mortimer*'s made for them, if they be-ſpeak it by the name of the *Queen's Chocolata*, as the other bears the name of *Chocolata-royal*, which had His *Majeſtie*'s approbation. There is a ſort of *Chocolata* made by Sir *H. Bennet*, which, if I have ſeen the right Preſcript, is conformable to what I underſtand to be the practiſe of the *Spaniſh* Court: yet differs a little from mine, and hath a greater proportion of *red Pepper*, then I allow *Engliſh-Men*, however it may ſuit with the *Female Sex* pretty well. It hath *Musk* in it in as great a quantity, as I put *Amber-griſe* in *mine*: but I think *Musk* not ſo healthfull in many; for it begets a great fuſion and fermentation in the Blood, ſo as that it cauſeth it to boil, and colour the face: beſides that a little *Musk* chewed is obſerved to make *wounds to bleed*; with many other Inſtances, which I have not time to recount, but ſhall in the next Edition; with Experiments of my own about it in the making of a ſort of Pies with *Almonds*, *Piſtachias*, Marrow, &c. and *Musk* ſometimes, ſometimes Amber-griſe: which as it is a Diſh I love ſometimes, ſo was I pleaſed with ſeveral Obſervations I made by putting *Musk*

and *Amber-grise* in it. If any will have any made with *Musk*, and those other Ingredients, which a little diversifie it from my *Chocolata-royal*, or that, which I call the *Queen's Chocolata*, I have told *Mortimer* the way: so as they may have it either *milde*, or as *hot* as Sir *H. B.* makes it.

The Gentleman further informed me, that he found *Chocolata* to keep his body *soluble* (as did my much Honoured and Learned Friend Dr. *Quatremaine*, Physician-in-Ordinary to His Majesty:) and if it ever fail'd to do so, he then took it in bed, half an hour before he rose, and it never fail'd to give him a Stool, as soon as he was up. He told me, he used to put *butter* in his: and he told me, that they used to take it in *Spain* after they have taken a *little conserve*, *bisket*, or a *salt bit* in a morning. He further told me upon his *Experience*, that, being desperately vex'd with the *Piles*, he took the Butter of *Cacao* (which is the fat I mention, that arises from digesting the *Cacao's simple paste* in water, till the Fat be drawn out) and melted it, and anointed therewith, and it did not only cure him presently, but that he never had them since. I have not time to enlarge on the several

Ex-

Experiments I have ſince had account of: but I have many more Reaſons to recommend it in caſe of *Hypochondriacal* Melancholy. But I muſt conclude, adding the Diſcourſe of St. *Auſtin*, which I hinted at before, becauſe it contains ſome *Obſervations* not ordinary in Phyſick.

The Judgment of St. *Auſtin* in his Book *Of the City of God*: which was too large to be inſerted before, *pag.* 136.

Lib. 14. *Ch.* 23.

THis Contention, Fight, and altercation of Luſt, and Will, this need of Luſt to the ſufficiency of the Will, had not been laid upon the wedlock in *Paradiſe*, but that *diſobedience* ſhould be the Plague to the Sin of *diſobedience*: otherwiſe *thoſe Members had obeyed the Will, as well as the reſt*. The ſeed of Generation ſhould have been ſown in the Veſſel, as Corn is now in the Field. What I would ſay more in this kind, Modeſty bids me forbear a little, and firſt ask pardon of chaſte ears. I need not do it, but might proceed in any Diſcourſe pertinent to this Theme,

Theme, freely, and without fear to be obscene, or imputation of impurity to the words, *being as honesty spoken of these, as others are of any other bodily Members.* Therefore he, that readeth this with unchastee suggestions, let him accuse *his own guilt*, not the nature of the *Question.*———

Ibid. Ch. 24.

Man therefore should have sown thee Seed, and Woman have received it, ass need required, without all Lust, and ass *their Wills desired*: for, as now we are, ourr articulate Members do not only obey ourr Will, our Hands, or Feet, or so; but evenn those also, that we move but by small Sinews, and Tendons, we contract, and turnn them as we list: as you see in the voluntary motions of the Mouth, and Face. Andd the Lungs, the softest of all the Entrails, except the Marrow, and therefore placedd in the Arches of the Breast, far more safely to take in and give out the Breath, andd to proportionate the Voice, do serve ar Man's Will entirely, like a pair of Smith'ss or Organ's Bellows, to breathe, to speak, to cry, or to sing. I omit, that it is naturall in some Creatures, if they feel any thingg

bite

bite them, to move the skin there, where it bites, and no where else; shaking of not only Flies, but even Darts, or Shafts, by this motion. Man cannot do this: what then? could not God give it unto what Creatures he lifted? Even so might Man have had the Obedience of his *lower parts*, which his own Disobedience debarred. For God could easily have made him with all his Members subjected to his Will, even that, which now is not moved, but by Lust: for we see some Mens natures far different from other-some; acting those things strangely with their Bodies, which others cannot do, nor hardly will believe. There are, that can move their Ears, one, or both, as they please. There are, that can move all their Hair towards their forehead, and back again, and never move their Heads. There are, that can swallow you twenty things whole, and, contracting but their Guts a little, give you every thing up as whole, as if they had put it into a bagg. There are, that can counterfeit the voices of Birds, and other Men, so cunningly, that, unless you see them, you cannot discern them for your hearts. There are, that can break wind *backward* so artificially, (*a*) that you

a *Lud. Vives* upon this place tells us, that there was such an one, a *German*, about *Maximilian*'s court, and his Son *Philip*'s, that would have rehearsed any Verse whatsoever with his tail.

you would think they *sung*. I have seen on sweat(*b*) when he listed: and it is sure, tha some can weep when they list, and shee Tears plentifully. But it is wonderfull, tha divers of the Brethren tryed of late in Priest call'd *Restitutus*, of the Village o *Calaman*, who, when he pleased (and the requested him to shew them this rare Ex periment) at the feining of a lamentabl sound drew himself into such an Extasie that he lay as dead, senseless of all punish ing, pricking, nay even of burning, but tha he felt it sore after his waking. And thi Rapture was found to be true, and no counterfeit in him, in that he lay still with out any breathing: yet he said afterwards that, if one spake aloud, he thought h heard him, as if he were afar of. Seein therefore that, in this *frail state* of ours, th Body serveth the Will in such extraordina ry effects; why should we not believe, tha before his disobedience, the first Ma might have had his means, and Member of Generation, without Lust? But he, ta king delight in himself, was left by Go unto himself, because he would not obe God. *And this proves his misery the plaine in that he cannot live, as he would.*

b *Vives* saith, that when he was sick of a *Tertian* at *Bruges*, as often as the Physician told him, it was good to sweat, he would but hold his breath a little, & cover himself over head in the bed, and sweat presently. They, that saw it, wondered at his strange constitution; but they would have wondered more at *St. Augustine*'s Sweater, that sweat as easily as one could spit.

FINIS.