

**Curries, their properties, and healthful and medicinal qualities : their importance in a domestic, national, and commercial point of view; and the dishes most esteemed / By Captain W. White.**

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and medicinal qualities . . . 1844

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# CURRIES;

THEIR PROPERTIES,

AND

HEALTHFUL AND MEDICINAL QUALITIES,

THEIR IMPORTANCE

IN A

DOMESTIC, NATIONAL, AND COMMERCIAL

POINT OF VIEW;

AND

THE DISHES MOST ESTEEMED.

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BY

CAPTAIN W. WHITE,

AUTHOR OF "THE EVILS OF QUARANTINE LAWS, AND NON-EXISTENCE  
OF PESTILENTIAL CONTAGION," &c., &c., &c.

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## C U R R I E S , & c .

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FEW subjects are more interesting and important to Man than that of his diet; or is there any other which more generally affects the comfort and welfare of all classes of the community;—any suggestions, therefore, which have a tendency to improve it, cannot fail to be acceptable.

The inhabitable part of the globe has been ransacked to contribute to our wealth, luxuries, and comforts. The most valuable of the latter which we enjoy, are exotics, such as wines and fruits from France, Spain, and Italy,—aromatics and spices from Ceylon and Java,—tea from China, and sugar from Jamaica to sweeten it.

If we borrow so much from Foreign Nations, why not take a little more, and adopt, as far as practicable, their mode of living, if it be found equally nutritive and palatable, and at the same time more healthful, if not cheaper than our own?

From the plains of Hindoostan we import the delightful and highly nutritive grain of Rice; invaluable beyond measure for its extraordinary two-fold properties of vegetable and bread; but useless to us as a substantial food for man, from the want of cultivating a proper acquaintance with its natural concomitant—the Curry.

As a savory and healthful diet, easy of digestion, no dish can be compared with a True Indian Curry, and which, instead of producing the effects that rich stews and greasy-made dishes generally do, has a different tendency, by removing bile and promoting the secretions of the body.

This is easily accounted for. The compound from which a Curry is made, be it a paste or powder, is a selection of a variety of seeds and aromatics, highly impregnated with essential oils of different flavours and properties, and some few roots, that also contain valuable stomachic properties. These when blended together, with care as to due proportions, afford a most savoury dish, and at the same time a diet that is highly

conducive to health, by its invigorating powers and capacity to keep the body in the most salutary state. The qualities of the respective ingredients are, cordial, tonic, bitter, stimulent, and aperient; in effect, highly digestive, anti-bilious, anti-spasmodic, anti-flatulent, soothing and invigorating to the stomach and bowels, preventing debility in warm weather, and fortifying the constitution against cold in the severest; very often capable of being partaken of, and retained upon the stomach, when all other food is rejected; and its very fragrance frequently provoking an appetite where none prevails;—while the rice, not being disposed to acescency or fermentation in the stomach, with the mild and bland mucilage with which it abounds, shields the intestines from acrimonious humours.

These facts are well known to most persons who have been in the East, but particularly so to medical men; although we are aware that they will be denied by many eminent in the medical profession of this country.

The qualities and flavours of Curries vary much in the East; and what is called a first-rate true Indian Curry is not every day to be met with. It must therefore be manifest, that in a compound which is merely a substitute for raw materials, the compounder ought to possess a knowledge of the dish, of the properties of the respective articles used, and their relative strength, as well as of the effects they are calculated to produce.

It is assumed, that Curries are unwholesome in consequence of their exciting properties, arising from the quantity of cayenne and pepper used in them. If the quality, or property, of a Curry depended upon its being hot, the view thus taken of them might, with regard to some constitutions, hold good; but as it has no more to do with it than it has in the seasoning of any other made dish, it cannot. It must, however, be admitted, that it has been a great fault with most of the English Curries,—that peppers, instead of being a mere auxiliary, too often constitute the essence of the dish, and are intentionally made so hot for the purpose of concealing their defects, and to render every thing else imperceptible.

The basis of a True Indian Curry being purely aromatic, it is presumed that the medical profession can

scarcely venture to quarrel with them on that account, for it must not be forgotten that they make very free use of aromatics themselves. They are much used in most stomach and bowel complaints, and invariably in all cases of extreme exhaustion, from long or serious illness, to give tone to the stomach and aid the digestive organs. They, in short, form the great sheet-anchor of the medical profession, and are the basis of their "confectio aromatica"—the essence of their saline cordial draughts.

It must be admitted that all Curries, to a certain extent, are stimulating. But this very stimulating property may be considered one of their greatest virtues, qualified as it is in its effects by the essential oils. The bile, indeed, which plays such an active part in the animal economy of man, during a period of health or disease, has in itself stimulating properties.

In cases of a debility of the nervous system, where Curries would be exceedingly useful, we shall be told that they would be extremely dangerous, because of the "great difficulty sometimes in distinguishing it from inflammation." While at the same time it is admitted "dire experience has taught some thousands of medical men on both sides of the Channel, that the stomach and bowels may be the seat of an affection purely nervous, quite independent of inflammation."\*

We will not go into a long discussion to prove the evils arising out of the blunders of "non-distinguishing," or to point out how a purely nervous debility "is rather aggravated than relieved by the rigorous or starvation regimen," too often resorted to under a supposition that there is "inflammation or change of structure," when there is none; but we will take it, as it is granted, that "*in no small number of cases*" "leeches, blue pill, black draughts, and other measures of the kind, have damaged many a stomach in England, and aggravated, if not engendered the very disease which the remedies were designed to remove."

M. Barras, the celebrated French physician, in his work on "Gastric Affections," shows that the French doctors can make as many blunders in nervous disorders as the English; while it appears that he has a happy knack of correcting them, and what is more, putting the unhappy sufferers on their legs again, when

\* The Medico-Chirurgical Review, Vol. 8.

reduced to Death's door. He does not, however, do it with "*the blue pill*" and "*the black draught*," and "*rigorous*" or starvation "*regimen*," which has "*occasioned such incredible mischief*," but with a "*light solid diet*, such as "*mutton chops*," and "*Bordeaux wine*." But let us hear the writer Barras himself.

"Madam C., 42 years of age," by the "*rigorous regimen*," had been brought to the brink of the Grave, and when M. Barras was called in, he found "the gastric affection *aggravated*, accompanied with spasms "in the chest and sense of suffocation; she became "affected with furious delerium, and in this state "she craved lustily for animal food. He advised that "better food should be allowed. The digestion was "distressing at first, but by gradually habituating "the stomach to animal matter the digestive organs "became easy, and in a few weeks the patient could "drink a bottle of Bordeaux wine without inconvenience. With the power of receiving aliment the "strength of the flesh returned, and the mental aberrations disappeared."

M. Barras gives numerous other cases to illustrate the mischief which is occasioned by the mistaking of "*nervous*" complaints for "*inflammatory*," and the good that often can be effected by diet.

On this point we have, on this side of the Channel, Dr. Paris tolerably clear. He observes—"The advantages "which are produced by rendering *food grateful* to "invalids are so striking, that the most digestible "aliment if it *excite aversion*, is more *injurious* than "that, which though in other respects *objectionable*, *gratifies the palate*. If feelings of *disgust* or "*aversion* are excited, the *stomach will never act with "healthy energy* on the injestia, and in extreme of *dislike*, "they are either *returned* or they pass through the "alimentary canal almost *unchanged*. On the other "hand, the *gratification* which attends a *favourite meal* "is, in itself, a *specific stimulous* to the organs of digestion, especially in weak and debilitated habits."

It would appear from this, that two things are highly essential for "*invalids*;"—a food that is "*grateful*," and at the same time "*most digestible*." This will be found in a True Indian Curry; for it is not only "*grateful*" to the palate, but a diet "*in itself, a specific stimulous* to the organs of digestion, especially in

“ weak and debilitated habits,” “ *exciting the stomach to act with healthy energy.*”

This may be accounted for in a twofold way. In the first place, from the character of the materials used in it; and, secondly, by the method of cookery. By cookery the principles of food is chemically changed, and the extent and nature of these changes greatly depend upon the manner in which heat is applied. In boiling, a large portion of the soluble constituents are lost; while in stewing, (the process of a Curry,) they are preserved, and the constituents not properly soluble, are rendered softer, more pulpy, and consequently easier of digestion; and thus very materially aiding what is termed “ *the almost mysterious process of digestion.*” Indicating the way to “ *the greatest art,*” which, we are told by the Medico Chirurgical Review, “ *consists in regulating the diet to the degree of susceptibility of the stomach.*”

As shewing “ *the advantages*” of food “ *grateful to invalids,*” but “ *in other respects objectionable,*” Dr. Paris gives an instance of “ *a lady of rank,*” by whom “ *every kind of aliment and medicine was rejected, to the astonishment of all her friends,*” took it into her head to “ *eat a beef-steak with a plentiful accompaniment of strong ale, and continued to repeat the meal every day for six weeks,*” when she recovered.

The important parts which the digestive organs play, not only in health but in the very cure of diseases, is singularly illustrated by the unanimity of opinion of French and English Doctors with regard to chronic affections of the heart; while they are so much at variance on many other points.

Broussais and Laennec “ *lay it down as a valuable practical rule in chronic affections of the heart, that previous to having recourse to any remedies intended to act directly on it, we ought to be assured that the digestive organs are in a healthy state—that their mucus surfaces are freed from irritations—their vascular system not morbidly distended—and the liver is performing its secretory functions.*” The Medico Chirurgical Review on this observes—“ *we hold this to be a golden rule, as well in other chronic diseases as affections of the heart.*”

It is observed by Dr. Combe, “ *That the fulfilment of*

“ healthy digestion, is of even greater importance than  
 “ the selection of the proper kind of food.” This is to  
 be ascertained, “ by observing personally what kind of  
 “ food agrees best with the stomach and constitution.”  
 When there is no “ undue oppression and discomfort  
 “ after our meals, but, on the contrary, feel light or  
 “ refreshed, and after a time ready for renewed exer-  
 “ tion, we may rest assured that the food we have taken  
 “ is wholesome and suitable for us, whatever be its  
 “ nature and general effects: whereas if, without com-  
 “ mitting any excess or other dietic error, we expe-  
 “ rience the opposite sensations of oppression, languor,  
 “ and uneasiness, we may be just as certain that our  
 “ food, whatever its general character for lightness and  
 “ digestibility, is not wholesome or suitable for us  
 “ under our present circumstances.”

The more readily to understand the fatal conse-  
 quences which too often attend a “ *disorder of the*  
*digestive organs,*” it may be as well to refer to “ The  
 Table of Mortality of the Metropolis.”

The returns of the “ Population corrected to July  
 1st, 1844,” gives “ males, 940,300; females, 1,067,250;  
 total, 2,007,550.” The weekly number of deaths average  
 946, or 49,292 a year. Of these 3,588 are stated to die  
 of “ diseases of the stomach, liver, and other organs of  
 digestion.” But this gives a very imperfect account  
 of the enormity of the evils, which have their origin in  
 the “ *organs of digestion,*” to which indeed is referable  
 some of the most destructive and fatal maladies we are  
 afflicted with. For instance, the Cholera Morbus. It  
 was not until after many years of murderous suffering  
 by this “ *epidemic,*” that “ *the proper authorities,*” The  
 Royal College of Physicians, could see that “ *the seat*  
 “ *of the disease is the digestive organ,*” or discover “ *the*  
 “ *utility*” of “ *Calomel*” in the disease. This “ *epidemic*”  
 is but one of a very numerous class of the same sort,  
 which have had a variety of names given them; but  
 are all referable to the same causes. Under the head  
 of “ *epidemics, endemics, and analogous diseases,*”  
 the deaths are 10,712!—“ the Brain, Spinal Chord,  
 Nerves and Senses,” 8,264!—“ the Lungs and other  
 Organs of Respiration,” 14,872!—a total of 33,848.  
 Of these one third may be considered as but a small  
 portion as having their origin in “ *disease of the organs*  
*of digestion,*” giving a total under that head in round  
 numbers of 15,000!

“On what plans,” says the Medico Chirurgical Review, “did Morgani, Bonetus, Baillie, proceed in their arrangement and classifications of the “seats and causes,” “the hidden causes,” (*abditæ causæ*, Bonet,) “the “morbid anatomy” of diseases? On the plan of “the unlettered butcher in the shambles! The butcher “first kills his patient, *viz.*, the sheep, and then slips “off the skin.” That is, the doctor first *fleeces* his patient *before* he kills him; and then gives all sorts of “*seats and causes*” of death.

The clothing the real cause of disease under a variety of names or disorders, is an ingenious way of mystifying facts, and keeping a knowledge of them from the public, in the same manner as the contents of the vial is by the prescription being written in abbreviated or dog Latin. It gives a specious air of importance to the doctor, and conceals the cause which baffles his art. In this respect a very remarkable occurrence happened in the year 1838, which it may not be out of place to mention.

At the latter part of the year 1838, a respectable Gentleman, the proprietor of a large China and Glass Warehouse in St. Paul's Church-yard, was reduced, from a long complaint of the stomach, liver, and other organs of digestion, to the last extremity; he was in despair himself, despaired of by his family, and given over by a variety of medical men as incurable. He had taken no food for some months,—was never free from pain, and could not sleep. After asking a few questions, looking at the prescriptions which he had taken, and the medicine then in use, I told him that his complaint had been mistaken, or if understood, but very imperfectly treated. I offered to cure him, and I took him in hand. By the seventh day the pain had greatly diminished,—his appetite was returning,—he slept well—by the twelfth day the pain had entirely gone, his appetite good, his sleep sound and refreshing, and he walked from Clapham-rise to St. Paul's Church-yard. He had been ill for three years; and under the care of six of the most eminent medical men in London. Their prescriptions, as made up at Apothecaries' Hall, and the medicine he was taking when he commenced with me, are now in my possession, and may be seen, by the *curious*, at the publishers of this.

I have been prolix with regard to the healthful and medicinal properties of Curries, because their value

and importance rests upon qualities not before sufficiently understood, and consequently not to be appreciated. Indeed, although the value of aromatics for stomachic purposes in health, as well as disease, is well known, it has always occurred to me that the method of most effectually administering them is but very imperfectly understood. The simplest and best way is evidently that of in the food. More importance is to be attached to this than probably the medical profession will admit of. But facts are stubborn things—it is with these to deal, because they are more digestible than opinions or hypothesis. I shall therefore state a remarkable one.

On my return from India, I suffered much from change of diet. The English dishes by no means suited my palate or digestion. The Curries made from the powders to be purchased did not yield the dish, for the properties were absent even when the flavour was good. In the winter I could scarcely put my nose out of the door, but I returned with a cold, frequently terminating in inflammation in the bowels; upon two occasions nearly proving fatal. This induced me to prepare a little paste to have ready at a moment to eat at breakfast, or with a biscuit. I found it answered well the purpose I expected. About fifteen years ago I happened to call at the Jerusalem coffee-house, and was astonished to find the respectable proprietor, Mr. Harper, looking exceedingly ill. Mr. Harper had taken no food, for a considerable time; and what was worse, could take none; he had completely given himself up in despair. His partner, Mr. Bell, had a short time previously died. It was a case purely of the mind acting upon the nervous system of the body, engendering affections of the organs of life. I observed, that I thought I could give him something that he could eat, and retain upon his stomach. But, no, no—it was impossible! I explained to him what it was, and sent him some. I called again in a day or two, and found that he had not touched it. I urged him to do so, and to take ever so small a bit with a piece of biscuit. He sent for it down to the counting-house, and tried a piece the size of a pea. He said it was very nice. When I called some eight or ten days after, to my astonishment I not only saw that he was looking better; but in a tone of authority, in the presence of some captains of Indiamen, when I enquired how he was,

he replied—"how am I—what is that you have been giving me?" Afterwards, I was agreeably surprised to find that it had completely restored the tone of his stomach, and with it an appetite, and he was fast recovering. It was urged by Mr. Harper, the value of the Paste to the public at large, and recommended to be sold. Mr. Hale, of the respectable firm of Hale, Fenning and Hale, of the Poultry, offered to become vendors of it; while by way of an experiment to obtain general opinion, it was resolved to expose in the coffee room sandwiches of it, with those of ham and beef. This was done; and the only complaint made against it was by Mr. Harper himself, who found his cold ham and beef less in request for such purposes. Messrs. Sherborne and Sams, and Ball and Sons, Bondstreet, kindly offered their services conjointly with Messrs. Hale and Fenning, to introduce the Paste to public notice, which was done under the head of "*Indian Bunawarree.*" The sale was good; but the preparation interfering with time that could be better, or more satisfactorily employed, it was discontinued.

Let us now consider Curries in a Domestic point of view.

Thousands of human beings are stated to die annually in these kingdoms through starvation; while it is notorious that there are some millions who are but very badly fed! What is the cause of this? Is it that there is a scarcity of provisions, or that we do not turn them to the best advantage? Why the latter is the cause. The Indian, with no greater abundance of food, and with far less means, seldom experiences the evils complained of, but in time of scarcity or famine. Let us then endeavour to learn from the Indian, the way to turn the bounties of providence to a better advantage.

The rivers, brooks, harbours, creeks, and the shores of these islands are abounding with excellent food for man, to be obtained for very little, while there is abundance of rice, so cheap, that it is thought nothing of. Fish makes the finest of Curries; and the Indians prize it much beyond those of meat, or even poultry. Fish Curries, moreover, are highly nutritive; because the gelatine is preserved, and a large portion is lost in boiling, as is proved by the water when cold, often being a perfect jelly. The aromatics impart to the fish, with the system of cooking, a solidity which they obtain by no other process; while at the same time they

supersede the use of sauces. In fact, no Curries equal the fish; and some of the fish of this country, for instance the salmon and the lobster, make the finest in the world. Eels, oysters, soles, mackerel, &c., make beautiful dishes; and the little sprat affords a most delicious one.

It will be evident that with the fish and rice which we have in such abundance, an exceedingly good and nutritive food is within the reach of almost the poorest individual in the kingdom. The best Patna rice is but two pence halfpenny a pound, and a pound when boiled well, every grain separate and dry, weighs three pounds. Two pounds of fish curried would be as much as could be consumed with it, and which, if cod, would cost in London four pence; the other materials, curry, &c., ought not to exceed three pence—a total of nine pence halfpenny! This would dine four of the heartiest men in London off of a very savory dish, superseding in a great measure the necessity of fermenting liquors to aid digestion, a glass of water being far preferable. A diet moreover, that will be found to sustain labour with greater ease for a longer period than even a more solid diet. If the curry was made of meat, its cost would not exceed one shilling, the coarsest part of the ox making a splendid dish fit for the table of any gentleman; and the very cuttings of the shambles of the butcher also good dishes, as though the meat had been expressly cut for the purpose.

The above remarks apply to the practicability of Curries for the use even of the lower orders of society. It is this that constitutes their importance in a domestic and national point of view; because it would add to their comforts, by making their means go as far again, and at the same time afford a better and more wholesome diet than they now generally possess.

The details for making of those dishes might be given, but at present it would not only be premature, but lead to a great deal of mischief, and probably for ever defeat the more general introduction of the dish. It would give rise to the trying of experiments with a quantity of rubbish that is now in use, under the denomination of "*Genuine East India Curry Powder*," that possesses none of the properties required to make a True Indian Curry; but for the most part are a miser-

able jumble of ill assorted, and badly proportioned, materials, that spoil the food and produce a nauseous rather than a savory dish. These evils can alone be removed by an uniformity of material, of which we shall hereafter speak.

The importance of Curries in a National point of view will be evidenced by the facts, that the demand it would create for rice, would greatly relieve the pressure which there is for so much corn; and, consequently, render the produce of the soil, more adequate to the demand; and, with it, supersede the necessity for the importation of so much foreign wheat, which carries out of the country so much of the specie, it is to be feared without any adequate return; it would, moreover, call to a better account many of the productions of the country—natural and otherwise, and also be the means of conferring incalculable blessings upon our Indian population, by the consumption of the produce of their soil, which is nearly all that they have to depend upon since the destruction of their silk and cotton manufactories by British home machinery. Nay, more, I might go further and say, that with Curries, the Nobility and Gentry, without any increase of their charitable donations, have it in their power to relieve nearly, if not quite, all the distress arising from the want of food in every part of these Islands, by a system working under their own cognizance; the plans for which, in short, would merely be the ensuring the better application of charitable donations to purposes for which they are intended. With the advantage of such a system, they would go fully half as far again as at present, and the benefit still be on the side of the poor. When circumstances call for it, there will be no difficulty in submitting the plan, and as little on the score of any personal sacrifices it may be required to make in order to carry so humane and philanthropic an object into effect.

In a Commercial point of view, the importance of Curries can probably be made more manifest. If one million, out of thirty, of the population were to consume but one pound of rice a-week, the weekly demand would be for 1,500 tons! and throughout the year 78,000 tons! But if a pound of rice was used by the same proportion of the population throughout the year, the demand would amount to the enormous quantity

of 547,500 tons! For the conveyance of this to England there would give employment for at least 250 ships of 1000 tons measurement. The employment for men and officers it would occasion, at 50 per ship, would be 12,500! and consequently create a demand for so much ship provisions necessary for their support. The building and repairing of the ships would also give employment to some thousands of artisans, and create a demand for an immense quantity of materials and manufactures of a variety of descriptions. The conveyance of the aromatics and spices, which would be consumed would also give him employment to many thousand tons of shipping. At the same time this new order of things would, also, increase the trade of a very numerous class of shop-keepers, the grocers, throughout the country, and greatly increase that of the carriers.

Let us now consider what it is that is in the way to prevent the accomplishment of the desirable ends which are expected to be obtained by the more general use of Curries.

It will be obvious, in the first place, that to ensure such an end, the materials from which the dish is to be made must possess the necessary properties, as before described, and that the means of obtaining it are as easy and certain as in that of any other article of consumption. It will be clear that this can never take place under the present precarious system of deriving supplies of Curry Powders from some thousand of different sources, made from as many and various receipts, the manufacturers of which, in nine hundred and ninety nine cases out of a thousand, know nothing about the dish, or the properties which it ought to possess; or could even explain the essentials of the ingredients they use, or the effects which they are likely to produce;—and which it is absolutely necessary that they should know, as appears manifest by the fact, that Curry Powders are a compound resorted to merely as a substitute for the raw materials in use in India. These circumstances, in a great measure, must account for the nauseous and medicinal flavour of one half of the English dishes, mis-called Curries, and which have given the public a surfeit and disrelish for the dish.

Few of the Curry Powder makers attempt to give

instructions how it should be used, or how the dish is to be made; and those who do, for the most part, are in the wrong. For example let us take the two largest wholesale houses in the Italian trade.

*First.*—"Genuine East India Curry Powder, from an *Original* Recipe, as prepared for the celebrated TIPPOO SAIB. George Batty and Co., Finsbury-pavement."

We will not stop to enquire as to whether this powder is or is not, what it is purported to be—"Genuine East India;" but when it is asserted "*as prepared for the celebrated Tippoo Saib,*" meaning the late Mysore Tiger, we cannot but remark that Mr. Batty has been most grossly deceived by such a representation; and thus, *unintentionally, no doubt,* innocently becomes the medium of misleading others. It is well known that Curry Powders are never used in India; and that they are an invention purely for export purposes! Therefore, leaving Mr. Batty to explain to the purchasers of his "*Genuine*" "*Powder,*" how he became possessed of the "*Original Receipt,*" we will pass on to consider the mode in which they are instructed for the use of the contents of the gaudy packet.

"Cut your meat," says the instructions, "fowl, rabbit, or whatever it may be, into small pieces," and without reference as to weight or quantity, it proceeds to say, "melt four ounces of butter into a stew-pan," (no matter whether fresh or salt) "with two onions sliced and a clove of garlic." When the "*onions*" and "*garlic*" are "*melted,*" we are told to "put the meat and stew it a nice brown, then add half-a-pint of good gravy, one or two spoonfuls of the Curry Powder, thicken it with some butter rolled in flour, and it is ready."

By this it will be seen that the Curry Powder, "*one or two table spoonfuls,*" no matter which, forms a mere colouring for the dish; and instead of the flavour of aromatics, its property is that of "*garlic*" and "*onions,*" floating in "*melted butter;*" while the "*half a pint of good gravy,*" drawn from beef, or the more objectionable source, the stock pot, totally overpowers the flavour of the thing that is curried, be it fish, flesh, or fowl,—and to preserve which to the highest possible extent, is the great beauty of a True India Curry. In short the dish is neither one thing or another; neither a

Curry or a stew ; something betwixt and between, but possessing the good quality of neither.

*Secondly.*—“SEHAH SOOJAH’S Genuine Curry Powder ; imported by Crosse and Blackwell, Soho-square.”

The title of this powder is calculated to convey an idea that it is such as was used by that “celebrated” chieftain, who some time since lost his head at the famed Golgotha Cabul ; and, if so, it would follow that it must have been there manufactured, transported through the “celebrated” Kyber Pass on the backs of camels to the banks of the Indus for exportation, and finally landed, or “imported,” in “Soho Square.” But if such were the case, whether it would enhance its value in the estimation of the public, or not ; or whether in fact it is manufactured in Soho-square, is not the question ; it is sufficient that the vendors of it know this. All that we have now to look at are the instructions which are given with it, “to make a Curry after the Indian manner.”

“Cut,” says the instructions, “two ducks or “chickens as for fricassees, put them into a stew-pan “with as much water as will cover them, sprinkle “them with salt, and let boil till tender, and skim “them well.” By this process all the goodness of the “chickens” is drawn into the water, and the viand deprived of its strengthening property ; whereas, in Currying, the great beauty is, that it is not only preserved, but additional strength is imparted to it by means of the aromatics ; and thus, in the compactest form, the greatest possible quantity of light and nutritive diet conveyed into the stomach. “When “boiled enough,” says the instructions,” take them up “and put the liquor of them into a pan, then put half “a pound of fresh butter in the pan, and brown it “a little, then add two cloves of garlic and a large “onion sliced, and let all these fry till brown, often “shaking the pan, then put in the ducks and sprinkle “over them two or three table spoonfuls of curry powder (Sha Sooja’s Ashes ?) then cover them close, and “let the ducks fry till brown, often shaking the pan ; “then put the liquor the ducks were boiled in, and let “them all stew together ;” and this we are told is “the way to make a Curry after the Indian manner.”

The idea of “skimming” the fat off the “chickens” when “boiled till tender,” is certainly rich ; but not

half so much so as that of after divesting them of their native purity, sousing them into "*half a pound*" of melted "*butter*," smothered with fried "*garlic*" and "*onions*"! If this is bad with the "*chickens*," how much more so must it be with the "*ducks*," by nature a rich greasy bird? What would have been thought of Mother Glass, if in her "*Art of Cookery*" she had said "*stuff chickens with sage and onion as for ducks?*"

This dish, like the preceding one of the "*celebrated Tippoo Saib*," is nothing more nor less than a bad stew, rendered the more abominably noxious from the quantity of yellowish green fat which must inevitably float in the dish.

It would be ridiculous to call such dishes, as those described, True Indian Curries, or to talk about their healthful properties, or to point out their total inapplicability for use for general purposes; they can only be referred to as a sample of the kind of dishes generally in use in England, and the probable cause why Curries are so little in demand. It may also enable the public to form some sort of a conclusion as to the possible quality of the "*Genuine*" Powder, or "*Curry Stuff*," as one of the principal makers very appropriately terms it, with which they are made, as well also of the knowledge its makers must possess of the art which they are dabbling in.

But it will be seen, that if the Curry Powders in use were ever so good, the complicated and tedious process of using them "*to make a Curry after the Indian manner*," must ever prove a barrier to their more general consumption, even with the middling class of society; for time is too valuable to be thus wasted, if the general character of the dish was less objectionable.

The fact is, a more general use of Curries can alone be effected by a Paste, possessing all the properties and virtues before described, easy and speedy of use in any hands, and unerring,—requiring no additions, not even a grain of salt,—the quality and flavour never varying,—and competent to afford any quantity of dishes with as much speed as any common dish now in use. Such indeed, are the properties of SELIM'S True India Curry Paste, and which was invented for the above express purpose, and of which we shall shortly speak.

To the introduction for general use of such a paste as this, there always will be, as there has been for the last four years, a most determined opposition by all the Curry Powder Makers in the kingdom; of whom there are many thousand, (and consequently as many thousand different powders,) as interfering with a long established, and at the same time greatly abused, highly lucrative traffic.

The first step towards accomplishing the introduction for general use of Curries, was to obtain the approbation of the nobility and gentry as to their quality, and in the second place their co-operation. The whole of the leading Italian shops at the west end, with the exception of Messrs. Sherborne and Sams, Piccadilly, and Ball and Son, New Bond-street, have completely defeated this, not only by refusing to supply the Paste when called for, but (as an excuse for their not selling it) traducing it by abusing its quality, and the more effectually to conceal their object, recommending other articles long in the market, and going into disuse, but rendered palatable to them by an extra twenty per cent profit, with "*improved*" stuck upon the label after a lapse of twenty years.

It will rest with the public now to decide, whether Curries may be considered as a healthful diet;—whether it is possible, from what has been stated, they can be of any importance in a Domestic, a National, and Commercial point of view;—and if so, the door is now open to it.

Such an event as this is probably very remote, and may by many persons be considered as impracticable, arising greatly out of the habits of the people and present mode of living. But before we draw a conclusion that it never can take place, let us cast our eye at the Tea-pot, and the windows of tea dealers in every street, city, and town in the kingdom.

Somewhat more than a century ago, when the servants of the East India Company wrote to their honourable masters an account of how the Chinese indulged all day long in drinking of tea, and, in their opinion, what an excellent beverage it was, at the same time transmitting samples of a pound or two, urging upon the directors of the Company what a good thing it would be for them to introduce it for use in England; the Court of Directors of those days, a stupid set of

fellows no doubt, in comparison with those of the present, replied,—“ We do not see that it is possible that tea can ever be introduced to use here ; you may send us fifty pounds weight by way of an experiment ; but we are satisfied the speculation will be a bad one.”

The result of that speculation is well known ; and the average sales of tea, weekly, in London, exceeds 500,000 pounds weight, or two hundred and fifty tons. What then is there in the way to prevent Curries becoming equally beneficial for use ?

A word with regard to the present Curry Powder traffic.

The BARBERS of Edinburgh, in days of yore, were also the surgeons, and by royal charter “*Nae manner of personnes*” were allowed to “*occupy nor use any poynts of the said Crafts of Chirurgerie, or BARBER Craft within that Burgh.*” This exclusive privilege was conceded to them under this most excellent of all reasons, that “*every man ought to knaw the nature and substance of every thing that he works in.*” It was, however, in time discovered, that, although as “*barbers*” they might be excellent “*barbers,*” as “*surgeons*” they were d— bad “*surgeons,*” and “*knawed*” little or nothing about “*Chirurgerie,*” “*anatomia nature or complexions of human’s body and all the vaines of the samen,*” but were exceedingly expert at “*making philobothomia in due time ;*” drawing of blood, or picking of peoples’ pockets. The *barbers* of Edinburgh therefore lost their calling at the “*Craft of Chirurgerie.*”

Now, if the principle of the “*Barber Craft*” is good, that “*every man aught to knaw the nature and substance of every thing that he works in,*” it ought to be extended, or applied, to the Italian trade of the present day, as makers of Curry Powder ; and, in justice to the poor “*barbers*” of Edinburgh, that part of their “*craft,*” of which they “*knaw*” so little, while they practice so much “*philobothomia,*” should be taken away.

It will now be requisite to take a glance at

### SELIM’S TRUE INDIA CURRY PASTE ;

or rather of one or two of the testimonials that is borne of the quality of the dishes which it affords, equal to the finest in India ; the Paste possessing all the various attributes which have been before described. Moreover,

they have been brought to that perfection, as in their present state they are so palatable as to eat well with hot or cold meats; and thus at all times, and with any dishes, the stimulating and healthful properties of a Curry are instantly acquired,—a thing not to be accomplished by any other Paste hitherto in use.

1st—For the last two years, on the occasion of the Lord Mayor's Banquet at Guildhall, there has been six dishes of Selim's True India Curries at the principal table, where the Lord Mayor presides. The following letter from Mr. Softlaw, the contractor for the banquets, will more fully explain.

Bridge House Hotel, Novr. 11, 1842.

Sir,

I have much pleasure in informing you that your Selim's True India Curries were introduced at the Right Honourable the Lord Mayor's Presentation Dinner at my house, on the 2nd instant, at the Dinner given by the Parishioners of St. Olaves to his Lordship and the Sheriffs, also at the Principal Table at the Banquet at Guildhall on the 9th: upon each occasion eliciting the highest approbation. This I believe is the first instance of Curries being introduced at a Lord Mayor's Banquet. It is but justice to add, that from their peculiar rich flavour, and ease and certainty in use, they are by far the best preparations I have ever met with, and they will be invariably used at my house.

I am, Sir,

To  
Captain W. White.

Your obedient servant,  
J. SOFTLAW.

2nd.—Captain George Denny, many years commanding, successively, several first rate East Indiamen, writes:—

Austin Friars, Decr. 20, 1843.

Dear Sir,

I have much pleasure in giving you a most favourable report of your Selim's Paste, which makes the best Curry I have ever tasted in England, and although I have a large quantity of Curry Powder which I brought home on my last voyage in the Prince of Wales, I mean for the future to patronize your Paste. Send me a dozen at your earliest convenience.

To  
Capt. W. White.

Yours very obediently,  
GEO. DENNY.

3rd.—A Morning Paper.—“As old Curry eaters in India, we have no hesitation in saying that it is by far the best preparation which has ever been offered in this country for public approbation. It possesses the genuine Indian flavour, is easy of use, and wholesome to the highest possible extent. These are qualities rarely combined in any article of cookery, and which the Curry Powders and Pastes generally in use do not possess.”—*Mg. Ad.*, April 24, 1840.

4th.—While such is the estimation in which the Paste is held in England, by those whom it may be presumed are competent judges, it has been so highly prized in the Colonies, as to sell at an advance of eighty per cent. on invoice.

*N.B.—These Pastes are sold in Jars at 1s 6d, 3s, and 6s each.*

## SELIM'S TRUE INDIA CURRY POWDER.

Having said so much for the Paste, it is now requisite to speak of the Powder, as affording to those who prefer a Curry Powder, an opportunity of obtaining a superior article, and at a more moderate price,—namely 5s a pound, (usually sold at 8s); 2s 6d the half-pound, or pint bottle; 1s 6d the four ounce, or full size packet.

**TESTIMONIAL.**—Mr. Bloomfield, the proprietor of the Hare Tavern, Cambridge Heath, had made repeated purchases of SELIM'S True India Curry Powder at the shop of Mr. Skelton, 49, Bishopsgate Street Within. At last he remarked, that “it was by far the best that he had ever met with in England, for it threw up the True Indian Flavour, which none of the others that he had used did. He had a great many public dinners at his house; and he invariably introduced the Curries at them, and they were always much admired. He added, that he had for a considerable time superintended the largest hotel in India (Spencer's), and had constantly employed fifty women at manufacturing Curry Powder for exportation.”

This testimonial of the Curry Powders, it will be presumed, is enough to satisfy the consumers of that article where the best that is in use is to be had.

“ THE EVILS OF QUARANTINE LAWS,  
AND NON-EXISTENCE OF PESTILENTIAL CONTAGION.”

By Captain W. WHITE.

Published by EFFINGHAM WILSON, Royal Exchange: 1837.

Price 10s.

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REVIEWS.

“ This is a very scientific work, and worthy the attention of the Government, Medical Gentlemen, and of every person interested in the welfare of the country. \* \* \* In early life, Captain White acquired a considerable knowledge of Pathology, with the proper remedies for diseases; this was most fortunate for the troops under the Captain's command,\* because, in many instances, he gave medicine, successfully, to soldiers attacked with cholera. The Captain forcibly and unanswerably proves that quarantine laws are not only inhuman, but are ineffectual; that under the coercion of quarantine laws humanity is forgotten, and so atrociously barbarous has been the conduct of those persons to whom the administration of the laws were committed, that the sufferings of cholera patients were almost ‘ beyond credibility.’ \* \* \* When posterity shall read the pages of history which record the deaths and sufferings of cholera patients in 1831 and 1832, occasioned by the coercion of the quarantine laws, posterity will then say that those years of murderous suffering were periods of the greatest barbarities, unequalled in countries where man in a savage state is a stranger to the sympathizing feelings of humanity, where pity was never known, and where the most fiendlike dispositions are the characteristics of misanthropy.”—*Bath Journal*.

“ Captain White, although not a medical practitioner, was originally bred to the medical profession, and has evidently brought the foundation of medical study to the aid of the great experience that he has had in what are called contagious diseases, and especially that dreadful scourge, the cholera. Captain White is a non-contagionist, and on this principle he makes out a strong case against the quarantine laws, which he charges with having inflicted misery and death on thousands, whilst they entail an overwhelming expense upon the countries by which they are enforced. He has been a zealous labourer for the abrogation of these laws, and the introduction of more correct views on epidemic diseases, for which purpose he addressed Sir Robert Peel, when in office; the present premier, Lord Melbourne; and now he has dedicated the work to which we are alluding, to the Queen. We would not rashly pronounce an opinion upon a subject surrounded with the difficulties which even professional skill allow to appertain to the doctrine of contagion, but we would ask, as a matter of prime importance to humanity, and of deep responsibility with the government and the professors of the healing art, that they should give to the statements of Captain White at least a calm, an attentive, and an unprejudiced perusal. Those portions of the work which refer to the proceedings of the Board of Health, during the dreadful visitation of 1832, are so startling, that they appear more like a horrid fiction than a record of sober truth. If indeed scenes like these were enacted on our *enlightened* and *scientific* shores, under the authority of the law and the directions of regular physicians, a sifting inquiry is yet due to the claims of society, if not for authoritative notice of the past, at least as a solemn warning and seasonable guide for the future.”—*York Courant*.

“ It professes, not only to expose the evils of quarantine laws, which we are free to confess are about as absurd as they can be, but he enters into statements of abuses committed during the cholera panic—such as the mischiefs committed by drunken doctors poisoning people, burying them alive, &c., &c., &c., which are enough to make one's hair stand on end.”—*United Service Gazette*.

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\* The provincial batallion of Moorshedabad.

"The *sanatory* laws adopted by the Privy Council, on the recommendation of the Board of Health, were not only useless, but, in many cases, the cause of the grossest outrages upon the feelings and property of those, whose relatives had fallen victims to the epidemic, is a fact which is, unfortunately, too notorious. It would be out of place here to insist upon the necessity that exists for some modification being made in those laws; but if any proof were wanting of the absurdity and cruelty of those now in use, the work under consideration now supplies it. The author dedicates it to the Queen, in the hope that she may take it up on her own account. We wish she would."—*Sheffield Iris*.

"A fierce attack on the College of Physicians, and a scornful and indignant exposure of the evils entailed by the Board of Health, which ought to have been called, according to our author "THE BOARD OF DEATH." Captain White has been for many years exerting himself in connexion with this subject, and with a degree of earnestness and perseverance, unbroken by disappointment, which certainly seems to place the sincerity and humanity of his views beyond a doubt.—*Atlas*.

"During the cholera reign of terror he stepped forward with an alacrity and zeal that did him honour, and not only remonstrated with the medical authorities on the pernicious nature of the sanatory regulations which they were enforcing, but actually laid the case before three Prime Ministers of the Empire—Earl Grey, Lord Melbourne, and Sir Robert Peel. All were alike deaf to his humane call, and the consequence, he tells us in plain English, was the awful destruction of human life which characterised the visitation."—*Edinburgh Observer*.

"Certainly from what the gallant Captain says, his displeasure with each and all of these persons and bodies, seems by no means unreasonable. Considering the benevolence of his purpose, his general intelligence, although he is not a medical man the opportunities he had of studying cholera in its native regions, and the obviousness of the long and careful consideration he had given to it—the rebuffs he met with in various quarters alluded to, certainly seem to have been ungracious enough."—*Scotsman*.

"In the whole circle of human opinions, there is not, perhaps, another error so productive of complicated mischief, as that which assumes that epidemic and pestilential diseases depend upon a specific contagion; and hence that quarantine regulations offer a safeguard against their introduction to any particular locality. The very means taken to prevent the contagion, add, incalculably to the malignity of the disease; and thousands of human lives are annually sacrificed on the bare hope of guarding against the operation of a supposed, mysterious, incomprehensible, and imaginary agency, that has no real existence. The British College of Physicians has much to answer for in this respect; and the evidence Captain White has accumulated of their inveterate prejudice and profound ignorance, cannot fail to subject them to general reproach and condemnation. \* \* \* The subject appears to us to be wholly exhausted, and to leave the various governments of Europe, and ours in particular, without even the semblance of an excuse for their perpetration of the present barbarous, vexatious and cruel system of sanatory police."—*Shipping Gazette*.

"Facts, impregnable, unassailable facts, and undeniable severely logical inferences, are the weapons with which this spirited writer combats, and unmercifully lays about him. He is not the first, by many a score, who has affirmed that the panic of the cholera morbus was a medical humbug of the most disgraceful character, got up to increase business, by alarming the nervous into real sickness, and not a few into such excitement, arising from apprehension and terrors of so dire a scourge, as to terminate fatally, and thus give a colour to their fraud. The whole of this is exposed with unmerciful severity, and a series of facts and arguments adduced to demonstrate the non-existence of pestilential contagion, which appears to us irrefragible."—*Bath Herald*.

## ADVERTISEMENT.

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**SELIM'S TRUE INDIAN CURRY PASTE,  
AND CURRY POWDER, SOLD WHOLESALE** at  
the DEPÔT, 116, Fleet Street; **RETAIL** by Messrs.  
Ball & Son, 81, New Bond Street; W. Skelton,  
49, Bishopsgate Street, Within; Knight & Son, 83,  
Gracechurch Street; and at all Italian Warehouses,  
Chemists, and Druggists in the Kingdom.

**N.B.**—Merchants, Shippers, Captains of ships, Clubs,  
Hotels, Noblemen and Gentlemen large consumers,  
supplied at wholesale prices; and the value of a Sove-  
reign sent to any part of the kingdom, package and  
carriage free; all orders must be accompanied with  
reference for payment in Town, or a Post Office Order.  
~~Samples of an Ounce transmitted on the receipt of  
six Post Office Stamps.~~

*~~P.S.~~—The respectable publishers of this work, with the  
view of preventing all possible future disappointment  
to the public, are kind enough to keep the Curry Paste  
on sale, at 137, Strand.*

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