

CHAP. XVI.

Concerning two daily and common Drinks, or Portions much used in the India's, called Chocolate, and Atolle.

Chocolate being this day used not only over all the *West India's*, but also in *Spain*, *Italy*, and *Flanders*, with approbation of many learned Doctors in *Pyyfick*, among whom *Antonio Colmenero of Ledesma*; (who lived once in the *India's*) hath composed a learned and curious Treatise concerning the nature and quality of this drink; I thought fit to insert here also somewhat of it concerning my own experience for the space of twelve years. This name Chocolate is an *Indian* name, and is compounded from *Atte*, as some say; or as others, *Atle*; which in the *Mexican* language signifieth Water, and from the sound which the water (wherein is put the Chocolate) makes, as Choco, Choco, Choco, when it is stirred in a cup by an instrument called a *Molinet*, or *Molinillo*, until it bubble and rise unto a froath. And as there it is a name compounded, so in *English* we may well call it a compounded or a confectioned drink wherein are found many and several Ingredients, according to the different disposition of the bodys of them that use it. But the chief Ingredient (without which it cannot be made) is called *Cacao*, a kind of Nut or kernel bigger then a great Almond, which grows upon a tree called the tree of *Cacao*, and ripens in a great husk, wherein sometimes are found more, sometimes less *Cacao's*, sometimes twenty, sometimes thirty, nay forty and above. This *Cacao*, though as every simple it contains the quality of the four Elements, yet in the common opinion of most Physicians, it is held to be cold and dry, *à prædominio*: It is also in the substance that rules these

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