

[Of the Bark or Leaves of a Tree Called Baobab] Handley Chipman

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Contributors

Contributor Role

Author

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Publication Format

Manuscript

Type

Food

Medicine

Symptoms

perspiration

fevers

heat of urine

Ingredients

couscous

millet flour

lalo

baobab

Places

Senegal

Nova Scotia

Source: Handley Chipman's Notes, Vol. 2

Institution: Nova Scotia Archives | **Source Origin:** Chipman Family Papers | **Reference:** MG Vol. 218 / Microfilm Reel 10,154

Description

A description of the Senegalese practice of adding lalo to couscous for medicinal reasons. No. 205, p. 120. Much of this entry appears verbatim in *The Medical Museum: Or, A repository of Cases, Experiments, Researches, and Discoveries, Collected at Home and Abroad*, Vol. III attributed to "Gentlemen of the Faculty" (London, W. Richardson and S. Clark, 1764), p. 8.

Transcription

Of the bark or Leaves of a tree^Baobabcalled

M^r. [Adanson](#), Saith the principal food of the Negroes at Senegal is called couscous, it is a kind of paste made of the flour of Millet, into which some meat or fish is infused, Into this they always put two or three pinches of Lalo. This is the bark or Leaves of a tree called [Baobab](#), dried in the Shade and reduced to a Powder, which they keep dry in Little Cotton Bags, without any other care, they add this to their food, not to give it a Relish, but to keep up a free perspiration in their body's, which is health to them, and to Allay the too great heat of the blood, &c Experience he saith hath taught him this [ptisan](#) alone is not only sufficient to remedy against ardent fevers, but also against the heat of Urine, which is frequent there from July to Nov^r: the fruite of said tree he saith is not Less useful, then its Leaves, the pulp has an agreable taste, but he saith wine ought to be abstained from &c.

Annotations

[Baobab](#)

The African baobab native to arid regions can live from 2500 to 5000 years. Known as the "tree of life," the baobab is valued for its energy and immunity boosting effects as well as its benefits to skin and digestion.

[Adanson](#)

Botanist Michel Adanson (1727-1806) was the author of *Histoire naturelle de Senegal* (1757) and *Familles naturelles des plantes* (1763). His work was published in English as *A Voyage to Senegal, the Isle of Goree, and the River Gambia*, translated by "an English Gentleman, who resided some Time in that Country."

[ptisan](#)

A nourishing medicinal decoction.

Of the Bark or Leaves of a Tree Called Baobab recipe from Early Modern Maritime Recipes:

<https://emmr.lib.unb.ca/recipes/99>