

Cambridge University Press

978-1-107-69329-6 - The Body of the Conquistador: Food, Race and the Colonial Experience  
in Spanish America, 1492–1700

Rebecca Earle

Index

[More information](#)

## Index

---

- Acosta, José de, 109, 159  
 on Amerindians, 25, 43, 81, 154, 172  
 on food, 43, 54, 131, 138, 149, 153
- Adam, 25, 93, 102
- Africans, 2, 86  
 bodies, 22, 191–200, 211, 213  
 effects of enslavement, 63, 86, 148–51  
 humanity of, 202  
 racialised, 187, 192
- agricultural equipment, 70
- agriculture, 3  
 among Amerindians, 79–82, 160  
 practices from Spain, 69–70  
 significance of, 16–17, 78–83  
 in Spain, 103–5, 116, 176
- Aguilar, Jerónimo de, 54, 210
- air  
 in Africa, 86  
 of home, 62, 63  
 in humoralism, 1, 22, 23, 27, 30, 31,  
 41, 64, 86, 169  
 in the Indies, 47, 48, 49, 85, 89, 90, 91,  
 166, 212
- Álamos de Barrientos, Baltasar, 88, 117
- Albornoz, Rodrigo de, 69, 176
- Alexander VI, 77, 94
- Alfonso IX, 33
- al-Majūsī, *see* Haly Abbas
- almonds, 1, 65, 70, 98
- al-Rāzī, *see* Rhazes
- Alvarez Chanca, Diego, 37, 85
- Alvarez Miraval, Blas, 35, 51
- Alves, Abel, 103
- Amerindians  
 capacity for Christianity, 84, 153–5,  
 163, 177  
 as a category, 6–8, 12, 42, 45  
 characteristics of, 21–7, 45–6, 84  
 differing from Jews, 212–13  
 humanity of, 16, 84, 153–5, 163–4  
 origins of, 24–5, 47, 200–2, 212–13  
 racialised, 187
- Andalusia, 60, 68, 106, 139, 176
- Angeleres, Buenaventura Angela, 65
- Anonymous Conquistador, 131
- Anthilia, 101
- Apologética historia*, 37
- apples, 147
- Aquinas, Thomas, 57
- Arab humoralism, 32, 33
- Arabic, 15, 32, 34, 61
- Arabised Galenism, 15, 34
- Aragon, 64
- Arenas, Pedro de, 147–8
- arepas, 150, 151
- Arias Montano, Benito, 102
- Aristotle, 29, 30, 31, 33, 77, 191, 211
- Arnau de Vilanova, 32, 35
- astrology, 36, 89–90, 111, 203  
*see also* stars
- Asturias, 145
- atole*, 136, 144, 145
- aubergines, 60, 208
- Audiencias  
 Charcas, 176  
 Guatemala, 160  
 Lima, 47, 176  
 Mexico, 38  
 New Granada, 160
- Augustinians, 62, 157
- Aulnoy, Mme, 145
- Avendaño, Francisco de, 83, 198–9
- Averroës, 32
- Avicenna, 32, 33, 34, 36, 37
- Avila, Francisco de, 83
- avocados, 127
- Azores, 93
- Aztecs, *see* Mexica
- bacon, 61, 105, 147
- badgers, 119, 120
- balsam, 116
- bananas, 147
- Banquete de nobles caballeros*, 35

Cambridge University Press

978-1-107-69329-6 - The Body of the Conquistador: Food, Race and the Colonial Experience  
in Spanish America, 1492–1700

Rebecca Earle

Index

[More information](#)

## 256 Index

- Baptism, 59, 208, 213  
 Barcelona, 36, 142  
 bark, medicinal, 218  
   *see also* guaiacum  
 barley, 58, 66  
   cultivated in Indies, 69, 71, 144  
   poor eat, 60, 106  
 Barrios, Juan de, 41  
 bathing, 164, 201, 206  
 beans, 79, 160, 161  
 beards, 21, 25–6  
 beef, 26  
   Amerindians eat, 166, 169, 174  
   eaten in Spain, 56, 119, 125  
   in humoralism, 35, 203  
   in settler diet, 147, 147  
 Bernáldez, Andrés, 66, 208  
 Bhabha, Homi, 179  
 Bible, 93, 94, 102, 106, 115, 156, 192  
 Biscay, 145  
 black bile, 27, 28, 29, 57, 111, 146, 208  
 black pepper, 29, 129, 137  
 blood  
   of Christ, 57, 58, 208  
   in humoralism, 27, 28, 29, 31, 51, 52,  
     56–57, 142, 146, 209  
   blood purity, 7, 9–10, 188, 205, 207,  
     211–12  
 bloodletting, 28, 36, 37, 38, 39, 41  
 Boas, George, 93  
 bodies  
   in *casta* paintings, 194–6  
   colonial, 183–6  
   differences between, 4–5, 15, 16, 20,  
     21–7, 42  
   immutable, 187, 188–9, 193–4, 196,  
     199, 200, 205, 214  
   mutable, 2–3, 5–6, 11, 15, 16, 23–7,  
     47–8, 188–9, 199–200, 204–5,  
     209–11, 214  
   racialised, 4, 188–9  
   religious, 189–91  
   sexual difference, 204–5  
   shaped by cultural practices, 10–11,  
     206–7, 213, 214  
   underlying similarities, 170, 199–200  
 Botero, Giovanni, 126  
 Braude, Benjamin, 192  
 Brazil, 12, 134  
 bread, wheat, 59–60, 119, 166  
   absent in Indies, 54, 65–7  
   healthful, 16, 56, 120, 148  
   religious significance, 57–8, 149–53  
   structural element of Spanish diet, 20,  
     26, 42, 55, 56, 67, 147  
 breads, indigenous, 48  
   compared to wheat bread, 148–53,  
     154–7  
 breast milk, 51–3, 209–11  
 bubas, 15, 111–13  
 cabbages, 55, 70, 77, 78, 105  
 cacao, 41, 136, 160  
   *see also* chocolate  
 Cain, 81, 192–3  
 Calancha, Antonio de la, 98, 157, 200,  
   201  
 California, 96  
 Calvo, Juan, 112  
 Campbell, Mary, 95  
 Camporesi, Piero, 103  
 Cañizares Esguerra, Jorge, 101, 156, 188  
 cannibalism, 12, 121–6  
   settlers to shun, 126–7, 142  
*Canon of Avicenna*, 32  
 Cárdenas, Juan de, 29, 145, 169  
 Caribbean, 45, 121, 134  
   introduction of livestock in, 69, 73  
   as terrestrial paradise, 93–6  
   where wheat does not thrive, 71, 72  
 carrots, 142  
 Cartagena, 91, 207  
 Carthage, 15, 24, 200  
 Casa de Contratación, 72  
 Casey, James, 9, 60  
 cassava, 144, 148  
   compared to wheat bread, 148–52, ,  
     153, 154–7  
   incapable of transubstantiation, 17,  
     151–2  
   in indigenous diet, 26, 142, 169  
   settlers consume, 143–4  
   unsuitable for settlers, 67, 144, 148  
*casta* paintings, 129, 194–6, 198  
 castas, 8, 14, 179, 181, 185, 196  
 caste system, 212  
 Castile, 60, 64, 68, 104, 176  
*castillan tlaxcalli*, 151  
*castillan vino*, 151  
 Catalonia, 60  
 catechisms, 151, 178  
 Catholicism, dietary practices, 16, 42,  
   43, 131, 133  
 Catholics, as a category, 8–10  
 cats, 161  
 cattle, 74, 160, 165  
   *see also* livestock  
 Céspedes, Elena/o de, 204–5  
 change, dangerous if sudden, 23, 30,  
   168–70  
 Chaplin, Joyce, 18, 218  
 Charles V, 100, 109, 176

- cheese, 60
- Chichimecs, 82, 169
- chicken, 26, 60, 164, 203
- children and childhood, 50–2, 63, 124, 144, 194–6, 203–4, 211  
*see also* breast milk
- Chile, 13, 14, 43, 73, 75, 99
- chillies, 129, 146–9, 185  
in indigenous diet, 43, 146, 160, 164, 219  
settlers enjoy, 127, 134, 136, 144, 147  
in Spain, 139
- chinampas*, 80–1
- chocolate, 54  
in indigenous diet, 131, 164  
settlers enjoy, 127, 131–4  
in Spain, 136, 138
- choleric complexion, 46, 208
- chuño*, 143
- Cieza de León, Pedro, 77, 124
- circumcision, 206, 207
- Cisneros, Diego, 77, 87
- civilisation  
associated with agriculture, 79, 82–4  
connections to diet, 3, 16, 118–26, 154  
*see also* *policía*
- classical antiquity, Spaniards surpass, 67
- climate  
in humoralism, 22–5, 27, 28–9, 213  
over-emphasised, 4–5, 6, 47  
and race, 4–5  
*see also* environment, American
- clothing, 66, 108, 164  
regulated, 163, 164, 177, 179, 206  
reveals identity, 6–8, 179, 206  
Spanish  
Amerindians adopt, 167, 178, 180  
recommended for Amerindians, 164, 177
- Cobo, Bernabé, 51, 55, 76, 124, 143, 201
- coconuts, 141
- Colegio de Santa Cruz de Tlatelolco, 89
- colonialism  
anxieties of, 3, 23, 61–3, 84–5, 117, 118, 126–7, 148, 154, 158, 184–6  
benefits of, 166–7  
nature of, 2, 3, 15, 17, 174–86  
providential, 84–5, 91, 92–3, 99–103, 109–10, 116
- Columbus, Christopher, 66, 69, 78, 121  
on American environment, 75, 79, 93–6, 97  
God's agent, 99–100, 103  
health concerns, 1, 16, 22  
requests European food, 1, 16, 69
- Columbus, Fernando, 48
- Communion, 17, 58, 109, 120, 152, 210  
requires wheat and wine, 151–2
- complexion, 28–9, 41, 188  
of Africans, 194  
of Amerindians, 20, 45, 166, 170–1  
of creoles, 87  
of Jews, 208  
shaped by diet, 47–8  
of sons of Ham, 202  
of Spaniards, 46, 65, 91  
origins of, 202–5
- Confession, 120
- confessional manuals, 58, 150, 159
- congregación*, *see* *reducción*
- Conservación de la salud del cuerpo y del alma*, 35
- conversos, 8–9, 211  
bodies, 206–9  
hostility towards, 205–6
- Cope, Douglas, 7
- Corónica moralizada del orden de San Agustín en el Perú*, 157
- Cortés, Hernán, 54, 69, 80, 102
- Council of the Indies, 121
- couscous, 63
- creole patriotism, 97–9
- creoles  
attitudes towards, 87, 88  
compared with Spaniards, 23, 47, 87, 88  
defined, 14  
origins of concept, 86–7
- Crooke, Helkiah, 30
- Crosby, Alfred, 69
- Cuba, 79
- Cuneo, Michele da, 45
- curiosity, 21, 136
- De Indiarum Jure*, 166
- Dean, Carolyn, 179
- Decades* of Peter Martyr, 78
- degeneration, 24, 214
- Descripción de las Indias occidentales*, 12
- Devil, 120, 150, 152
- Diálogos de philosophia natural y moral*, 35
- Díaz de Islas, Ruy, 46
- Díaz del Castillo, Bernal, 80
- diet  
during pregnancy, 203  
enslaved, 63, 86, 148–51  
Islamic, 60, 61  
Jewish, 60, 208, 210  
West African, 63

Cambridge University Press

978-1-107-69329-6 - The Body of the Conquistador: Food, Race and the Colonial Experience  
in Spanish America, 1492–1700

Rebecca Earle

Index

[More information](#)

## 258 Index

- diet, indigenous, 164, 169  
 characteristics, 42–8, 84  
 cooking techniques, 129, 134  
 damaging to settlers, 5, 16, 48–51, 143  
 responsible for indigenous complexion,  
 21–7, 166  
 settlers deplore, 67, 169  
 uncivilised, 118–26  
*see also* individual foodstuffs
- diet, Spanish  
 characteristics, 16, 46, 57, 59–61  
 creates Spanish complexion, 26, 63–5  
 dangerous for Amerindians, 17–18,  
 167–74  
 followed by creoles, 87  
 recommended for Amerindians, 17–18,  
 163, 165, 166  
 vital for settlers' health, 1, 2, 5, 50  
*see also* individual foodstuffs
- digestion, in humoralism, 29, 184
- dogs, 51, 66, 160, 161  
 Amerindians eat, 118, 119, 120, 165
- Dominican Republic, *see* Hispaniola
- Dominicans, 157
- Don Quixote, 60
- Dorantes de Carranza, Baltasar, 146
- dormice, 119
- drunkenness  
 among Amerindians, 8, 44–5, 147,  
 164, 167, 173, 177  
 of Noah, 57, 193
- Durán, Diego, 120, 159
- Dutch East Indies, 184, 214
- dyestuffs, 116
- dyspepsia, 21, 74
- earth, in humoralism, 27, 31
- Ecuador, 134
- einkorn, 66
- embodiment, 10–11, 215  
 of political identities, 63–5  
 of religious identities, 206–9
- emotions, in humoralism, 28, 30,  
 169–70, 171, 204, 208
- encomienda, 69, 73, 98, 182
- enemas, 28
- enslaved people, 14, 63, 86, 180
- environment, American  
 beneficent, 4, 16–17, 84–5, 90, 91,  
 92–3, 105–10  
 dangerous for Spaniards, 1, 2, 16, 24,  
 88–9, 90  
 dangerous zones, 90–1  
 different from European, 49, 50, 85–6,  
 170  
 transformed by colonialism, 109
- Estes, J. Worth, 116
- Eucharist, *see* Communion
- evangelisation, 103, 164–5, 174–5, 181  
 as agriculture, 81, 156–9
- Eve, 81, 93, 102
- Examen de ingenios*, 208
- exercise, in humoralism, 28, 30, 31, 35,  
 42, 169
- expulsions  
 of Jews and Muslims, 9, 205  
 of moriscos, 9, 205, 210–11
- Farfán, Agustín, 41
- fasting, 43, 131, 133
- Ferdinand II, 66, 72, 104, 127, 177
- Feria, Pedro de, 40
- Fernández de Enciso, Martín, 169
- Fernández de Oviedo, Gonzalo, 49, 78,  
 112  
 on the American environment, 92, 107,  
 108, 109  
 on food, 49, 118, 119, 124, 129, 140,  
 154
- fertility, discourse of, 16–17, 71, 75–8,  
 92–3, 103, 106, 107, 110, 117
- figs, 55, 70
- fire, in humoralism, 27, 31
- fish, 56, 90, 119  
 eaten by Amerindians, 20, 46, 121,  
 164, 169
- flax, 70
- Florida, 48, 52, 73, 74, 134, 146
- Floyd-Wilson, Mary, 191
- fœtor judaicus*, 207, 208, 213
- food  
 cultural significance of, 2–3  
 in humoralism, 28–31, 39, 141–2  
 shapes complexion, 5, 28–30, 203,  
 208, 213  
 structures colonial space, 18, 183–6  
 transformative effects of, 2–3, 5, 10,  
 17–18, 21–7, 48–7, 50, 51–4, 146,  
 166, 167–8, 209–10, 213
- foods, new-world  
 ambivalence towards, 140–3,  
 148–53  
 introduced to Spain, 136–40  
 settlers consume, 127–40, 143–4  
 settlers deplore, 26, 118–26  
 unsuitable for settlers, 51–3, 148–51  
*see also* individual foodstuffs
- foods, raw, 120–1, 169
- Foster, George, 38
- four elements, 27, 31
- Fourth Lateran Council, 206
- Franciscans, 164

Cambridge University Press

978-1-107-69329-6 - The Body of the Conquistador: Food, Race and the Colonial Experience  
in Spanish America, 1492–1700

Rebecca Earle

Index

[More information](#)

## Index

259

- French Disease, *see bubas*  
 frogs, 126  
 froth, on chocolate, 131–32, 132, 135, 136  
 frugality, 42–5, 84  
 fruits  
   in humoralism, 141–2  
   in the Indies, 49, 127–9  
   *see also* individual fruits  
 Fuentes y Guzmán, Francisco Antonio de, 43, 52
- Gadalia, Avraham ben Shmuel, 202  
 Gage, Thomas, 39, 40, 133  
 Galen, 31–4, 37, 39, 49, 168  
 Galicia, 145  
 Gante, Pedro de, 150  
 garbanzos, 54, 60, 70, 144  
 Garcés, Julián, 84  
 García, Gregorio, 22, 25–6, 47, 191, 212  
 Garcilaso de la Vega, 143  
 Garden of Eden, 81, 93, 156, 157  
   in Indies, 92, 96, 97, 99, 103, 105, 110  
   *see also* terrestrial paradise  
 genealogy, 6, 7, 9–10, 194–6  
*Geografía y descripción universal de las Indias*, 106  
 geography, 11–12  
 Gerard of Cremona, 33  
 gluttony, 35, 42, 44  
 goats, 56, 74  
   *see also* livestock  
*Gobierno del Perú*, 176  
 gold, 94, 96, 114  
   in Indies, 1, 2, 49, 95, 96, 97, 107, 169  
 golden age, 94, 96  
 González Dávila, Gil, 67  
 González Holguín, Diego, 150  
*gracias al sacar*, 197–8  
 Granada, 145  
*Grandezas y cosas notables de España*, 43  
 Grangel, Luis, 34  
 grapevines, 55, 69, 71, 73, 76, 77  
   settlers required to grow, 66, 70, 72  
 Greece, medical traditions from, 31–2  
 guaiacum, 111–13, 116  
 Guatemala, 65, 76, 97  
   indigenous population, 43, 160–3, 164–5  
 guavas, 106  
 guinea pigs, 8
- hair, 7, 8, 21, 22, 206  
 Haiti, *see* Hispaniola  
 Haly Abbas, 32  
 Ham, curse of, 191–4  
   and African bodies, 192, 196  
   and dark skin, 189, 191–200, 214  
   and indigenous bodies, 200–2, 213  
 Hanks, William, 164  
 harvests  
   in the Indies, 76, 83, 105–6  
   in Spain, 103–4  
 Havana, 39  
 health  
   maintained through diet, 29–31  
 health manuals, 15, 34–6, 38, 40–1, 203  
 hearts of palm, 50  
 hemp, 70  
 herbs  
   eaten by Amerindians, 20, 49, 82, 121, 126  
   medicinal, 91, 114, 115, 116  
   salad, 35, 70  
 heredity, 203–4, 211  
 heresy, 9, 64, 101  
 Hernández, Francisco, 55  
   on American environment, 24, 107  
   on Amerindians, 37, 43, 118, 119  
   on new-world foods, 131, 137, 145, 146  
   *Rerum Medicarum*, 114–15  
 Herrera, Antonio de, 12, 82, 171, 173  
 Herrera, Gabriel Alonso de, 56  
 Herzog, Tamar, 64  
 Hippocrates, 22, 30, 31, 32, 49, 168  
 Hispaniola, 49, 72, 94, 109, 157  
   early Spanish settlement, 1, 23, 48, 49, 67, 121  
   indigenous population, 24, 78, 168, 172, 174  
*Historia de las Indias*, 100, 146  
*Historia del Nuevo Mundo*, 201  
*Historia general del Perú*, 108  
*Historia general y natural de las Indias*, 49  
*Historia medicinal de las cosas que se traen de nuestras Indias Occidentales que sirven en Medicina*, 114  
*Historia natural y moral de las Indias*, 54  
 honey, 1, 99, 105, 127, 129  
 horses, 73, 108, 147  
 Huarte de San Juan, Juan, 63, 203, 208–9  
 humanist medicine, 15, 34  
 humoralism, 3, 5–6, 14–15, 167–8  
   afterlife, 18, 219  
   described, 27–33  
   in English colonies, 217–18  
   in the Indies, 37–42  
   popular knowledge of, 36–7, 38–42, 48–51  
   and race, 18

Cambridge University Press

978-1-107-69329-6 - The Body of the Conquistador: Food, Race and the Colonial Experience  
in Spanish America, 1492–1700

Rebecca Earle

Index

[More information](#)

## 260 Index

- in Spain, 33–7
- humours, 30, 31
  - characteristics of, 27
  - generated by food, 5, 20, 45
  - see also* individual humours
- Hunayn ibn Ishāq, *see* Johannitius
- hunger, 76, 103, 106, 110, 119
  - absent in Indies, 107–8
- Hutten, Felipe de, 148
- Hutten, Ulrich von, 112
- hybridity, 126–7, 134–6, 143–4, 147–8, 184–6
- Ibn Rushd, *see* Averroës
- Ibn Sīnā, *see* Avicenna
- idolatry, 8, 83, 126, 159, 172, 209
- iguanas, 131
- illness, 110, 189–90
  - among Amerindians, 2, 4, 6, 146, 163, 168–74
    - Spanish explanations for, 167–74
  - among settlers, 1, 3, 48, 50, 85
  - among the enslaved, 63, 86, 148
  - in Europe, 36, 104, 111, 142
  - travel-induced, 61–3
- importation
  - of European foods, 2, 16, 54–5, 68–70, 72–4, 146
  - of foods in Spain, 104, 136
- impotence, 41
- Inca empire, 13, 150
- India, 129, 217
- indianos*, 137
- Indies, defined, 11
- Inquisition, 9, 205
  - in Indies, 8, 41, 126, 133, 152, 184, 207
  - investigates crypto-Jews, 61, 205, 206, 207
- insects, 90, 160
  - Amerindians eat, 119, 124
  - in European culture, 119–20
  - in indigenous ritual, 120
  - settlers eat, 126
  - see also* ticks
- iron, 66
- Isabel I, 64, 66, 100, 104, 123, 177
- Isidore of Seville, 27, 31, 56, 94
- Jaime II, 35
- Japan, 94, 97
- Jauja, 105
- Jáuregui, Carlos, 122
- Jerusalem, 100, 115, 119
- Jesus Christ, 57, 150
- Jewishness
  - embodied, 206–9
  - indelible, 211–12, 214
- Jews, 8–9, 10, 81
  - Amerindians descend from, 15, 24, 25, 200, 212–13
  - bodies, 206–9
  - forbidden pork, 61
  - hostility towards, 187, 205–6
  - impure, 211–12
  - racialised, 187, 188, 212
- Joan Baptista, 58
- Johannitius, 32
- John XXI, 35
- Jones, Hugh, 218
- Joyfull News out of the New-found Worlde*, 114
- Laguna, Andrés, 190
- Lamarck, Jean-Baptiste, 219
- lamb, 166
  - nourishing, 26, 39, 60, 74
  - in Spanish diet, 55, 56, 67, 125
- land of Cockaigne, 94, 105, 106
- Landa, Diego de, 145, 164–5
- language
  - Amerindians should adopt Spanish, 161, 174, 176, 177
  - in colonial space, 6–8, 12, 98, 164, 165, 180
- lard, 74
- Las Casas, Bartolomé de, 37, 122, 181
  - on Amerindians, 20, 82, 97
  - on new-world foods, 48, 127, 146
  - on wheat, 106, 157
- Latin, 15, 33, 34, 40, 57, 84, 89, 102
- Lavallé, Bernard, 86
- León Pinelo, Antonio de, 97
- Léry, Jean de, 154
- Letter Concerning the Islands Recently Discovered*, 95
- lettuce, 70, 77, 78
- Levi Strauss, Claude, 120
- libraries, 33, 38, 115
- Libro de las profecías*, 100
- Lima, 90, 96, 105
- limpieza de sangre*, *see* blood purity
- livestock, 69, 73–4, 82, 92
  - see also* individual animals and stock rearing
- lizards, 121, 126
- Lizárraga, Reginaldo de, 52, 170
- llamas, 82, 129
- Lobera de Avila, Luis, 35
- locus amoenus*, 95, 97
- Lope de Vega y Carpio, Félix Arturo, 14, 61, 100, 150

- López, Gregorio, 40  
 López Bravo, Juan, 76  
 López de Gómara, Francisco, 82, 100, 119, 198  
 López de Velasco, Juan, 23, 72, 79, 106, 108, 167  
 López de Villalobos, Francisco, 111  
 López Medel, Tomás, 65, 160–3, 173  
 López Piñero, José María, 37  
 Lot, 57  
 Luther, Martin, 101
- Madrid, 137  
 magic, 41–2, 133  
 maguey, 120, 147  
 maize, 41, 83, 148, 152  
   compared to wheat, 148–53, 154–7  
   in Europe, 144–5  
   incapable of transubstantiation, 17, 151  
   in indigenous diet, 43, 142, 161  
   settlers consume, 143–4  
   thrives in Indies, 76, 107  
   unsuitable for settlers, 67, 146–9  
   in West Africa, 63, 144
- Malaga, 145  
 manatees, 131  
 Mandeville, John, 94  
 manioc, *see* cassava  
 manna, 203  
 maps, 11, 12, 94, 100  
 Martínez, Henrico, 23, 28, 88  
 Martínez, María Elena, 10, 211, 212  
 Marx, Leo, 117  
 maternal imagination, 198–9, 203–4  
 Matienzo, Juan de, 176–7  
 maxims, 37, 55, 62, 154, 168  
 Maya, 54, 160–3  
 meat  
   absent in indigenous diet, 43, 46  
   raw, 120–1, 169  
 meats, new-world  
   settlers enjoy, 129–31  
   stigmatised, 49, 165  
   *see also* individual animals  
 meats, old-world, 119  
   cost, 60, 74–6  
   dangerous for Amerindians, 169, 172–3, 174  
   essential for Spaniards, 1, 42, 55  
   recommended for Amerindians, 165, 166, 167, 174, 219  
   *see also* individual meats  
 medical practices, indigenous, 37–8, 41  
 medicines, 41, 110–16, 218  
 Medina, Pedro de, 43  
 melancholia, 28, 29, 46, 57  
   afflicts Amerindians, 45, 170, 171  
   afflicts the enslaved, 63  
   melons, 77, 78, 142  
 Mendieta, Gerónimo de, 25, 172  
 Menéndez, Pedro, 72  
 menstruation, 133  
   in humoralism, 28, 207  
   in Jewish men, 207–8  
 Mercado, Pedro de, 35  
 Mercedarians, 121  
 mercury, 112  
 mestizos, 86, 160  
*metates*, 136, 185  
 Mexía, Pedro, 36, 203  
 Mexica, 13, 71, 89, 152  
 Mexico, 38, 72, 114–15  
   fertility of, 76  
   indigenous population, 14, 43, 120, 165  
   old-world crops introduced, 71, 73, 75  
 Mexico City, 7, 40, 146–9  
   1692 riot, 179–80  
   food production, 71, 80  
   healthful, 7, 107  
 mice, 119, 120, 165  
 millet, 60, 66  
 Minsheu, John, 163  
 miseries of Spain, 107–8  
 Monardes, Nicolás, 113–14, 115  
 Montanari, Massimo, 56, 61  
 moriscos, 8–9, 205, 210–11  
 Motolinía, Toribio de, 82, 106  
 mulattos, 8, 179, 181, 195  
 Murúa, Martín de, 108, 121  
 Muslims, 8–9, 100, 101, 187  
   prohibited pork and alcohol, 61  
   racialised, 188
- Nagera Yanguas, Diego de, 147–50  
 Nahuatl, 147, 150, 151, 165  
 naming practices, 7, 176  
 natural heat, 29  
 New Laws, 182  
 New Spain, *see* Mexico  
 Nicolasa Juana, 8, 196  
 Niremberg, Juan Eusebio, 204  
 Nirenberg, David, 189  
 Noah, 57, 191–2, 193  
   universal ancestor, 22, 25, 191  
 Norton, Marcy, 136  
 nostalgia, 61–3, 171  
*Nuevo mundo descubierto por Cristóbal Colón*, 100, 150  
 Nuñez de Oria, Francisco, 35  
 nuns, 133

Cambridge University Press

978-1-107-69329-6 - The Body of the Conquistador: Food, Race and the Colonial Experience  
in Spanish America, 1492–1700

Rebecca Earle

Index

[More information](#)

## 262 Index

- Nutton, Vivian, 32
- oats, 60, 66, 106
- olive oil, 16, 50, 58–9, 60, 65, 166  
cost, 68, 74  
exported to the Indies, 68, 74  
structural element of Spanish diet, 55, 67
- olive trees, 68, 70, 71, 75
- olives, 55
- On Airs, Waters and Places*, 31
- On the Nature of Man*, 31
- onions, 60, 70, 208
- Ophir, 24, 94, 96
- oranges, 41
- Orinoco River, 93
- Otomies, 82
- owls, 120
- Padrón, Ricardo, 11
- Pagden, Anthony, 121, 215
- Panama, 50, 73
- Pané, Ramón, 78
- panic grass, 66
- Panza, Sancho, 60
- Paracelsus, 34
- Parets, Miquel, 36, 142
- parrots, 46
- Paster, Gail Kern, 30, 185
- Patagonia, 122
- Paul III, 84, 153
- Pedro Hispano, *see* John XXI
- performativity, of identity categories, 7–8, 9–10
- Persia, 32
- Peru, 12, 72, 97  
European crops cultivated, 75, 76, 77, 98–9, 105  
fertility of, 76, 77, 98–9, 105, 108  
indigenous population, 170, 176–7  
wine production, 73, 75
- Peter Martyr d'Anghiera, 124, 170  
on new-world foods, 128, 129  
on the American environment, 77–8, 96, 109
- Philip II, 114
- Philip III, 88
- Philippines, 11
- phlegm, 20, 27, 28, 57, 111
- phlegmatic complexion, 29, 45
- pigs, 51, 164, 165  
introduced to the Indies, 73–4  
*see also* livestock
- pineapples, 106, 137, 141  
settlers enjoy, 127–8, 128
- Pineda, Juan de, 156  
*pinole*, 144
- Pizarro, Francisco, 66
- plantains, 63, 144
- Plato, 47
- Pliny, 191, 205
- poetry, pastoral, 96, 117
- policia*, 12, 163–4, 166  
*see also* civilisation
- Polo, Marco, 94
- pomegranates, 58, 108
- porcupines, 119
- pork, 39, 56, 60  
Amerindians eat, 166, 169, 174  
as Catholic food, 61, 206  
produced in Indies, 72, 73–4  
in settler diet, 67, 144, 147  
*see also* bacon
- porosity, 15, 30–1, 42, 53, 185
- Portugal, 11
- potatoes, 54, 144, 161  
compared to wheat bread, 148–52  
in indigenous diet, 26, 142  
settlers consume, 134, 143–4
- poultry, 39, 78, 147, 160, 161, 164  
*see also* chicken *and* turkeys
- prayer  
Lord's prayer, 150, 157  
in medicine, 41, 189–90  
pregnancy, 190, 203, 204
- printing press, 40
- Protestantism, 102, 154
- providence  
guides colonial endeavour, 3, 16, 84–5, 91, 99–103, 116  
revealed in nature, 91, 92–3, 99–103, 109–10, 111–13, 116, 218
- Puebla, 84, 106
- Pueblo Revolt, 161
- pumpkins, *see* squash
- purging, 28, 30, 37, 38, 39, 40, 41
- Quechua, 12, 83, 150  
*quelites*, *see* herbs
- Quito, 7
- race  
and digestion, 48  
as natural hierarchy, 214–15  
nineteenth-century ideas, 16, 18, 188, 214  
origins of, 3–4, 18, 186, 187–9, 213–16  
as permanent embodied difference, 4, 6, 187, 188, 212, 213–14
- radical moisture, 29



- radishes, 70, 77, 108  
raisins, 1, 65  
rats, 118  
*raza*, emergence of term, 212  
*reconquista*, 100, 101  
*reducción*, 164, 171, 181  
Reformation, *see* Protestantism  
regimen, 30, 31  
*Regimen sanitatis ad regem aragonum*, 35  
*Regimiento y aviso de sanidad*, 35  
*Relación de las cosas de Yucatán*, 164  
religious practices, indigenous, 120, 152–3, 165  
*Reportorio de los tiempos e historia natural desta Nueva España*, 28  
republic of Indians, 180–2  
reputation, 9–10  
*Res Medicarum Novae Hispaniae Thesaurus*, 114  
*res nullius*, 82  
Rhazes, 32, 33  
rice, 60, 63  
Rio de la Plata, 73, 106  
Rocha, Diego Andrés, 47–8  
Rodríguez de Almela, Diego, 23  
Rodríguez de Montalvo, Garci, 96  
roots  
  eaten by Amerindians, 20, 49, 66, 82, 121, 169  
  as religious metaphor, 156, 159  
  shallow in the Indies, 88  
rye, 60, 66, 106, 145  
  
Sahagún, Bernardino de, 89, 165  
Saïd, Edward, 188  
sailors, 67, 144  
salad, 35, 55, 142  
  *see also* herbs *and* lettuce  
Salinas y Córdova, Buenaventura de, 75, 200  
salt, 43, 173–4  
Sandoval, Alonso de, 202  
Sandoval, Prudencio de, 211  
sanguine complexion, 29  
Santa Elena, 50, 54, 69, 144, 148  
Santiago de Compostela, 217  
Santo Domingo, 49  
São Tomé, 217  
Saracens, 190, 206  
sarsaparilla, 112, 116  
Schoenfeldt, Michael, 29, 184  
second nature, 30, 54, 168, 203  
Segovia, 104  
semen, 25, 203, 209  
Sepúlveda, Juan Ginés de, 166  
*Sergas de Esplandián*, 96  
sermons, 37, 40, 58, 105, 133, 151, 165  
Seville, 114  
sexual encounters, 23, 51, 184, 194, 203–4  
sheep, 51  
  in Indies, 74, 75, 83, 104, 165  
  *see also* livestock  
shoes, 8, 161, 167  
Sierra, Justo, 219  
Sigüenza, José de, 115  
*Silva de varia lección*, 36  
silver, 68, 73, 107, 114, 167, 177  
sin, 120, 123, 189–91  
six non-naturals, 28–9, 32, 38, 170, 204  
size  
  of creole body, 23  
  of indigenous body, 47  
skin colour, 21  
  of Africans, 22  
  of Amerindians, 47, 200–2  
  of creoles, 23, 47  
  humoral explanations for, 22, 48, 191, 199–200, 201, 202  
  mutable, 188  
  origins of dark skin, 22, 190–1, 198–9, 201–2, 213  
  permanent, 193–4, 200, 205  
  shaped by climate, 22, 191, 193, 201, 202, 213  
  shaped by diet, 48, 201–2  
  of Spaniards, 21  
  whiteness, 190, 191, 201  
  *see also* Ham, curse of  
skunks, 120, 165  
slavery  
  African, 13, 63, 148–51, 192, 198, 199, 202  
  Amerindian, 123, 169, 181  
  justifications for, 198, 199  
sleep, in humoralism, 28, 30, 31, 34, 35  
snakes, 90, 119, 126, 157  
*Sobre las pestíferas bubas*, 111  
sobriety, among Spaniards, 45, 56–7, 64, 167  
sodomy, 126, 204  
Solórzano Pereira, Juan de, 58, 61, 79, 97, 166, 177, 180  
sorghum, 66  
Spain, as an entity, 6  
Spaniards  
  as a category, 6, 63–5  
  characteristics of, 43–6, 63–5  
  compared with creoles, 23, 87  
  population in Indies, 13, 134–8

Cambridge University Press

978-1-107-69329-6 - The Body of the Conquistador: Food, Race and the Colonial Experience  
in Spanish America, 1492–1700

Rebecca Earle

Index

[More information](#)

## 264 Index

- Spearing, A.C., 95  
*Speculum doctrinale*, 210  
spiders  
  eaten by Amerindians, 119, 121, 126  
  settlers to shun, 142  
spinach, 108  
squash, 77, 78, 140, 144, 160  
stars, 27  
  influence of, 23, 24, 50, 89, 98, 193  
  *see also* astrology  
stock rearing, 56, 73–4, 104, 161, 167  
  *see also* livestock  
Stoler, Ann Laura, 10, 184  
*Sublimus Dei*, 84, 153  
sugar, 1, 29, 41, 78, 99, 116, 127, 143  
  production, 13, 70, 217  
*Summa Theologica*, 57  
sweet potatoes, 26, 139  
  settlers consume, 129, 136, 140–1, 147  
syphilis, *see* *bubas*
- Taino, 2, 78, 169  
tamales, 136  
Tarshish, 94, 97  
Tartars, 24, 201  
*Teatro mexicano*, 92  
teeth, 41, 112, 164  
Tenochtitlán, 80  
*terra nullius*, *see* *res nullius*  
terrestrial paradise, 16, 79, 92, 93–9, 115  
  *see also* Garden of Eden  
*Tesoro de medicina para diversas enfermedades*, 40  
ticks, 119, 120–1  
toads, 119  
Toledo, 33  
tomatoes, 54, 138–42  
  in indigenous diet, 43, 146  
  settlers consume, 134, 136, 147  
Torquemada, Juan de, 193, 213  
torrid zone, 22, 77–9  
tortillas, 50, 136, 145, 147, 150–3  
  in indigenous diet, 43  
  likened to Host, 150–1  
  settlers consume, 143–4  
*Tractado breve de medicina*, 41  
transubstantiation, 17, 57–8, 151–2, 154–7  
travel writing, 94  
travel, dangers of, 61–3, 85–6, 136–7, 168–70, 217  
*Travels of Sir John Mandeville*, 94  
tribute, 6, 7, 160, 175  
*Tesoro de los pobres*, 35  
Tunja, 107  
turkeys, 26, 160  
turnips, 60, 139  
Twinam, Ann, 198
- ungulate eruption, 74  
universities, 9, 15  
  Alcalá, 113, 114  
  Mexico, 38  
  Montpellier, 32  
  Salamanca, 33, 37  
  San Marcos, 47  
  Seville, 113  
  teach humoralism, 32, 33–4  
  Valencia, 33  
  Zaragoza, 34  
Urabá, 78  
urine, 36  
Uros Indians, 120
- Valencia, 60  
Valladolid, 161  
Vargas Machuca, Bernardo de, 23, 39, 40, 50, 70, 173, 174  
Vásquez de Espinosa, Antonio de, 193, 200  
vegetables  
  in humoralism, 141–2  
  *see also* individual vegetables  
Venezuela, 134, 148, 150, 154  
Vespucci, Amerigo, 96, 121, 124  
Vetancurt, Agustín de, 92, 93  
Vincent, of Beauvais, 210  
vinegar, 65, 67  
Virgil, 36, 95  
Virginia, 217, 218
- Wade, Peter, 215  
water  
  in humoralism, 1, 27, 31, 64, 169  
  in the Indies, 47, 48, 49, 91, 98  
weasels, 119  
wet nurses, 51–3, 209–11  
wheat, 160  
  cultivated in Indies, 54, 70, 71–2, 75, 144  
  cultivated in Spain, 59–60, 104  
  essential for settlers, 67, 71, 217  
  flour required for Communion, 17, 58, 151–2, 154  
  healthful, 1, 50, 55, 69  
  imported from Europe, 54–5, 68  
  indigenous responses to, 161, 167  
  as metaphor, 149, 156–9, 175  
  price, 68, 104  
  settlers required to grow, 69  
  thrives in Indies, 77, 83, 99, 106, 107  
  *see also* bread, wheat

Cambridge University Press

978-1-107-69329-6 - The Body of the Conquistador: Food, Race and the Colonial Experience  
in Spanish America, 1492–1700

Rebecca Earle

Index

[More information](#)

## Index

265

- Wilson, Kathleen, 213
- wine, 166
- absent in Indies, 46, 54, 66
  - dangerous for Amerindians, 172–3
  - dilution of, 34, 60
  - exported to Indies, 68, 72–4
  - healthful, 1, 16, 20, 26, 50, 56–7, 67, 173, 217
  - produced in Indies, 73, 75, 99
  - recommended for Amerindians, 166
  - required for Communion, 57–8, 151–4
  - structural element of Spanish diet, 42, 55, 56–7, 60, 67, 119, 147
  - symbolic of Spanish identity, 57–8, 61
- women
- as cooks, 134–6, 145
  - drink chocolate, 133–34, 142
  - as sexual partners, 24, 134
  - typical complexion, 45, 204
  - as wet nurses, 51–3, 209–11
- worms, 46, 118, 119, 120–1, 126
- writing, 66
- Xerez, Francisco de, 67
- Ximénez, Francisco, 115
- yams, 63, 79
- yellow bile, 27, 28, 57, 141, 208
- yield
- maize, 161
  - potatoes, 161
  - wheat, 105–6, 161
- Yucatan, 54, 164, 196
- Zurara, Gomes Eanes de, 192–3, 199