

## #DELIGHTS

# How Ice Cream Was Invented: A Sweet Journey Through History

How the Ice Cream came to be



Ice cream is one of the world's most beloved desserts, enjoyed in countless flavors and forms across the globe. But have you ever wondered where this chilly treat came from? The invention of ice cream is a story that spans centuries, continents, and cultures, starting long before the invention of modern refrigeration.

### Early Beginnings: Frozen Delights in Ancient Times

The origins of ice cream date back thousands of years to ancient civilizations that experimented with chilled treats.

- **China (around 200 BCE):** Some of the earliest references to frozen desserts come from ancient China, where a mixture of milk and rice was packed in snow to create a type of frozen dish.
- **Persia (around 400 BCE):** The Persians invented a chilled dessert called faloodah, made with semolina noodles and semi-frozen syrup, flavored with rose water and lime.
- **Roman Empire:** Roman emperors like Nero reportedly sent slaves to collect mountain snow, which was then flavored with fruit and honey.
- **These early versions weren't exactly ice cream, but they laid the groundwork for cold, sweet creations.**

### The Arab Influence

In the 7th to 9th centuries, Arabs began making a sweet frozen drink called sharbat (the origin of the word *sherbet*), using sugar, fruit juices, and snow. They also pioneered the use of milk and sugar together, an important step towards modern ice cream.

### Ice Cream in Europe

- **Italian nobility:** Italian nobility who married into the French royal family, is often credited with bringing frozen desserts to France. By the late 1600s, ice cream was becoming a popular delicacy among European aristocrats.
- **France (17th century):** Catherine de' Medici, an

### Crossing the Atlantic: Ice Cream in America

- **Ice cream made its way to America in the 18th century.**
- **George Washington and Thomas Jefferson** were known fans. Jefferson even had his own recipe.
- **In 1790, America's first ice cream parlor** opened in New York.

### The Rise of Modern Ice Cream

- **The 19th and 20th centuries** brought significant advancements.
- **1843:** Nancy Johnson, an American, invented the hand-cranked ice cream churn, making it easier to produce ice cream at home.
- **1851:** Jacob Fussell, a Baltimore milk dealer, opened the first large-scale ice cream factory, turning it into a commercial product.
- **20th century:** With the advent of mechanical refrigeration and freezers, ice cream production boomed. Innovations like the ice cream cone (popularized at the 1904 World's Fair), sundaes, and ice cream bars followed.

### Ice Cream Today

Now, ice cream is a global phenomenon with endless varieties, gelato in Italy, kulfi in India, mochi ice cream in Japan, and more. From gourmet shops to soft-serve machines, the treat has come a long way from its ancient roots.



Yakhchal in Iran where ice used to be stored.



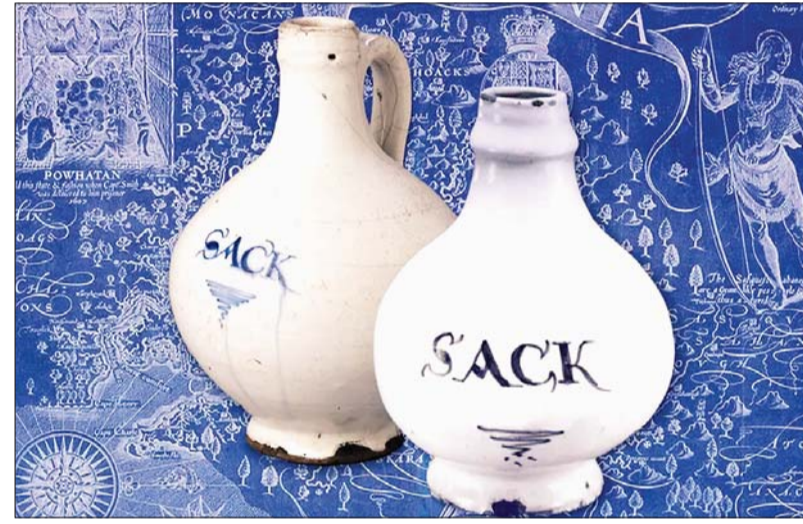
## Optimism is Powerful

Positive Thinking Day, observed on September 13 each year, is dedicated to embracing the power of optimism and cultivating a positive outlook on life. It encourages people to focus on the brighter side of situations, replace negative thoughts with constructive ones, and spread encouragement to others. Positive thinking has been linked to improved mental health, stronger relationships, and even better physical well-being. On this day, individuals are inspired to practice gratitude, share kindness, and foster resilience in the face of challenges. Positive Thinking Day is a reminder that a hopeful mindset can transform both personal growth and collective harmony.

# One of the First War Crimes

Today, war crimes are generally defined as violations of codified rules of warfare. Examples range from torture to taking hostages to killing combatants who have surrendered. Article 8 of the Rome Statute of the International Criminal Court explicitly categorizes 'employing poison or poisoned weapons' as a war crime; this stipulation echoes Grotius, who codified European legal ideas dating back to antiquity that defined the use of poison in war as a crime. Still, the question remains: Would the 17th-century Europeans who poisoned the Powhatans have viewed their own actions as a war crime?

## #WAR



To allay any suspicions, an English colonist took a drink from one container, then surreptitiously offered another filled with poisoned wine to the Powhatans.

soon traveled to London, where Pocahontas sat for a portrait and met members of the English elite, including the king and queen.

In 1617, after the birth of their son, Thomas, the couple decided to return to Virginia. But Pocahontas became ill and died at the age of just 20 or 21. Her body is buried in the English town of Gravesend. According to a Mattaponi oral history, Pocahontas' older sister and the quakros (priests) who accompanied them to England believed that she was poisoned by Englishmen involved in the colony, including Rolfe.

"Certain people believed that Pocahontas would endanger the English settlement, especially because she had new insights into the political strategy of the English colonists to break down the Powhatan structure," note Linwood "Little Bear" Custalow and Angela L. Daniel "Silver Star" in *The True Story of Pocahontas: The Other Side of History*. But this suggestion never spread among the colonists.

Wahunsenacohock died soon after his daughter, in 1618. The Powhatan confederacy fell under the control of one of his brothers, Ioyatim, who was closely aided by another brother, Opechancanough, a Pamunkey leader who became the group's war chief. Tensions between indigenous peoples and newcomers rose again, likely exacerbated by colonists trying to acquire more land for tobacco, the most profitable export at the time. Within four years, the Powhatans concluded that the newcomers had overstepped their bounds. On March 22, 1622, Opechancanough and his allies attacked outlying English farms and small communities. On a single day, the Native warriors killed 347 colonists of all ages, or about one-



The only artistic likeness of Pocahontas made during her lifetime.

fourth of the colonial population of Virginia. The body count would have been higher if not for the warning of a Powhatan boy who had converted to Christianity. Colonists soon launched a series of reprisals, but they couldn't get past the shock of the event they quickly labeled a "massacre."

A chronicler named Edward Waterhouse wrote a lurid history of the attack, which was published in London before the end of the year. In addition to his descriptions of carnage, Waterhouse claimed that Opechancanough had traveled to a coastal indigenous community in search of poison to use against the colonists, though he failed to find any. Waterhouse's list of victims' names filled nine pages of his book.

If Opechancanough had tried to acquire poison, he was likely after water hemlock or mandrake, two plants the Powhatans knew could be used to make poison, according to an indigenous oral history English

(14) **Poison and other provisions, to fill and trucke with us, for gifts, bottles, and other trades yea or some factors, that dwome at Bostwick with one people as their cables, whom immediately with their own swords and spears, cythes had downe, or flanding as their hoves, they belyed and barbarously murdered, cutting their throats or fire, then man or child. In followe in their cruel execution, that few or none of the captives were or shew the horrible ston of destruction. In which manner they also fire many of our people in their dwellings, houses, and buildings in the fields, and without their bodies, some in burning Cores and Tobacco, some in gathering kind of millinery, they well knowing what pleasure and comfort of use were waie, in regard of their daily familiarity, and refer to us for trading and other purposes, they were not willingly wey to be contented and cheereful for the sake we had of, for the more they sawe, that was the more their execution. And by this means that full Friday morning, there fell under the bloody and horrid hand of their perfidious and inhumane people, contrary to all lawes of God and man, and Nature, some hundred forty seven men, women, and children, most taking away life, some they fell after night, some they died, and as well a very child, a fish, number, of the English, and amongst the dead, carrying some away in their hands, and some in their mouths.**

(15) **the rest well knowe youe them, from whom they had daily receaved many benefites and favours, but finally also suffered them, without remorse or pity, being in this more full then Lyons and Dragons, which as Histories record have bene so faire from having, as they have had a knowledge, and good of good doers, though done to cruel death, as to make them see off the very nature of healy, and see on humanity upon them. But their malice, contrary to our own words and more then measure it bestrifed. One instance of it, amongst too many, full four folla.**

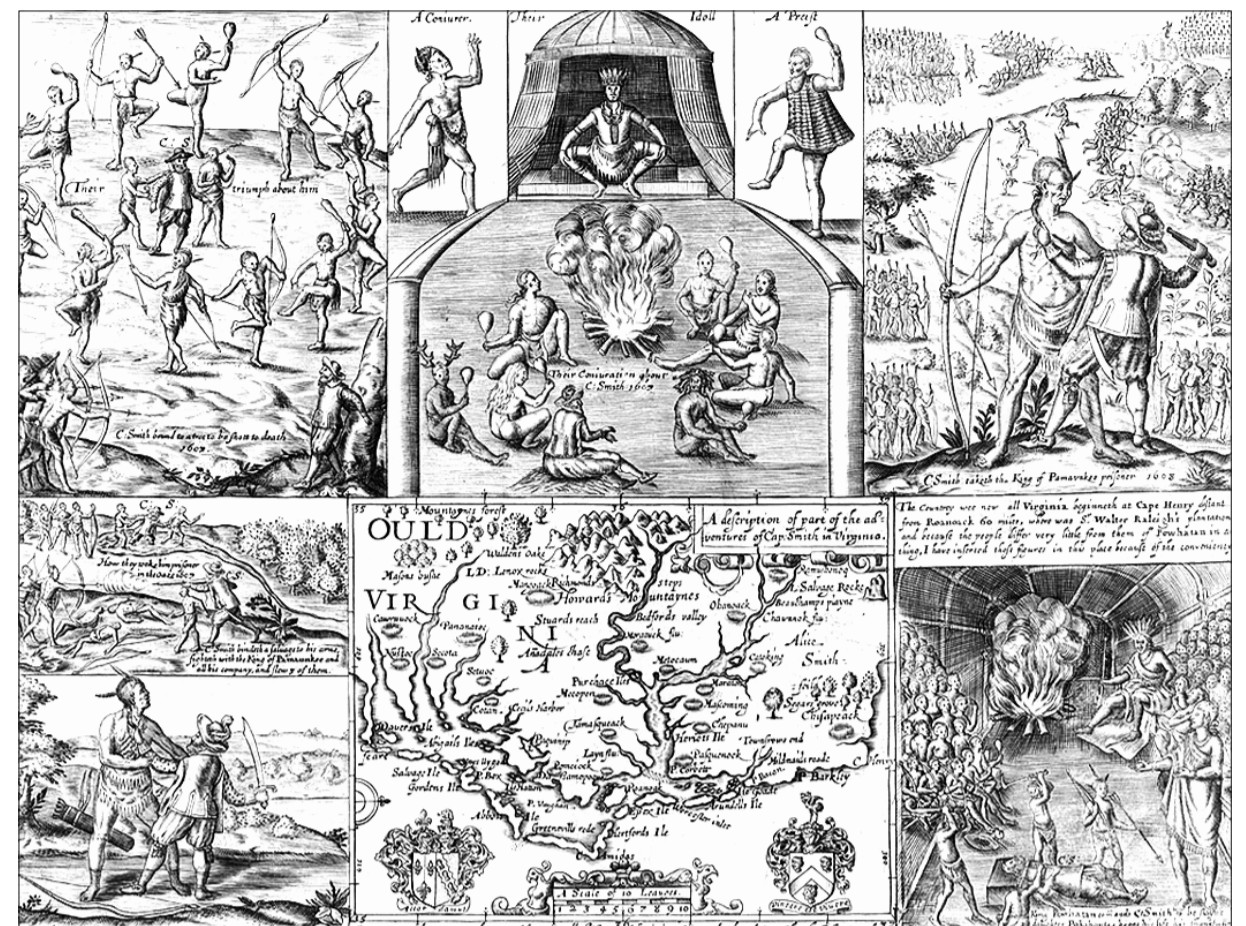
**That worthy religious Gentleman, Master George (16) one of his Majesties Preceptors, and in one of the greatest of our Majesties, and in one of the did to truly and carefully affect their execution, and was for more over them, that was the more their execution. And by this means that full Friday morning, there fell under the bloody and horrid hand of their perfidious and inhumane people, contrary to all lawes of God and man, and Nature, some hundred forty seven men, women, and children, most taking away life, some they fell after night, some they died, and as well a very child, a fish, number, of the English, and amongst the dead, carrying some away in their hands, and some in their mouths.**

readers of Waterhouse's book would have known that local plants near the Chesapeake could be used to make poison, a fact they learned from Thomas Harriot, a mathematician who had traveled to the Outer Banks in 1585 and returned home with a large amount of tobacco. Harriot described a plant called *oscushaw*, which had a poisonous juice that needed to be extracted before the Algonquian speakers of the region could make bread from it.

Fourteen months after the March 1622 uprising, a colonial commander named William Tucker and 12 men ascended the Potomac River to rescue captives taken in the conflict, now called the Second Anglo-Powhatan War. According to Robert Bennett, proprietor of a local corn and tobacco plantation, the English told the Powhatans that they had come to sue for peace. One witness claimed that the soldiers placed the rescued captives in a



A 1585 painting of a Chesapeake Bay warrior by John White. The artwork was adapted to represent Opechancanough in the engraving at left.



Engraving depicting John Smith's experiences in colonial America.

recently as January 1623, Virginia's council had sent a report to London bragging that colonial soldiers had stolen the Powhatans' corn, burned their towns and likely killed more of their enemies in the region than ever before.

But what happened on May 22 stands out against this bloody backdrop. Until that encounter, the English had never intentionally used poison in war. In Europe, doing so was unacceptable, as Grotius and others pointed out.

When word of the incident leaked, Governor Francis Wyatt and Virginia's council told London officials that the report was false. Still, while denying that English soldiers had distributed poisoned sack to the Powhatans, the colonists pointed out that doing so would have been legitimate, given Opechancanough's earlier efforts to acquire poison.

Council members acknowledged that the parley had gone wrong; that soldiers had killed 9 (not 50) Powhatans; and that they had failed to find Opechancanough, "the prime plotter and actor of the late inhuman massacre." They admitted that the soldiers could have had poison with them but said they were certain that no one died from poisoning. Even if some did succumb, the colonists argued, their deaths would have been justified to save "so many captivated Christians." Two sources claimed Opechancanough was shot during the incident, but in fact he lived another 23 years, until colonists captured him in 1646. An English soldier murdered the aged leader while he was in captivity.

Despite the council's denials of wrongdoing, James I sent a message across the ocean that a colonist named John Potts (or Pottes) should not be involved in governing Virginia because he was "the possessor of the savages (there)."

Scholars who have written about early Virginia widely accept as fact that the poisoning occurred. "How many sickened and died is uncertain," says James Horn, president of the Jamestown Rediscovery Foundation and the author of a crucial 2021 book about Opechancanough. "But the English reported to the Virginia Company in London with evident satisfaction that their 'successful stratagem' had killed many Indian chiefs and commanders, including the great chief Opechancanough. No unease, either in the colony or in England, was expressed at the time about the method adopted."

Horn adds, "Labeling the Native Americans a barbarous and treacherous enemy, Virginia's leaders declared they 'held nothing unjust' that would lead to the Powhatans' ruin since 'with these (peoples) nei-



Illustration of John Smith taking Opechancanough prisoner.

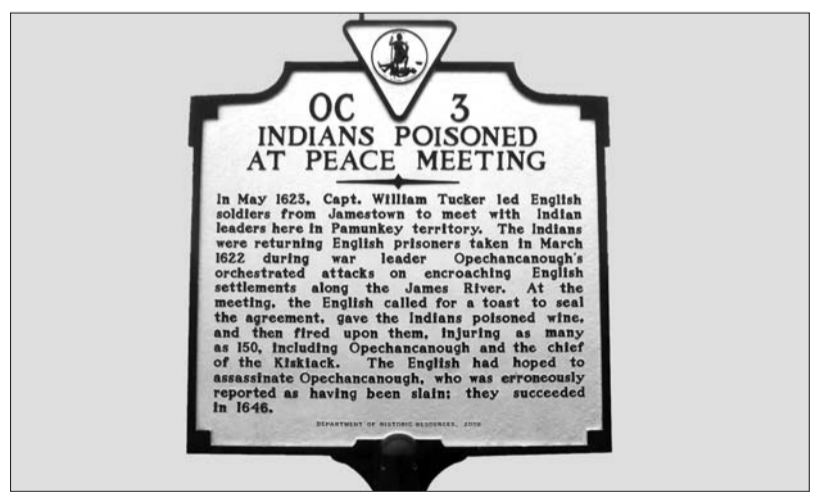
their fair war nor good quarter is ever to be held." The poisoning fit a pattern, the late Yale University historian Edmund Morgan observed, "of lulling the Indians into security, the better to surprise them." The poisoning of May 1623 represents a turning point in the history of the English conquest and colonization of North America. The early modern Atlantic world was a brutal place and no population had a monopoly on unleashing violence against others, either in wars of conquest, civil wars, or through captivity and enslavement. But before 1607, the English believed that they would not need to conquer territory through war. They were sure that indigenous peoples would quickly recognize the superiority of the newcomers' culture, from missionaries who promised a route to a true heaven to a benevolent monarch who would enclose and protect them in his metaphorical arms. Despite the violence that plagued the

region from 1609 to 1614, Powhatans and English worked to coexist, at least for a time.

March 24, 1622, changed that calculus, not only in Virginia but across English America. During the Elizabethan era, English promoters of colonization believed that indigenous peoples would embrace the European way of life. But the Powhatans' rebellion revealed the error of that assumption. The colonists felt betrayed, which may help explain their lust for revenge.

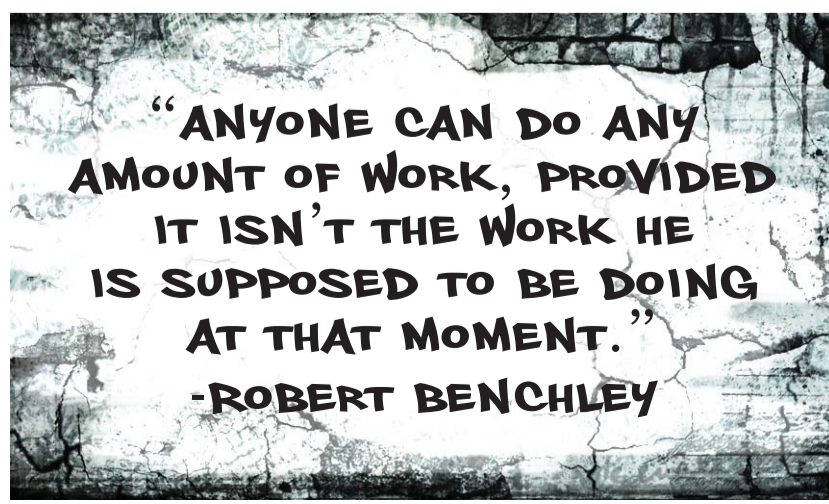
This shifting perspective can be seen in what became the most enduring visual image of the Second Anglo-Powhatan War. In 1628, Matthäus Merian, an artist who worked in his family's publishing house in Frankfurt, created an engraving to accompany the German and Latin translations of Waterhouse's account. Over the previous three decades, the firm's engravers had often created terrifying images, depicting Iberian Catholics committing brutal acts against Indigenous Americans. Drawing on this visual repertoire, Merian depicted the Powhatan surprising colonists at their tables, stabbing and clubbing innocents. European viewers of the image may have concluded that there was no need to abide by the common rules of war in the wake of such an attack. The Second Anglo-Powhatan War came to a formal conclusion in 1623, but by then, Europeans who wanted to wrench eastern North America away from its Indigenous occupants seemed more willing to engage in acts that fit modern definitions of a war crime. They did not resort to poison on a large scale again, but in New England in 1637 and in New Netherland a few years later, they set Native towns on fire and shot those who tried to escape.

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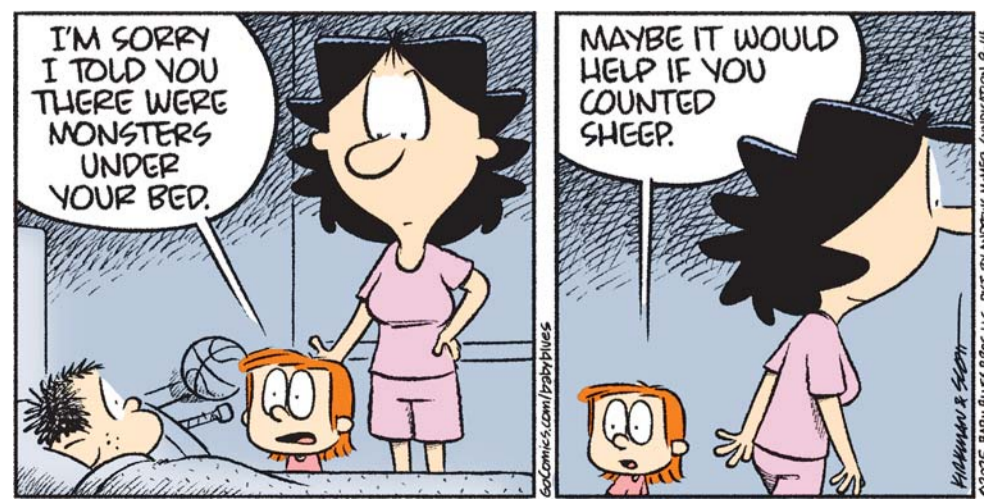


A plaque commemorating the 1623 poisoning.

## THE WALL



## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman