

quantity of salt and of the herbs of your garden, to give a better relish to their *Couscou*, which is a dish made of the meal of rice or maiz soaked in broth.

If you have any old negro, or one in weak health, employ him in fishing both for yourself and your negroes. His labour will be well worth his subsistence.

It is moreover for your own interest to give your negroes a small piece of waste ground to improve at the end of your own, and to engage them to cultivate it for their own profit, that they may be able to dress a little better, by selling the produce of it, which you ought to buy from them upon fair and just terms. It were better that they should employ themselves in cultivating that field on *Sundays*, when they are not *Christians*, than do worse. In a word nothing is more to be dreaded than to see the negroes assemble together on *Sundays*, since, under pretence of *Calinda* or the dance, they sometimes get together to the number of three or four hundred, and make a kind of *Sabbath*, which it is always prudent to avoid; for it is in those tumultuous meetings, that they sell what they have stolen to one another, and com-