

Pa Tes Academic PDF

pa tes: A Complete Guide to the Delicious French Pastry

Introduction

Pa tes, a quintessential French pastry, has delighted taste buds worldwide for centuries. Known for its flaky layers, buttery flavor, and versatility, pa tes is a staple in bakeries, cafes, and households. Whether enjoyed as a breakfast item, a snack, or a sophisticated dessert, pa tes offers an array of flavors and styles that cater to every palate. In this comprehensive guide, we'll explore the history, types, preparation techniques, and tips for making perfect pa tes, ensuring you have all the knowledge needed to appreciate and create this delectable pastry.

Understanding Pa Tes: Origins and History

Historical Background

Pa tes originate from France, with roots tracing back to the Middle Ages. The word "pa tes" simply means "dough" or "pastry" in French, but over time, it has become synonymous with a particular type of layered, flaky pastry. The development of pa tes is closely linked to the evolution of French baking techniques, especially the art of puff pastry (pâte feuilletée).

The creation of puff pastry is credited to French bakers in the 17th century, who perfected the method of folding and rolling dough with butter to produce countless thin layers. This technique revolutionized pastry making and led to the rise of various types of pa tes, including classic croissants, mille-feuille, and palmiers.

Historical Significance and Cultural Impact

Today, pa tes are not just a pastry but a symbol of French culinary artistry. They are featured in celebrations, morning routines, and high-end patisseries worldwide. The craftsmanship involved in making authentic pa tes reflects France's rich baking tradition, emphasizing precision, patience, and quality ingredients.

Types of Pa Tes

French pa tes come in numerous forms, each with unique characteristics, fillings, and textures. Here is an overview of the most popular types:

1. Croissants

- Flaky, buttery, crescent-shaped pastries.
- Made from laminated dough with layers of butter.
- Often enjoyed plain or filled with chocolate, almond, or ham and cheese.

2. Mille-Feuille

- Also known as Napoleon.
- Composed of layers of puff pastry alternated with pastry cream.
- Topped with icing or powdered sugar for decoration.

3. Palmiers

- Also called elephant ears.
- Made from puff pastry rolled with sugar.
- Baked until caramelized and crispy.

4. Pithivier

- A round, sealed tart with filling such as almond cream or fruit.
- The outer pastry is laminated and often decorated with intricate patterns.

5. Vol-au-Vent

- Puff pastry cases filled with savory ingredients like chicken, mushrooms, or seafood.
- Used as appetizer or main course.

6. Chausson aux Pommes

- Apple turnovers made with laminated dough.
- Filled with spiced apple compote.

How to Make Classic Pa Tes at Home

Creating authentic pa tes requires patience and attention to detail. Here's a step-by-step overview of making puff pastry, the foundation of many pa tes:

Ingredients Needed

- 2 ½ cups (310g) all-purpose flour
- 1 teaspoon salt
- 1 cup (226g) unsalted butter, cold
- About ¾ cup (180ml) cold water
- Optional: vinegar or lemon juice to inhibit gluten formation

Preparation Steps

- Mix Dry Ingredients: Combine flour and salt in a large bowl.
- Cut in Butter: Using a pastry cutter or fingers, incorporate cold butter into the flour until the mixture resembles coarse crumbs.
- Add Water: Gradually add cold water, mixing until the dough just comes together.
- Shape and Chill: Form the dough into a rectangle, wrap in plastic, and refrigerate for at least 30 minutes.
- Laminate the Dough:
 - Roll the chilled dough into a rectangle.
 - Fold into thirds like a letter (single turn).
 - Rotate 90 degrees and repeat rolling and folding for multiple turns (typically 3-4 times).
- Final Chill: After each turn, chill the dough to maintain the butter's firmness.
- Use the Puff Pastry: Roll out the layered dough to your desired thickness for shaping into croissants, palmiers, or other pa tes.

Tips for Perfect Pa Tes

Achieving bakery-quality pa tes at home can be challenging, but these tips will help you succeed:

1. Use Cold Ingredients

- Cold butter and water are essential to create flaky layers.

- Keep ingredients refrigerated until use.

2. Don't Overwork the Dough

- Handle the dough minimally to prevent gluten development, which can make the pastry tough.

3. Maintain Proper Folding Technique

- Precision in folding and rolling is crucial for lamination.
- Keep the dough cold during lamination to prevent butter from melting.

4. Rest the Dough

- Allow the dough to rest in the refrigerator between folds to relax gluten and keep layers distinct.

5. Use Quality Butter

- Opt for high-fat, European-style butter for rich flavor and optimal layering.

6. Bake at High Temperature

- Bake pa tes at 375-400°F (190-200°C) to ensure puffiness and golden color.

Serving and Pairing Suggestions

Pa tes are incredibly versatile and can be served in various ways:

- Breakfast: Warm croissants with jam, butter, or honey.
- Snacks: Palmiers or chausson aux pommes.
- Desserts: Mille-feuille paired with coffee or tea.
- Savory Options: Vol-au-vent filled with creamy chicken or seafood.

Pair your pa tes with complementary beverages:

- Coffee or Espresso
- Tea (black, green, or herbal)
- Champagne or Sparkling Wine (for celebratory occasions)
- Sweet Wines (like Sauternes) for dessert-style pa tes

Health and Nutrition Considerations

While pa tes are undeniably delicious, they are also rich in butter and refined flour. Moderation is key when enjoying these pastries. For healthier alternatives:

- Use whole-grain flour or reduce butter content.
- Incorporate fillings with fruits or vegetables to add nutrients.
- Enjoy as part of a balanced diet.

Where to Buy Authentic Pa Tes

If baking isn't your preference, authentic pa tes can be purchased from:

- French bakeries and patisseries in major cities.
- Specialty grocery stores with imported French products.
- Online bakeries offering fresh or frozen pa tes shipped directly to your door.

Conclusion

Pa tes epitomize French baking mastery, combining technique, quality ingredients, and artistry. Whether you choose to craft your own or indulge in authentic offerings from renowned bakeries, understanding the history, types, and preparation methods enhances your appreciation for this beloved pastry. With patience and practice, you can master the art of making perfect pa tes at home and enjoy the flaky, buttery delights that have captivated generations.

Meta Description: Discover everything about pa tes ? the iconic French pastry. Learn about its history, types, recipes, tips for perfect baking, and serving suggestions in this comprehensive guide.

Pa Tes: An In-Depth Exploration of a Unique Culinary Delight

Pa Tes is a beloved traditional dish that has carved its niche in the culinary landscape of its region of origin. Rich in history, flavor, and cultural significance, pa tes offers a culinary experience that transcends mere sustenance to become an emblem of cultural identity and communal bonding. In this comprehensive review, we will explore every facet of pa tes?from its origins and ingredients to

cooking techniques, variations, cultural importance, and modern adaptations.

Origins and Cultural Significance of Pa Tes

Historical Background

- Etymology and Roots: The term 'pa tes' is believed to have originated from indigenous languages of the region, with some scholars suggesting links to ancient dialects that describe communal or celebratory dishes.
- Historical Evolution: Historically, pa tes was prepared during festivals, family gatherings, and significant communal events, serving as a symbol of unity and shared heritage.
- Cultural Identity: Over centuries, pa tes has become more than just a dish; it's a cultural emblem representing regional identity, craftsmanship, and traditional culinary practices.

Role in Society and Celebrations

- Pa tes is often served during festivals, weddings, and communal celebrations, acting as a centerpiece that brings families and communities together.
- It symbolizes prosperity, hospitality, and the importance of tradition in maintaining social bonds.

Core Ingredients and Variations

Fundamental Ingredients

While recipes may vary regionally, the core ingredients of pa tes typically include:

- Main Protein: Usually poultry, beef, or fish, depending on local preferences.
- Grains or Starches: Rice, maize, or other locally available grains form the base or accompaniment.
- Vegetables: Root vegetables, leafy greens, and seasonal produce are incorporated for flavor and nutrition.
- Seasonings and Spices: A blend of herbs, spices, and sometimes fermented condiments give pa tes its distinctive taste.

Regional Variations

- Type of Protein:

- Poultry-based pa tes: Common in regions where chicken or duck is prevalent.
- Beef pa tes: Typical in areas with cattle farming traditions.
- Fish pa tes: Popular in coastal communities.
- Cooking Methods:
 - Stewing: Slow-cooked with aromatic herbs.
 - Grilling: Open flame preparation emphasizing smoky flavors.
 - Braising: Using broth and spices for tender, flavorful meat.
- Flavor Profiles:
 - Some regions favor spicy, chili-infused versions.
 - Others prefer milder, herbaceous flavors.

Preparation Techniques and Cooking Processes

Traditional Methods

- Marination: Proteins are often marinated with local herbs, spices, and acids to tenderize and infuse flavor.
- Layered Cooking:
 - Base Layer: The grains or starches are par-cooked.
 - Protein Layer: The marinated meat or seafood is added.
 - Vegetables and Seasonings: Placed on top or mixed in.
- Slow Cooking: Many traditional recipes involve slow simmering over low heat, allowing flavors to meld.

Modern Techniques

- Use of pressure cookers or slow cookers to reduce cooking time while preserving authentic flavors.
- Incorporation of modern kitchen gadgets for consistency and efficiency.

Key Tips for Perfect Pa Tes

- **Use fresh, high-quality ingredients.**
- **Balance spices and seasonings for depth without overpowering.**
- **Allow adequate resting time after cooking for flavors to develop fully.**

- **Experiment with traditional and contemporary flavor combinations.**

Serving Suggestions and Accompaniments

Typical Serving Styles

- Served hot, often directly from the cooking vessel.
- Accompanied by side dishes like pickles, fresh herbs, or bread.
- Sometimes presented in communal platters, encouraging sharing.

Popular Accompaniments

- Fresh Herbs: Cilantro, parsley, or regional herbs.
- Pickles and Fermented Vegetables: Adds tang and contrast.
- Bread or Flatbreads: To scoop or wrap the pa tes.
- Sauces and Condiments: Spicy chili sauces, tangy chutneys, or fermented condiments.

Presentation Tips

- **Garnish with fresh herbs for visual appeal.**
- **Use traditional serving ware to enhance authenticity.**
- **Arrange side dishes for a balanced, colorful plate.**

Nutritional Profile and Health Aspects

Nutrition Breakdown

- Rich source of protein from meat or fish.
- Provides complex carbohydrates from grains or starches.
- Contains essential vitamins and minerals from vegetables and herbs.
- Potential for high sodium or fat content depending on preparation methods.

Health Considerations

- **Use lean cuts of meat and reduce added fats for healthier options.**
- **Incorporate plenty of vegetables to increase fiber and micronutrients.**

- **Be mindful of salt and spice levels, especially for sensitive individuals.**
- **Consider alternative ingredients for dietary restrictions (e.g., gluten-free grains).**

Modern Adaptations and Global Influence

Fusion and Contemporary Twists

- Chefs around the world are experimenting by incorporating international flavors?such as adding coconut milk, curry spices, or using plant-based proteins.
- Vegan and vegetarian versions are gaining popularity, substituting meat with mushrooms, legumes, or tofu.

Global Recognition and Popularity

- Pa tes has transcended regional boundaries through food festivals, culinary shows, and social media sharing.
- It?s increasingly featured in contemporary restaurants seeking to showcase authentic or innovative regional cuisine.

Challenges and Opportunities in Modernization

- **Maintaining authenticity while adapting to dietary trends.**
- **Preserving traditional cooking techniques amidst fast-paced modern life.**
- **Educating new generations about cultural significance and traditional methods.**

Conclusion: The Enduring Charm of Pa Tes

Pa Tes stands out as a dish deeply rooted in tradition, embodying the culinary identity of its region. Its rich flavors, cultural significance, and versatility make it a timeless classic that continues to evolve with modern influences. Whether prepared as a traditional stew during a community festival or reimagined as a contemporary fusion dish, pa tes remains a testament to the power of food as a vessel of culture, history, and communal joy.

For enthusiasts and culinary explorers alike, mastering pa tes offers an opportunity to connect with a heritage that values shared meals, storytelling through flavors, and the artistry of traditional cooking.

Embracing both its history and innovations, pa tes promises to remain a cherished dish for generations to come.

Question What is 'pa tes' and how is it used in cooking? 'Pa tes' is a traditional ingredient or seasoning used in certain cuisines, often adding a unique flavor to dishes. Its specific use varies depending on the regional recipe, typically enhancing the taste of stews, sauces, or marinades. Are there any health benefits associated with 'pa tes'? Yes, depending on its ingredients, 'pa tes' can contain herbs and spices that offer health benefits such as anti-inflammatory properties, improved digestion, or antioxidant effects. Always check the specific composition to determine its benefits. **Answer** How can I incorporate 'pa tes' into my everyday cooking? You can add 'pa tes' to soups, stews, marinades, or even roasted vegetables to enhance flavor. Start with small quantities and adjust according to taste preferences to explore its culinary potential. Is 'pa tes' a common ingredient in international cuisines? 'Pa tes' is more specific to certain regional cuisines, but similar ingredients or seasonings can be found worldwide. Its popularity is growing as chefs explore diverse flavors and culinary traditions. Where can I buy authentic 'pa tes' products? Authentic 'pa tes' products can often be found in specialty Asian or African grocery stores, or online through specialized food retailers. Always check product reviews and authenticity to ensure quality. Are there any variations or different types of 'pa tes' available? Yes, 'pa tes' can come in various forms and recipes, depending on the region or intended use. Variations may include different herbs, spices, or preparation methods, allowing for a range of flavors and applications.

Related keywords: pate, pâté, French cuisine, appetizer, spread, foie gras, terrine, charcuterie, gourmet, savory

AUGUSTINE A VERY SHORT INTRODUCTION VERY SHORT INT

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Augustine of Hippo, often simply called Saint Augustine, is one of the most influential figures in Western philosophy and Christian theology. His work has shaped religious thought for centuries and continues to influence modern discussions on faith, morality, and human nature. In this article, we will provide a very short introduction to Augustine, exploring his life, key ideas, and lasting legacy.

Who Was Augustine?

Augustine was born in 354 CE in Thagaste, a Roman city in North Africa, present-day Algeria. He lived during a time of significant religious and philosophical change, witnessing the decline of the Roman Empire and the rise of Christianity as the dominant faith in the Western world. Augustine's

early life was marked by curiosity, intellectual pursuits, and a search for meaning. He initially embraced Manichaeism, a dualistic religion, before converting to Christianity at the age of 32.

His conversion was a pivotal moment, leading him to become a bishop, theologian, and prolific writer. Augustine's writings laid the groundwork for many doctrines of the Catholic Church, such as original sin, grace, and the nature of the soul. His most famous work, "Confessions," is considered one of the first autobiographies, giving insight into his spiritual journey and personal struggles.

Core Ideas of Augustine's Philosophy and Theology

1. The Nature of God and Humanity

Augustine believed in a transcendent, omnipotent God who is the ultimate source of all existence. He emphasized the importance of divine grace in human life, asserting that humans are inherently flawed due to original sin—a consequence of the fall of Adam and Eve. This sin separates humanity from God, making divine grace essential for salvation.

2. The Concept of Original Sin

One of Augustine's most influential doctrines is original sin, which states that all humans inherit the sin of Adam and Eve. This inherited condition affects human nature, making people prone to sin and in need of divine intervention. Augustine argued that only through God's grace could individuals be redeemed and restored to a right relationship with Him.

3. The Role of Grace and Free Will

Augustine believed that human free will alone was insufficient for salvation because of the corrupt nature of human desires. Instead, he emphasized the necessity of divine grace—God's unmerited favor—to enable individuals to choose good and attain salvation. This doctrine highlights the sovereignty of God in the process of salvation and underscores human dependence on divine aid.

4. The City of God and Earthly City

In his famous work "The City of God," Augustine distinguished between the earthly city, characterized by self-love and material concerns, and the heavenly city, rooted in love of God. He argued that true happiness and eternal life are found in the heavenly city, and that earthly institutions are temporary and often corrupt. This work was written in response to the fall of Rome and the decline of paganism, offering a Christian perspective on history and society.

Augustine's Impact on Christianity and Western Thought

1. Influence on Christian Doctrine

Augustine's teachings became central to Catholic doctrine. His ideas about original sin, grace, and predestination heavily influenced the development of Western Christian theology. Many churches and theologians have built upon his works, making him a key figure in shaping Christian orthodoxy.

2. Contributions to Philosophy

Beyond theology, Augustine made significant contributions to philosophy, particularly in the areas of epistemology and the philosophy of time. His concept of the inner self and introspection laid the groundwork for later psychological theories. His reflections on eternity and the nature of time remain relevant in philosophical discussions today.

3. Legacy and Modern Relevance

Augustine's ideas continue to resonate in contemporary debates about faith, morality, and human nature. His emphasis on divine grace and the importance of inner spiritual life influences religious thinkers, while his reflections on human frailty and the search for meaning appeal to broader philosophical audiences.

Key Works by Augustine

To understand Augustine's thought, it is essential to familiarize oneself with his major writings:

- **Confessions** ? An autobiographical work detailing his spiritual journey and conversion.
- **The City of God** ? A philosophical and theological treatise on the relationship between the divine and earthly realms.
- **On the Trinity** ? A detailed exploration of the Christian doctrine of the Trinity.
- **On Free Choice of the Will** ? A discussion of free will, sin, and divine grace.

Conclusion

Augustine of Hippo remains a towering figure whose insights into human nature, divine grace, and the relationship between church and state continue to influence theology, philosophy, and even modern thought. His very short introduction to his life and ideas offers a glimpse into a thinker whose work has endured for over a millennium, shaping the spiritual and intellectual landscape of the Western world. Whether one is interested in religious doctrine, philosophical inquiry, or cultural history, Augustine's legacy provides valuable perspectives that remain relevant today.

Augustine: A Comprehensive Examination of His Life, Thought, and Legacy

Introduction

Augustine of Hippo, often referred to simply as Saint Augustine, stands as one of the most influential figures in the history of Western philosophy and Christian theology. His writings and ideas have shaped theological discourse for over a millennium and continue to resonate in contemporary philosophical debates. This article aims to provide a thorough investigation into Augustine's life, intellectual development, core teachings, and enduring legacy, offering scholars and enthusiasts a detailed understanding of his significance.

Biographical Overview

Early Life and Background

Augustine was born in 354 CE in Thagaste (modern-day Souk Ahras, Algeria), a Roman provincial town in North Africa. His father, Patricius, was a pagan who converted to Christianity later in life, while his mother, Monica, was a devout Christian whose faith profoundly influenced Augustine's spiritual journey. Raised in a Christian environment, Augustine was exposed early to religious teachings but also indulged in the pleasures of Roman society, including rhetoric, literature, and philosophy.

Academic and Personal Development

Augustine pursued studies in rhetoric and philosophy in Carthage, where he encountered Manichaeism, a dualistic religion that profoundly impacted his worldview. His intellectual curiosity led him through various philosophical schools, including skepticism and Neoplatonism, before his eventual conversion to Christianity. His restless search for truth culminated in his famous conversion experience in 386 CE, which marked a turning point in his life and thought.

Clerical Life and Later Years

After his conversion, Augustine was ordained a priest in 391 CE and later became the Bishop of Hippo (modern Annaba, Algeria). His episcopate was marked by extensive writings, theological debates, and efforts to combat heresies such as Donatism and Pelagianism. Augustine died in 430 CE during the siege of Hippo by invading Vandals, leaving a legacy that would influence Christianity and Western thought for centuries.

Core Philosophical and Theological Ideas

Original Sin and Human Nature

One of Augustine's most enduring contributions is his doctrine of original sin. He argued that

humanity inherited a fallen state from Adam's disobedience, which corrupts human nature and separates individuals from God. This doctrine emphasizes the necessity of divine grace for salvation, shaping Western Christian views on sin and redemption.

Key points:

- Humanity is inherently sinful due to the Fall.
- Human free will is limited without divine grace.
- Baptism serves as a sacrament to cleanse original sin.

Grace and Free Will

Augustine's understanding of grace is central to his theology. He contended that human effort alone is insufficient for salvation; instead, divine grace is essential and irresistibly effective. His debate with Pelagius—who emphasized human free will—highlighted Augustine's belief that grace precedes and enables good acts.

Highlights:

- Grace is a gift from God that enables salvation.
- Human cooperation with grace is possible but not the root cause of salvation.
- The concept of predestination: God's sovereign choice in salvation.

The City of God and Earthly Society

In his seminal work, *The City of God*, Augustine contrasts the earthly city (representing human pride and materialism) with the heavenly city (symbolizing divine love and eternal life). This dualism reflects his view that Christians should prioritize spiritual over worldly pursuits.

Major themes:

- The transient nature of earthly powers.
- The importance of divine grace in achieving eternal life.
- The role of the Church as the earthly embodiment of the heavenly city.

Knowledge, Truth, and the Problem of Evil

Augustine's epistemology emphasizes that true knowledge is rooted in divine illumination. He

famously addressed the problem of evil, asserting that evil is a privation of good rather than a substance, and that God permits evil for the greater good of free will and divine justice.

Key insights:

- Knowledge is accessible through divine light.
- Evil arises from free will, not from God.
- God's omnipotence and omnibenevolence remain compatible with the existence of evil.

Philosophical and Theological Debates

Manichaeism and Neoplatonism

Augustine's early engagement with Manichaeism, a dualistic religion positing two equal and opposing principles of good and evil, deeply influenced his understanding of the universe. His eventual rejection of Manichaeism led him toward Neoplatonism, which emphasized the unity of being and the soul's ascent toward the One.

Discussion points:

- The limitations of dualism in explaining evil.
- The influence of Neoplatonic hierarchy on Augustine's metaphysics.
- His critique of Manichaeism's material dualism.

Pelagian Controversy

Pelagianism, which minimized original sin and emphasized human free will, posed a significant challenge to Augustine's doctrine of grace. Augustine responded vigorously, affirming the necessity of divine grace for salvation and condemning Pelagian teachings as heretical.

Implications:

- Affirmation of original sin.
- Rejection of the idea that humans can achieve salvation without divine aid.
- The development of doctrines regarding predestination.

Influence on Later Theology and Philosophy

Augustine's ideas laid the groundwork for medieval Scholasticism, notably influencing thinkers like Thomas Aquinas. His doctrines of grace, original sin, and the nature of the soul have persisted as foundational concepts in Christian theology.

Legacy and Contemporary Relevance

Impact on Christian Doctrine

Augustine's theological insights have profoundly shaped doctrines concerning sin, grace, salvation, and the nature of the Church. His articulation of the relationship between divine sovereignty and human free will remains central to Catholic, Protestant, and Orthodox traditions.

Influence on Western Philosophy

Beyond theology, Augustine's philosophy addresses questions of time, memory, and the nature of the self—topics that continue to influence existentialism, phenomenology, and cognitive science.

Modern Interpretations and Critiques

Contemporary scholars analyze Augustine's ideas through various lenses:

- Hermeneutic approaches examine his texts for their linguistic and cultural contexts.
- Feminist critiques assess his views on gender and sexuality.
- Philosophical debates explore his theories of free will and evil.

While celebrated for his profound insights, some critics challenge aspects of his views on predestination and original sin, debating their implications for human agency and justice.

Conclusion

Augustine's life and thought constitute a cornerstone of Western intellectual history. His synthesis of Christian doctrine with classical philosophy created a rich theological framework that has endured through centuries. As an investigator of the human condition, a defender of divine grace, and a pioneer of metaphysical inquiry, Augustine's legacy remains vital for understanding both religious and philosophical landscapes today. His writings continue to inspire, challenge, and guide those seeking to comprehend the divine, the self, and the nature of reality.

QuestionAnswer Who is Augustine in the context of philosophy? Augustine was a Christian theologian and philosopher from the 4th century, known for his influential writings on faith, reason, and theology. What is the main focus of 'Augustine: A Very Short Introduction'? The book provides a

concise overview of Augustine's life, thought, and impact on Christian theology and Western philosophy. Why is Augustine considered a pivotal figure in Western thought? He bridged the gap between classical philosophy and Christian doctrine, shaping medieval and modern theology and philosophy. What are some key themes discussed in the short introduction to Augustine? Key themes include his conversion experience, his views on original sin, divine grace, and the nature of the soul. How does the book explain Augustine's influence on later Christian theology? It highlights his development of doctrines like just war theory, original sin, and the City of God, which influenced Christian thought for centuries. Is the 'Very Short Introduction' suitable for beginners? Yes, it provides a clear and accessible summary ideal for readers new to Augustine or philosophy in general. What makes this introduction to Augustine 'very short' and concise? It distills his life and ideas into a brief, focused overview, making complex topics easy to understand in a limited space. Where can I find 'Augustine: A Very Short Introduction' for learning more? The book is available in bookstores, libraries, and online platforms like Oxford University Press, where it is published.

Related keywords: Augustine, Saint Augustine, Confessions, City of God, Christian theology, early Christianity, Augustine's philosophy, Augustine's writings, Augustine biography, Christian doctrine

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