

INSTITUTES FOR TRAINED COOKS NEXT.

IF it be true, as stated in the last Canada Lancet that the highest marriage rate for females is found among trained nurses, we believe that that record could be beaten by trained cooks, of a like nature. This is an age in which men "lay much store" on the dinner, more perhaps than on being well nursed in case of sickness from which there is ever a strong hope of escape. Institutes for trained nurses for the sick are now becoming common, and it is to be hoped that they may become numerous, but on the principle that "prevention is better than cure," cooking schools to teach young ladies how to cook well will tend strongly to prevent sickness,—will, indeed, greatly lessen the amount of sickness and so lessen the necessity for the nurses. As Prof. Youmans has said, our kitchens are the fortified intrenchments of ignorance, prejudice, irrational habits, rule-of-thumb, and mental vacuity, and the consequence is that we are suffering from wasteful, unpalatable, unhealthful and monotonous cookery. Our kitchens are almost abandoned to the control of raw servants. And, what is worse, there is a general acquiescence in this state of things. We profess to believe in the potency of education, and are applying it to all other interests and industries excepting only that fundamental art of the preparation and use of food to properly sustain life, which involves more of economy, enjoyment, health, spirits, and the power of effective labor, than any other subject that is formally studied in the schools. We

abound in female colleges and schools, supported by burdensome taxes, in which everything is studied except that practical art which is a daily necessity in the health and life of every household.

In England there are a number of training schools of cookery. At South Kensington, London, there is one which has a world-wide reputation. It was the outgrowth of the London International Exhibition of 1873, a division of the exhibition having been devoted to "Food and its Preparations." Ladies, young and old, many of whom are representatives of nobility, meet there not only to study, but to learn by actual practice the preparation of soups, meats, and dishes of all sorts, which shall render appetizing and healthful the future dinners of the people, rich and poor.

Were good wholesome cookery universally practiced there would soon be an enormous reduction in the sickness rate, with a vast increase in comfort and pleasure. We do not mean schools for teaching the preparation of fancy compound dishes, but plain nutritious food. Not only is the bad cookery now common, a prolific cause of disease, but it is most destructive and wasteful of the nutritious properties of foods.

Whoever will start the ball rolling for the establishment in the Capital, as well as in other cities of the Dominion, of an Institute for Trained Cooks, will earn the glory of being instrumental in building a more far-reaching, useful and lasting monument than any now in Canada.