

going certain changes, becomes quietly and steadily burnt in the body into carbonic acid gas and water. .

. . . The force or energy laid up in the compounds thus burnt, is given out partly as heat which keeps the temperature of the body up to blood heat, and partly in other forms, as that of mechanical motion. All the internal and external work of the body is thus done by the stored up energy of the food which is burnt or oxidized therein. This food, by digestion and assimilation, becomes indeed first of all a part of the body, and then, but not until then, to any extent does it burn and give rise to heat and motion."

So that it is not sufficient to eat a certain amount of food, regardless of its digestibility, for as we have seen, to be of use it must be such that the body can digest and assimilate. As an old proverb has it, "It's not what a man eats that nourishes him, but what he digests." Such then is the true science of cookery—to give such food in right proportions and so prepared as to be readily digested and assimilated—while art teaches us at the same time to make a pleasure of necessity.

Once the fundamental principles of food and the cooking of it are graceful, and "the reason why" of things understood, it is easy for any ordinarily intelligent person to enlarge upon her knowledge. If, for instance, she fully understands why a joint of meat is placed in boiling water, while meat for stock or broth