

requirements of season, work, age, and sex, and shall combine economy with due variety of flavour, and that attention to attractive service which contribute substantially to good digestion.

It is a *craft*, because a good cook exercises much manual dexterity and uses a degree of skill so familiar as to be unobserved, unless the results of its absence are resented by the stomach and deplored by its owner!

It is a *science*, because it has laws of its own, which it is our duty to discover, to learn, and to apply. When our cooks are as well trained as our doctors, the doctors will find their present occupation of ministering to "the sickest beast alive" is gone, and they will be free to devote all their attention to the prevention rather than the cure of disease. "The cook makes, the physician mends." Alas! how often the cook makes sickness, not health!

It is a *service*, often despised and left in the hands of the ignorant or the careless. Actually it is an honourable calling, controlling in a large measure the welfare of humanity.

No other art or science is so little understood, so lightly esteemed, or so casually performed. There is no craft where less progress has been made by the introduction of more intelligent utensils and tools. There is no service less considered, or of which the worth and dignity are less perceived.

The Women's Institutes must see to it that British Columbia shall be distinguished by their persevering efforts to insure that the study of the preparation of food shall in future be intelligently pursued. When the results of such study are practically applied, the nutrition of its population will redound to the credit of those in whose hands rests the necessary provision and the right preparation of its daily bread—the wives, sisters, and daughters of the nation.

ALICE RAVENHILL.

*Fellow of the Royal Sanitary Institute; Certificated Lecturer
National Health Society, Great Britain and Ireland.*

*Author of "Practical Hygiene for Use in Schools";
"Elements of Sanitary Law"; "Some Characteristics
and Requirements of Childhood"; "Household Admin-
istration"; "Household Fees," etc.*

*Late Lecturer on Hygiene, King's College for Women, Uni-
versity of London.*