

manage and direct, if she herself, possessed a practical knowledge of their work.

Brillat-Savarin says :—" But for life the universe were nothing, and all that has life requires nourishment." Civilized man requires that nourishment in an appetizing form, and though I by no means advocate the use of extravagant material or waste of time in over decoration, I do most strongly urge upon my pupils the advisability of great daintiness in the preparation and appearance of their dishes. At the same time do not allow the true use of the food to be lost sight of, and by no means sacrifice the utility of a dish to its appearance.

There is not room in a work of this kind to go deeply into the needs of the body. While a little child can tell us that we live by means of the food we eat, and that without food we die, the question as to how that food is the means of life, opens up a vast field of knowledge. The body has frequently been compared to an engine. As heat and motion are given to the engine by the burning of fuel, so in the body by the burning of food. In both cases the carbon and hydrogen are burnt by means of the oxygen in the air, which, in the case of the body, is taken into the lungs with every breath.

Professor Church says :—" What happens in the body is briefly this. The greater part of the carbon and hydrogen in the dry matter of food, after under-