

disorder of the digestive organs. As we can imbibe no permanent source of strength but from the digestion of our food, it becomes important on this account, that we should attend to its quantity, quality, and the periods of taking it, with a view to ensure its proper digestion." But what says Dr. Kitchiner, who was an able physician, and the most learned and scientific writer upon the culinary art? "The stomach," he asserts, "is the main-spring of our system; if it be not sufficiently wound up to warm and support the circulation, the whole business of life will, in proportion, be ineffectually performed—we can neither think with precision—walk with vigour—sit down with comfort—nor sleep with tranquillity. There would be no difficulty in proving, that it influences (much more than people imagine) all our actions."

"One of the greatest, perhaps the greatest, moral writers of our age, Dr. Samuel Johnson, was a man," says Boswell, "of very nice discrimination in the science of cookery." He often remarked, "that some people have a foolish way of not minding, or pretending not to mind, what they eat; for my part, I mind my belly very studiously and very carefully, and I look upon it, that he who does not mind his belly, will hardly mind any thing else." To this, Kitchiner adds, "the Doctor might have said, *cannot* mind any thing else." The *energy* of our brains is sadly dependent on the *behaviour* of our bowels. Those who say, 'tis no matter what we eat, or what we drink, may as well say, 'tis no matter whether we eat, or whether we drink.

Again, as to the relative importance of cookery as a science. Mr. Sylvester, in his *Domestic Economy*, says, that it is not difficult to foresee, that this department of philosophy must become the most popular of all others, because every class of human beings is interested in its result." Again, the same writer says, "if science can really contribute to the happiness of mankind, it must be in this department. The real comfort of the majority of men in this country is sought for at their own fire-sides: how desirable then it becomes to give every inducement to be at home, by directing all the means of philosophy to increase domestic happiness!"

Dr. Waterhouse, in his Lectures, thus speaks of the stomach:—"The faculty the stomach has of communicating the impressions made by the various substances that are put into it is such, that it seems more like a nervous expansion from the brain than a mere receptacle for food."

From allusions in the great Milton's writings, it is quite evident, that he appreciated the science of cookery highly. Speaking of philosophy, he says,

"'Tis a perpetual feast of nectar'd sweets,
Where no crude surfeit reigns."

Again,

"That which is not good is not delicious
To a well-govern'd and wise appetite."

But we have better evidence than these allusions, of Milton's at-