

digestion. On the other hand, in this country, we do not in general pay sufficient attention to the reducing processes of the culinary art. Every thing is firm and crude; and though the mode of preparation be less captivating; the quantity of indigestible aliment is quite as great in our culinary productions, as in those of France.

We are not, however, writing a treatise on cookery or dietetics: but in treating of the function of digestion, it is impossible altogether to pass over these important subjects. The foregoing observations are merely intended as illustrations of those general principles which often regulate the choice, and the preparation of the food of mankind, in a state of civilized society. Reason is too little followed, the indulgence of the palate is the sole object; so that the organs of digestion already enfeebled, and incapacitated for the assimilation, even of the most proper nourishment, are daily oppressed with a task for which they are altogether unequal. The consequence is, that though for a time the labour be sustained, the digestive energies are at length overcome. The dyspeptic being passes half his days in misery; his offspring inherit their parents' constitution; and if they persist in a like course of slow poison; after a few generations, the race becomes extinct,—“his name even is cut off from among men!” Providence has gifted man with reason; to his reason,